



## Summertime, and the living is easy...

### Or is it????



Did you know that the Employee Assistance Program (EAP) is a confidential counseling service that can help you and your family members successfully deal with life's challenges? The EAP is available at no cost to you and your family members.

Who is eligible?

NRCS employees, and their:

-  Spouse or Domestic Partner
-  Dependent children, including students not residing at home
-  Legally classified dependents

EAP Counselors are prepared to assist with a multitude of problems, whether it is related to emotional, relationship, family, alcohol, drug, financial, or job concerns.

Receive up to six free sessions per concern. If you determine it to be beneficial to receive additional resources, the EAP will help locate affordable care.

EAP assistance includes:

-  Alcohol and Drug Abuse
-  Anxiety and Depression
-  Eldercare Concerns
-  Grief
-  Parenting Issues
-  Stress
-  Relationship Concerns

Call 24 hours a day/7 days a week: 1-800-632-7643



### Traveling by Car this Summer?

Are you interested in lowering the cost of fuel?

Have you ever found yourself driving around looking for the best price for gas?

You don't have to, as the work's been done for you! Check out:

<http://www.fueleconomy.gov/feg/gasprices> for gasoline prices in your area.

If you have plans to purchase a new car, compare fuel costs of different models ahead of time by using the fuel cost calculator:

<http://www.fueleconomy.gov/>

## HR TIP JAR

Summer is the time to think about leave that has been accumulating in your annual leave balance. The "use or lose" provision of annual leave accrual regulations affects you if you have a balance of more than 240 hours at the end of the leave year. You are encouraged to schedule your leave throughout the year in order to avoid losing annual leave. Take this opportunity to check your "use or lose" balance.