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Caregiver Support Group

Caring for an aging or sick loved one, whether they are living in the home, at an adult care facility, or long distance, can take its toll mentally, physically, and financially. But you are not alone and there is support out there to help you. Tammie Yancey, Franklin County's EAP Consultant, is now offering a Caregiver Support Group. This will be a confidential space for employees to talk, receive support, share resources, and understand the importance of self-care. Some of the topics discussed will include:

- Balancing work, family, and caregiving
- Stress and emotional changes
- EAP resources
- Respite

The Caregiver Support Group will be held on the 2nd and 4th Tuesday of the month in February and March, from 12:30-1PM. Exact group meeting dates are below. This group is a drop-in format with no obligation to join each week. If you are interested, please contact Tammie Yancey at Tammie_Yancey@optum.com or 614-525-6773

- Tuesday, February 14th
- Tuesday, March 14th
- Tuesday, February 28th
- Tuesday, March 28th

If you are in need of more immediate support, contact your EAP at 800-354-3950. Masters-level mental health counselors are available 24/7.



Protect Your Vision

Did you know that glaucoma is a leading cause of vision loss and blindness in America? It has no early symptoms, which is why half of people with glaucoma don't even know they have it. There's no cure for glaucoma, but early treatment can often stop it from damaging people's vision. Unfortunately, once glaucoma starts to damage your vision, that damage is irreversible. That's just one reason why it's so important to get your eyes checked regularly! During an annual eye exam, your optometrist can evaluate your risk for glaucoma and determine if further examination is necessary. [Click here](#) to learn more about glaucoma and visit vsp.com to find an optometrist near you.



Give Blood, Save a Life

The demand for blood goes well beyond those facing an unexpected emergency like a car crash. In fact, 1 in 7 people entering a hospital depend on blood donations, but only 3% of all Americans donate blood annually. Even if you aren't eligible to donate blood, you can still help the cause by volunteering at a local blood drive. [Click here](#) or call 1-800-RED-CROSS to find a blood drive near you.