



# July 2017: Social Wellbeing and Social Security Benefits

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security is a part of your social support system.

Welcome to the July issue of [TotalWellbeing](#)! If you have been following TotalWellbeing you know that every month we focus on one of the [8 Dimensions of Wellbeing](#). This month we are looking at how you can mature your sense of connection and grow your social wellbeing. What great timing to think about this as we start summer and are able to be outside more! This month we also are looking at expanding your knowledge about your social security benefits and delving into how social

For a closer look at this month's topic and helpful resources please check out [The Path](#) and [The Connection](#) below or check out our [latest infographic](#) on how Social Security Benefits work. Always feel free to print these resources and post them around if you feel they would be helpful.

And of course, just a gentle reminder that for more resources you can check out [MINESblog](#). This is where we always strive to bring you, helpful, informative, and inspirational content around topics that are important to wellbeing and community. Last month we had an inspiring post about the little know [National Upsy-Daisy Day](#) and how it's a reminder to always take time the time to enjoy the small things throughout your day. MINES was also the recipient of two Founder's Awards from Peer Assistance Services and you can read about that [here](#).

As always, for more information please check out the links to the left or hit the share button to send us a message. To be notified when we post more resources and articles make sure to subscribe to [MINESblog](#). See you next month!

To your total wellbeing,  
The MINES Team

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## **THE PATH: SOCIAL SECURITY BENEFITS AND SOCIAL WELLBEING**

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When you think of Social Security, you may not automatically see the connection to your social wellness. However, Social Security is a social benefit by nature, meaning it is available to all, within its limitations, and it affects the community as a whole. It also affects your social support system as your family could receive Social Security benefits. Helping your support system understand your benefits can only help you feel more confident and prepared for the future which inevitably helps improve your social wellbeing.

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Mankind is meant to be social. We are built to interact, connect, and support each other. Even if we are more introverted or prefer to be behind the scenes, we still look to our families and friends to be our support system and enjoy being around others to some extent. As you think what being social means to you, try to find a way this month to expand your social network either through social media or in your community or workplace. Take time to find an activity to do- go to a parade or concert- or take a road trip to discover something new about yourself and those around you.

Here are some great tips on how to be social even if you don't feel like it or if you consider yourself to be an introvert.

[Check out these great tips here!](#)

**Tips for you:**

Social Security Benefits include financial assistance for you and your family members through retirement, disability, and Medicare coverage. Take the time to talk to your family and let them know what you have decided to do and how you can be financially secured regardless if you and your family have access to Social Security benefits. You can never be too prepared.

Check out this month's webinar to learn more about how Social Security Benefits work, so you can feel equipped when you have to make a financial decision about Social Security for you or a family member.

[Check out the webinar here!](#)

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## THE CONNECTION: *GET INVOLVED*

Wellbeing does not simply start and stop at the individual. Our community is connected to each of our own individual wellbeing in a huge way. When we are well we can better function within our community. We can help our fellow humans thrive, and in turn, when our community is prospering, it helps each of us reach our goals as individuals. So why not help our community so we can all thrive together? Each month we will strive to bring you resources that can help you enhance the wellbeing of those around you or get involved with important causes.

**Community Wellbeing Resources:**

There are a lot of people who struggle with understanding their social security benefits. If you have an expertise in this area, consider going to your local retirement community and asking if you can share your knowledge with those who might be using it. If you don't have this expertise, take time today to step into your community (and workplace) and share whatever is your expertise with those around you. Interacting with your community is a great way to be a part of a communal support system and help develop your sense of belonging.

[Click here to find a place to use your skills near you!](#)

We're happy to announce that ***PersonalAdvantage***, an online benefit available through MINES, has been redesigned and is better than ever. It still has tons of the same great resources for all the dimensions of wellbeing that we discuss here, along with some articles and assistance for Estate Planning, and now has a new look, easier navigation, and works great on mobile too. If you haven't checked it out yet, or want to see what resources they have for this month's topic check out the link below. You'll need your company login, so make sure to get that from your employer or email us and we'll be happy to provide that to you.

[Check Out PersonalAdvantage Here!](#)

***If you or a member of your household needs assistance or guidance on any of these wellbeing topics, please call MINES & Associates, your EAP, today for free, confidential, 24/7 assistance at 800.873.7138.***

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