

AUGUST 2026

Momentum

Join our live webinar, *Community and Giving Back: Leaving Our Footprints,* on Wednesday, August 12, 2026, at 2 p.m. EST. Explore the mental, emotional and physical benefits of giving back. Scan the QR code to register now.

Find purpose through service

One of the most powerful ways to discover a sense of purpose and connection is through service to others. We discover who we are, strengthen our communities and create a ripple effect that extends far beyond a single act. When we serve, we gain:

- **A clearer sense of meaning:** Contributing your time, energy or talents shifts your focus from "What do I need?" to "How can I help?" and can build lasting fulfillment.
- **Better mental and emotional wellbeing:** Acts of kindness release feel-good chemicals that ease feelings of loneliness, increase happiness and improve outlook.
- **Stronger community connections:** Supporting local efforts builds relationships and trust. You become part of a network of people working toward shared goals.
- **Skills and confidence:** Service opportunities help you hone skills like communication, leadership and problem-solving, and witnessing the impact of your efforts boosts confidence.



Work-Life Services*

Take care of life's most important needs and get expert help when you're just too busy to juggle it all. Whether it's arranging child or elder care, getting legal help or choosing a pet sitter, Work-Life Services can save you time and money. Visit your member website to learn more.

Contact your Inova Employee Assistance Program at 1-800-346-0110 (TTY 711) or go online to www.inova.org/eap for confidential, no cost help available 24/7/365 for you and your household members.

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Mind Your Mental Health

National Back to School Month

August is National Back to School Month, and the start of a new school year can be a meaningful opportunity to find purpose through service. Simple gestures can help students, families and teachers thrive while bringing a deeper sense of purpose to your own life.

- **Donate supplies to a local school or drive:** A little help goes a long way to ensure every student starts the year with confidence and the tools they need to succeed.
- **Volunteer for a school or youth program:** Donating your time can instill a lifelong value of service in the next generation.
- **Thank an educator, bus driver or staff member:** Help a teacher prepare for the school day or express gratitude to those who support students every day.
- **Support working parents during busy routines:** Participate in student drop-off/pick-up, join or start a carpool or offer to deliver supplies.
- **Commit to mentoring or tutoring this semester:** A few words of encouragement or guidance can shape a student's confidence and direction far beyond the classroom.

Working on community wellbeing

Large or small, your contribution can encourage a chain reaction of kindness and generosity.

- **Someone who receives support feels seen, valued and encouraged,** motivating them to extend kindness to someone else.
- **Service creates a culture where helping one another becomes the norm.** Those who witness generosity are more likely to pay it forward across their community.
- **Small acts can affect life paths that extend far beyond the original moment.** A donated backpack might help a student feel prepared and confident. A word of encouragement might help someone persevere through a difficult time.

Financial wellbeing webinars

Loans: A Comprehensive Guide

August 11. Register here: 12:00 p.m. EST | 3:00 p.m. EST

This event explores various types of loans, including mortgages, lines of credit, vehicle loans and leases, consolidation and more. Learn the differences between secured and unsecured debt and how to choose the right borrowing options based on your financial goals. Get valuable resources and tips for understanding loan terms, interest rates and repayment strategies. Gain the knowledge and confidence to navigate the borrowing landscape effectively.

MSA Insights

August 27. Register here: 12:00 p.m. EST | 3:00 p.m. EST

Ready to build the financial future you've always wanted? Master your money with MSA Insights! Join this event to stay ahead of market trends, learn from our expert Money Coaches, and adopt strategies that help you boost your financial wellbeing and overall peace of mind.

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