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The following webinars are arranged by category. Simply click on the title of the webinar you wish to replay.

LEGAL / FINANCIAL

Webinar Title	Webinar Description
Identity Theft	Identity theft can hit unsuspecting victims. This presentation covers the causes of identity theft, preventing identity theft and what to do if your identity is stolen.
Stress Free Debt Elimination	Bills piling up? Can barely afford the minimum payments? Constantly worried about your debt burden? Learn to get your life back by ELIMINATING debt, which will reduce your stress, and lead to financial freedom and peace.
“Red Flags” that Warn Financial Trouble is Ahead	Do you have the feeling that financial trouble is lurking but can’t quite determine why? You may be experiencing some warning signs worth noting. In this webinar we will be looking at some “red flags” that indicate trouble ahead.
Financial Fitness: Living Within a Realistic Budget	Many people put getting control of household finances as one of their top New Year resolutions. Are you one of them? If so, what will you do differently this year to accomplish your financial goals?
What’s a FICO?	Obtaining credit with the best terms is largely dependent on your FICO score. This webinar will describe what makes up a FICO score and various methods you can use to improve it.
Let’s Talk About Money	Talking about money, along with religion and politics is taboo in today’s culture. IN current economic times, basic budgeting, savings and debt elimination are important topics to deal with, but no one wants to talk about them. This webinar will address this vexing issue.

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<p>Getting Your Affairs in Order: Five Essential Documents</p>	<p>Be prepared and organized for your future and that of your family. Learn about the five documents that everyone should have in order to be prepared for the unexpected.</p>
<p>What's Your Spending Personality?</p>	<p>Learn to identify what drives you to spend. Is it keeping up with the Jones'? Is it just feeling better about yourself? Understanding your spending personality will equip you to understand spending habits and lead you to spending less in order to save more.</p>
<p>Retirement – Ready or Not?</p>	<p>22, 42, 62—no matter your current age, do you know if you're ready to someday retire? A good first step to take is to listen to this webinar, where we answer questions such as "How much does it cost to retire?", as well as cover planning terms to be familiar with, available retirement planning resources and general rules of thumb.</p>
<p>Paying with Cash: A Budget Strategy</p>	<p>You might be saying today, "I have my budget in place, but I can't get it to balance. Now what?" Maybe the issue can be solved by checking on how we pay for things. Sometimes when we use credit to purchase items, we find ourselves spending more than if we used cash instead. Join us for this presentation discussing: Balancing the budget, when to use cash, when to use credit and understanding how using credit can hurt consumers.</p>
<p>Dealing with Student Loan Debt</p>	<p>College tuition, fees and expenses can be formidable and student loans are often used to fund the bulk of them. In fact, the average student loan balance for graduating seniors now exceeds \$35,000. So, what happens when loans mount up and there's no job at graduation to pay for them? Join us and learn about ideas and strategies for dealing with student loan debt.</p>
<p>Preparing Your Estate Plan</p>	<p>Estate planning allows you to consider alternatives for, think through and set up legally effective arrangements that will meet your specific wishes in the event something happens to you or those you care about. This seminar provides an overview of documents everyone should have in place to protect and assist their family in solving a variety of estate planning issues.</p>

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Budgeting for the New Year	Many people are putting household finances near the top of their 2018 New Year resolutions list. Are you one of them? If so, what will you do differently next year to accomplish your financial goals? If the answer is unclear, please join us for this budget-boosting webinar! We'll cover getting started, building a household budget, spending habits, and much more.
Family Law Issues	This seminar provides guidance on selected family law issues that will prepare you to face family challenges. Topics include divorce, legal separation, child custody and visitation, allowing you to consider your options and take the first steps towards resolving family law issues.
Sending Your Child to College	Not sure where to start when it comes to saving for college? We're working with Ameriprise Financial to give you the knowledge and resources you'll need to make informed college savings decisions. Learn to choose the college savings goal that's right for you, balance retirement and college savings, and determine today's costs and various payment options.
Maximizing Your Social Security Benefits	The future of Social Security seems unclear, and you may have questions about Social Security benefits during retirement. The latest updates from our financial wellness provider will cover whether Social Security can provide sufficient retirement income, how to make the most of Social Security benefits and sources of retirement income beyond Social Security.

