



Spouse Workshop — October 12, 2009 1:00 – 3:00 p.m.

Power of the Spouse

Kathy Lewis-Ginebaugh

Research documents that people who indicate that they are in a happy marriage experience several substantial positive benefits from their union, including: improved physical and mental health, a sense of stability, and increased happiness. Happily married people actually appear to live longer as well. Many of us recognize that creating or sustaining a happy marriage can be challenging, especially when one's spouse is in the high-stress job environment that most first responders and emergency management personnel commonly face. Spouses of first responders benefit from increasing their understanding of stress and the unique stressors of emergency response, understanding how first responders and emergency managers tend to deal with routine work related stressors, and how individuals and families may reduce the impact of routine and traumatic stress when it occurs. This presentation will combine information with interactive activities and discussion. **Lunch will be included.**



Spouse Outing — October 13, 2009 9:30 a.m. to 4:30 p.m.

Back by popular request, Old Mission Peninsula Tour with Wine Tasting



Join us in the resort lobby at 9:30 a.m. to depart for the northern peninsula with its breath taking views of both East and West Traverse Bays! Along the wine trail we will visit four tasting rooms and tour one wine making cellar.

Other highlights along the route will be a visit back in time to the nostalgic General Store (still a working store), a walk along the beach and viewing of Old Mission Lighthouse.

Lunch will be provided at Old Mission Tavern. After lunch there will be time to browse in the art gallery attached to the restaurant. We will be returning to the resort at approximately 4:30 p.m.

We would like to have you join us for the beauty of the trip, delicious lunch and wine, as well as a great way to meet new friends and spend the day while your spouse attends meetings.

To register for this fun packed day, please contact Dan McPherson, Wexford County Emergency Manager, at dmcpherson@wexfordcounty.org by **October 1**.

