



April 2, 2007

MEMORANDUM

TO: All Faculty and Staff

FROM: Brett L. Morris
Assistant Vice President for Human Resources

SUBJECT: April 2007 Work and Family Life Employee Newsletter (OHR 2007-020)

The April edition of *Work & Family Life* contains a number of interesting and informative pieces. Of particular significance is how to stop forgetting all those things we need to remember. The article was of immediate interest to me given the fact that I can not usually remember what I had for dinner the previous evening!

Also included are articles on the yet to be proven health benefits of chocolate and practical ways to keep friendships active and positive even with the active lifestyles that seem to be the norm for the early 21st Century. This edition has a diversity of articles so that there should be something of interest for practically everyone. I very much hope that you enjoy it. To get your newsletter, click this link: http://www.uthscsa.edu/hr/worklife/04_2007.pdf

Work & Family Life is sent to all employees with Health Science Center email addresses. You must have the free Adobe Reader Version 8.0 or later to open the file. If you don't have the program on your computer, go to the HR website and click the Adobe Reader link. It's to the left of "Other Links." <http://www.uthscsa.edu/hr/> If you have an earlier version of Adobe Reader, ask your TSR what to do.

Please contact our WorkLife Coordinator, Ms. Priscilla Castillo, if you have trouble accessing the newsletter or have any questions. You can reach her by email at castillop@uthscsa.edu or by phone at (210) 567-2595.

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