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BEHAVIORAL HEALTH

Webinar Title	Webinar Description
AODA Update	Alcohol, drug abuse and addiction constitute major health and safety concerns in the US. Related costs can run into the billions of dollars annually for health care, related injuries and loss of life, property destruction, loss of productivity and more. Join the webinar to learn more about this important topic.
Myth Busting Mental Illness	"Misconceptions about mental illness contribute to the stigma, which leads many people to be ashamed and prevents them from seeking help," said Constance Lieber, President of NARSAD. "Dispelling these myths is a powerful step toward eradicating the stigma and allaying the fears surrounding brain disorders". Attend this webinar to learn about realities surrounding common mental illness myths.
"App" Away the Holiday Blues	While the holidays are a time for family, food and fun, they can also be a source of overwhelming stress. Smartphone apps can provide a unique resource for coping with the headaches and heartaches of the holiday season. This webinar will explore the multitude of apps already available and their ability to transform the seasonal blues into happy holidays.
Tools to Help You Cope	In an age where there's an app for everything, it's no surprise that there are smartphone tools available claiming to help you cope. This webinar will review the plentiful assortment and what they offer.
Alcohol/Substance Abuse Awareness	Did you know that April is Alcohol Awareness Month? Many people choose to drink alcohol socially and most do so safely and responsibly—but not everyone. Join our webinar to learn more about safe drinking guidelines that can help you make healthier choices.

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<p>Executive Functioning and ADHD</p>	<p>Kids with deficits in executive functioning face significant challenges in the school environment and can also be a challenge to manage at home. We discuss the nature and neurobiology of Attention Deficit/Hyperactivity Disorder (ADHD) and our brain’s executive functions. A clear definition of executive functions and review of the most relevant research in this area will also be provided.</p>
<p>Opiate Addiction: Its Impact on Employees, Families, and Communities</p>	<p>Have you ever taken prescription pain medicine? In 2012, 259 million prescriptions were written for opioids, which is more than enough to give every American adult their own bottle of pills. 10,574 people died of heroin-related overdoses in 2014—most of whom started their fatal journeys with prescription pain relievers. Join us as we look at some of the factors that have fueled this epidemic of addiction, and discuss what you need to know to keep yourself, your family and your co-workers healthy and safe.</p>
<p>Mental Health Issues at Work: Stopping the Stigma</p>	<p>According to <i>The Wall Street Journal</i>, 1 in 5 people can be expected to experience a mental health condition this year. Unfortunately, mental health is still a taboo subject in most workplaces. Considering untreated depression alone is estimated to cost businesses in the United States over \$40 billion a year in lost productivity, shouldn’t employers be paying more attention? Join us as we look at the individual and organizational costs of the workplace mental health stigma and how it can change.</p>
<p>Moving to the Front: A Brain Science Approach to Well-Being</p>	<p>As science has evolved, we’ve furthered our understanding of how the brain works. However, much of this learning has focused on what’s wrong: depression, anxiety disorders, chronic stress—just to name a few. What about when we’re happy? Drawing on some of the latest research in positive psychology and neuroscience, this engaging session looks at how to use evidence-based techniques to make a healthier brain and a happier you!</p>
<p>Legal Doesn’t Mean Safe: The Risks of Alcohol, Marijuana, and Opioids</p>	<p>Marijuana has been legalized in several states, the use of prescription opioids has increased dramatically and alcohol has been lawful since the end of Prohibition. Despite recent trends, we can’t assume something is harmless just because it’s legal. Join FEI as we take a</p>

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	closer look at the hidden—and not so hidden—costs of booze, pot and oxy.
Recognizing and Responding to Suicide Risk	Join us as we discuss warning signs, risk factors and how to most effectively respond to people who are suicidal. We'll identify resources and talk about how workplaces can help create a mentally healthy environment that can promote help-seeking by employees.
The Future of Mental Health	Although the pace of change in science and technology can be stressful, the medical and mental health fields are making advances that were unimaginable just a few years ago. Join us for a look at some of the latest trends in mental health and learn more about what you can do personally to keep yourself mentally healthy in the 21st century.

