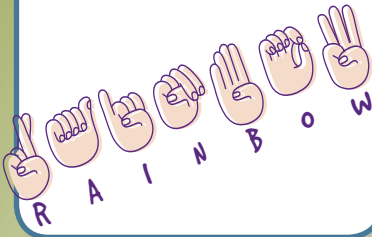


Hot Topics News Flash

May 2

Introduction to Sign Language

- Basic greetings
- Know your manners
- Essential words and phrases



May 6

Understanding Mental Health

- What is mental health?
- Why it is more than the mind
- Why it is important
- How to maintain positive mental health
- When to seek professional help



May 7, 21

Creating Your Financial Plan

- Start budgeting
- 50/30/20 Rule
- Emergency funds
- Identify your financial goals
- Paying off your debt
- Planning for retirement



May 9

Microsoft Word 101

- Create and save a new document
- Fix spelling and grammar as you type
- Add formatting to your text
- Change page margins
- Save the document



May 13

Memory Support

- Defining Alzheimer's
- 10 early signs and symptoms of Alzheimer's
- 10 warning signs of Alzheimer's
- 6 things to do to prevent memory loss



May 14, 28

Career Planning 101

- What is the dream?
- My abilities
- Job application
- Career aspirations
- Career goals
- Career mentality



May 16

Goal Setting in 7 Steps

- What results do you want?
- Create SMART goals
- Write down your goals
- Create an action plan
- Create a timeline
- Take action
- Review your progress



May 20

How to Become a Teacher

- What is a teacher certification?
- Certification options
- Process to become a licensed teacher



May 23

Water Efficiency

- What is water efficiency?
- Retrofit water saving devices
- EPA's Water Sense and Energy Star appliances
- Water recycling



May 30

Who is Abusing Prescription Meds?

- What is prescription medication misuse?
- Three most common types of misused prescriptions
- How drugs are obtained
- Which drugs are more common?
- Who are the most common misusers?
- How can patients and doctors limit misuse?



RAINBOW

Rainbow Online Workshops: Access online or available at the Resource Center

To join the workshops by phone or online, contact your RSC for more information.



<https://www.rainbowhousingresidentportal.com/category/education/live-workshops/>