



NuVantageSM

Employee Resource

Your free and confidential resource for work-life wellness

News from NuVantage

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Support for Caregivers

Caring for aging relatives can be stressful. Making sure their physical, emotional, and financial needs are met, while also taking care of yourself and your own children, can seem overwhelming. NuVantage can support you on this journey.

Elder Care Services and Caregiver Support.

Speak with a consultant to be connected with community resources for home-delivered meals, respite care and home health needs, and more, as well as to receive valuable coaching to help you balance caring for your loved one, negotiating with family members, making decisions, and practicing self-care.

Online Wellness Portal.

Browse through articles on a variety of topics including elderly nutrition, transitions during the aging process and self-care when in the caregiver role. Access legal forms for guardianship or conservatorship processes or complete wills and health care directives.

Behavioral Health.

Connect with a counselor in your community to get support and avoid stress or burnout during the caregiver journey.

Financial Counseling and Planning.

Speak with a trained professional to budget for your loved one's monthly expenses, protect their financial assets and adequately plan for long-term care and health expenses.

Visit our online wellness portal

www.NuVantage.com, password: wellness



Legal Concerns?

Legal issues can appear without warning, including divorce, child support, property disputes, and DWI/traffic violations. NuVantage can connect you with an attorney to discuss your concerns. Call us today at 800.577.4727.

NuVantage Employee Resource is a service of:



Lutheran Social Service
of Minnesota
for changing lives

Are You Saving Enough?

Money is an important resource in all areas of life. Planning how and where to spend your money is key for successfully paying routine monthly expenses and for long-term goals such as:

- Purchasing property such as a home, cabin, boat or vehicle
- Taking a vacation or extended travel
- Attending college or paying for a child's education
- Planning for retirement and possible long-term health care needs

Beyond monthly obligations and anticipated future expenditures, it is also important to prepare for the possibility of financial emergencies that can include:

- Unemployment
- Child or pet expenses
- Unanticipated home or car repairs
- Medical or dental emergencies

Many people are one unexpected major bill from unraveling their financial stability. This can ultimately derail a monthly budget and long-term savings plans.

A certified financial counselor or financial planning expert can help you assess how your current money activities measure up to accomplishing your goals as well as your ability to manage money disasters that may arise. These professionals can offer advice on how to build emergency savings and investments for the future into your budget.

Contact NuVantage to access our financial counseling and financial planning services.

Struggles happen in all relationships.

A trained counselor can help sort through and resolve any disagreements and misunderstandings. Don't allow important relationships to suffer in quiet avoidance or vocal anger. Contact NuVantage to find a provider in your community.

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