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WORKPLACE SKILLS

Webinar Title	Webinar Description
The Clash of Generations in the Workplace	A clash of values, attitudes and expectations among generations in the workplace can be challenging to business prosperity. This webinar will provide insight into how generations developed their unique personality and offer suggestions to improve workforce communication and resilience.
Integrating Emotional Intelligence in Leadership Development	The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically is critical to becoming an effective leader. Defining and integrating Emotional Intelligence (EI) into leadership development will be the focus of this webinar.
Mediation: Creative Conflict Resolution	Responding to conflict is often a power struggle of “I’m right and you’re wrong” that leaves all involved feeling frustrated. In this training, attendees will learn a 4-Step Creative Conflict Resolution approach that defines the needs and interests of those involved and creates a framework for improved future personal and professional relationships.
Understanding and Evaluating Equity in the Workplace	Participants will prepare themselves with the tools, resources, and information to evaluate values and orientations related to equity in an effort to assess and improve organizations and programs with the advancement of equity. Key concepts, history, and the impact of race, equity, and structural racism will be defined and discussed as well.
Building Healthy Relationships at Work	Building healthy relationships in the workplace is a critical component to teamwork and productivity. This webinar will focus on the building blocks of positive relationships, effective communication and conflict resolution in the workplace.
Bullying in the Workplace	This webinar will define bullying, explain how bullying affects employees and organizations, create awareness of contributing factors and help you identify steps and strategies to address bullying.

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<p>Nobody Likes a Bully</p>	<p>Dealing with different personalities at work is a reality. Bullies pose a greater challenge. Learn how to identify hostility in the workplace and how to handle the bullies who create it.</p>
<p>The Risks, Challenges and Opportunities of a Multigenerational Workplace</p>	<p>Using the latest generational research, this webinar will review the characteristics of today's Gen X and Millennial generations and demonstrate new ways to engage them.</p>
<p>Mindfulness in the Workplace 1</p>	<p>Mindfulness helps restore mental as well as physical health across the entire life span. Mindfulness now more than ever is being recommended to help people deal with the effects of everyday stress, pain and/or illness as well as to increase healthy brained cognitive function. This webinar will introduce the concept of wellness and its application to the workplace.</p>
<p>Mindfulness in the Workplace 2</p>	<p>Dealing with life's challenges at work or home can be frustrating, but the situations that cause us to become upset often have little to do with who we really are. Attend this webinar to learn how to deal with everyday life challenges more mindfully. You will be guided in ways to help recognize internal and external stressors and respond to them more effectively, creatively and through choice.</p>
<p>Diversity and Inclusion: Creating a Culturally Competent Workplace</p>	<p>It is estimated that by 2015 the average workplace will consist of an employee base that is multi-generational, multi-lingual, multi-racial, mixed gender and multi-denominational. This webinar will discuss best practices in workplace cultural competence and strategies to create an environment of appreciation.</p>
<p>Domestic Violence: Keeping Employees and the Workplace Safe</p>	<p>In honor of Domestic Awareness Month, join us for an important conversation about how to keep individual targets of domestic violence and the workplace safe. This webinar has been specifically designed for managers; however, all are welcome to attend.</p>
<p>Maximizing Your Day: Effective Time Management</p>	<p>Learn time management processes and characteristics of effective time managers. Discover the importance of prioritizing important events, and explore the role of delegation.</p>

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Relaxation at the Workplace	Learn stress busters, breathing techniques, and safe stretching exercises to relieve tension at the workplace or anywhere.
Returning Veterans and Service Members	This webinar will focus on honoring and welcoming home veterans and service members who have recently returned from service in combat operations. Veterans Affairs are committed to helping make each service member's transition from active duty military status to civilian life as smooth as possible and offer many programs and benefits to achieve this goal.
Social Networking: Today's Communication Tools	Facebook, Twitter, Skype, and FaceTime – learn the importance of online networking in your business and personal life.
Mental Health at Work: Grief & Loss in the Workplace	This webinar will focus on the impact of grief and loss upon the workplace following the death of a fellow employee or an employee's family member. It will deal with what reactions may be expected in staff, immediately, in the first weeks, and over the longer term, and how your EAP can assist in supporting resilience.
The Forgotten Workforce	Teens, young adults, part-time and temporary workers all share one thing in common: they are often "forgotten" when it comes to emergency and critical incident training, procedures and policy review. This webinar helps to understand the importance of including them, along with some helpful tips on how to foster inclusion.
Workplace Bullying	What does workplace bullying look like? How does it differ from school bullying? What can you and your organization do to mitigate the occurrence of bullying? Find out the answers to these questions and more.
LGBTQ 101	Issues surrounding LGBTQ rights have become a prominent focus in the workplace over the past few years. With the legalization of same-sex marriage and ongoing discussions about gender identity, how do employers and their organizations navigate the social, emotional and legal complexities of LGBTQ rights at work while maintaining an equitable attitude and supportive stance? Learn what to do—and

