



self
career family
community
October National
Work & Family Month

Work and Family Is A Delicate Balance!

USDA continues the observance of *National Work and Family Month*. Below is a list of useful resources in AgLearn to help improve your work and family life. USDA also wishes to recognize that helping employees achieve work-life balance should be a national priority. And, as always, you can **add to your knowledge at no cost to you, 24/7!**

Add these exciting titles to your To-Do List today!

+ [My Wishes: Your Plan for Communicating and Organizing the Essential Information Your Family Needs](#)

Whether you are looking for a way to send a lasting message or simply want to get all your affairs in order; this practical guide provides checklists to develop with your loved ones to ensure that all of their concerns and wishes are addressed.

+ [The Organized Parent: 365 Simple Solutions to Managing Your Home; Your Time; and Your Family's Life](#)

The book offers effective solutions that fit your schedule and your budget. This easy-to-use guide also shows you how to take control of your daily life so you can actually spend time with your kids and even have some time left for yourself.

+ [Aging: Lifestyles; Work and Money](#)

With more than 180 tables; graphs; and charts; as well as exhaustive coverage of vital statistics; and analytical support; this book provides a definitive; comprehensive source of information about people ages 65 years and older.

+ [Beyond Work: How Accomplished People Retire Successfully](#)

Filled with retirement stories from people who are considering retirement and those who have retired; this book looks at what happens as accomplished people move beyond work and enter their years as a new adult.

+ [Crossroads at Midlife: Your Aging Parents; Your Emotions; and Your Self](#)

By sharing the wisdom of an experienced professional in facing profound matters of life and death; this practical; helpful book will help you explore yourself; your relationships; and the rest of your life.

+ [USDA Connect Work/Life and Wellness Community](#)

The USDA Work/Life and Wellness Community Connect page is a valuable resource for all things related to workplace support. Network with community members, join a blog and contribute to forum discussions.

As with all AgLearn resources, these are available to all USDA employees at no cost to you!