



SHEET METAL WORKERS' LOCAL UNION NO. 80

FRINGE BENEFIT FUNDS

P.O. Box 1408 / Troy, MI 48099-1408 / (248) 641-4980 (800) 400-7710

December 18, 2017

TO: All Medicare Eligible Participants
Sheet Metal Workers Local Union No. 80 Insurance Trust Fund

RE: New Employee Assistance Program Provider

ENGAGEMENT OF EMPLOYEE ASSISTANCE PROGRAM PROVIDER

\$

Effective December 1, 2017, the Board of Trustees of the Sheet Metal Workers Local Union No. 80 Insurance Fund is pleased to announce **Your Senior Coach (YSC)** for our retired members and their spouses as provided by Ulliance. The Fund recognizes that our retirees are a valuable asset and that an investment in your well-being is a sound investment for everyone.

We understand that each of us will be faced with a personal problem in our lives. Such common difficulties may or may not impact our lives, but will certainly affect the satisfaction in our lives. Most personal concerns can be resolved, or their effects minimized, through appropriate assistance. A counselor helps people work through concerns much like a coach helps an athlete improve through supportive, objective feedback and suggestions.

The Ulliance **Your Senior Coach** program is a completely confidential, short-term counseling service, utilizing a practical approach toward problem resolution. Sometimes we are so close to a problem that it becomes hard to look at it, and therefore, we may have a difficult time identifying the solutions. Professional assistance can make the difference between a problem repeating itself, and resolving it for good the first time it occurs.

Ulliance counselors can help with many issues, such as:

- Relationship and family concerns
- Death of a loved one
- Stress
- Substance Abuse
- Financial or legal referrals
- Anxiety and depression
- Emotional support related to life
- Transition (stress, anxiety, depression, substance abuse, etc.)
- Legal consultation
- Financial consultation
- Elder care & assisted living resource referrals

- Leisure activity resources
- Grief & loss
- Volunteering and maintaining a productive life
- Life enhancement coaching
- Grandparenting/raising grandchildren
- Life Advisor webinars – quarterly
 - There's No Retirement from Stress
 - Healthy Relationships
 - Growing Together in Retirement
 - Coping with Grief and Loss
- Life Advisor Working Advantage discount program
- Life Advisor Resource Center Web Site www.yourseniorcoach.com
- And many more

There is no cost to you or your spouses for Ulliance YSC services, which are available **24 hours a day, 7 days a week**. The Ulliance toll free number—**(877) 688-SENIOR (7364)**—is all you need to reach free, confidential assistance.

We hope you and your spouse take advantage of the services the YSC has to offer. If you have any questions, please feel free to call the Benefits Office at (248) 641-4980.

Sincerely,

*Board of Trustees
Sheet Metal Workers Local Union No. 80 Insurance Trust Fund*

Enclosure