



# Strive

For a Healthy Work & Life

# Balance!

- Life demands causing you stress?
- Difficulty coordinating commitments and schedules?

Take advantage of free computer training in CAPPS on how to better manage your time and get organized!  
Call the Employee Assistance Program at 1-866-EAP-2400 to get expert guidance and feedback!

**Remember, we are all in this together!**



Developed in part by  
The NH & Employee Advisory Committee  
For more information, please e-mail us at  
nand@nhhs.com

## Holiday Decorating Reminders

With Christmas seasons here, there a few things we need to keep in mind while decorating:

- Decorations cannot be placed on handrails either inside or outside the building. The handrails must be kept clear for immediate use.
- Nothing can be hung from light fixtures, alarm (red) conduit or sprinkler pipe.
- Artificial trees shall be labeled as nonflammable by the manufacturer and must carry the Underwriters' Laboratories (UL) label attesting to non-flammability.
- Fire Extinguishers, exit signs and alarm pull stations can not be obstructed.
- All decorations must be flame-proof or fire retardant materials. Surgical cotton shall not be used under any circumstances for decorations.
- Only Underwriters' Laboratories (UL) approved festoon or decorative lighting shall be permitted. Electrical power supply must be disconnected at the wall receptacle or source of supply when lighting is not in use. At no time shall more than the recommended amperage load of the electrical circuit, be installed on any one circuit.

## Christmas Pageant

Wednesday - 12/13 @ 6pm  
AbSSLC Chapel



## Christmas Events

**Community Relations Open House**  
Tuesday, December 12<sup>th</sup>, 10am-3:00pm

**Family Night @ the Gym**  
Friday, December 15<sup>th</sup>, 6pm-8pm  
Tuesday, December 19<sup>th</sup>, 6pm-8pm

## HHSC Emergency Notification System

Have you registered for the new HHSC Emergency Notification System?  
Register @ <https://txhhs.sendwordnow.com/homepage.aspx>

Need help? <S:\Forms\Flyers\SWN - Alert System Instructions.pdf>  
What is this? <S:\Forms\Flyers\SWN - Flyer.pdf>