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	<p>what not to do—in the pursuit of a welcoming, inclusive work environment.</p>
<p>Ripple Effect: How Personal Financial Crises Impacts Workplace Productivity</p>	<p>Shhhh... don't talk about money (at work)! Money can be a silent stressor for people. In fact, studies show that personal financial distress results in loss of productivity, absenteeism and even health issues. It is affecting corporate wellness and the overall bottom line. Join us as we explore the 10 myths about divorce, financial stress and workplace productivity. Learn practical tips, tools and resources to improve productivity, reduce absenteeism and improve overall health of employees.</p>
<p>Ageism and the Value of an Intergenerational Workforce</p>	<p>Our nation is facing unprecedented generational and demographic shifts, requiring employers to rethink traditional human capital strategies. Unfortunately, ageist misconceptions and biases often permeate our thinking. This webinar will debunk myths, help break down ageist perceptions and will explore the compelling opportunity—along with practical approaches—for employers to successfully build an intergenerational workforce.</p>
<p>Preparing for the Worst: Cyberattacks and the Human Impact</p>	<p>Cyberattacks are traumatic and fear-inducing experiences that directly impact victims through stolen identities and exploitation of private information. As we move into an increasingly digital society, individuals must take proper security precautions to protect themselves and their data. Join us as we discuss the long-lasting consequences of cyberattacks, explore specific security steps you can take to protect yourself from harm, and detail what employers can do to help keep the workplace safe and support employees.</p>
<p>When Family Violence Comes to Work</p>	<p>Considering the serious nature of domestic violence and that most adults spend a significant amount of time at work, the risk of intimate partner violence in the workplace should not be overlooked. Join us as we discuss the effects of domestic violence in the workplace, and help employers, their management staff and office security interact with and respond to incidents of domestic violence.</p>

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PERSONAL DEVELOPMENT

Webinar Title	Webinar Description
Managing Stress Through the Everyday Pursuit of Happiness	This webinar addresses the connection between happiness, health and stress management by identifying the power of optimism, gratitude and compassion; understanding the relationship between diet and our moods; learning to slow down and appreciate; and developing meaningful relationships. This information can be used in a variety of ways including raising the happiness levels of everyone around you.
Burning Questions: FEI Panel of Experts	Have you ever had a question about EAP or Work-Life Services, but never thought to ask? Hear a panel of FEI subject experts respond to your burning questions about our array of services, including counseling, elder care, child care, financial and legal issues, and much more. Questions were collected throughout the first half of 2015.
The Eye Opening Truth About Insomnia	Insomnia is the most common sleep disorder. This presentation explores the causes of insomnia, and describes various treatment approaches.
Preparing & Organizing the Most Important Documents of Your Life	What are the four most important documents everyone must prepare and when will you need to produce them? Do you know where all these other papers are: property deeds, military records, insurance policies, bank records, birth certificates? Learn to create a comprehensive document check list and to prepare and organize papers for safe-keeping and easy access.
Healing Through Storytelling: Coping with the Unimaginable	Tragedy often comes without warning and when we are the least prepared. Trauma can affect everyone from victims and family to survivors and coworkers. Sharing personal experiences through storytelling is a way to work through the loss, emotional anguish and terms of acceptance. Please join the webinar as we explain the process of storytelling and its importance in the wake of a tragic event.

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<p>Practicing Situational Awareness</p>	<p>Recent violent events have led many of us to ask, “Am I safe where I work, shop, go to school, or watch a movie?” While it is difficult to be absolutely safe at all times, there are steps we can all take to make ourselves safer. This webinar will explain how to keep yourself safe by practicing situational awareness in everyday life.</p>
<p>Keeping Your Love Alive</p>	<p>Strong relationships with the important people in our lives take work, but we get so much in return. In this session, explore the essentials that will strengthen your current connections.</p>
<p>Moving Beyond the Basics: Saving Our Planet</p>	<p>First we learned the importance of the 3 R’s Reduce, Reuse & Recycle. What else can we do? Saving our planet for future generations is more important than ever.</p>
<p>Transition to Retirement: It’s Not Just About Money</p>	<p>While many pre-retirees plan and calculate their financial resources to ensure an adequate nest egg to fund their retirement, almost none invest time and energy planning the nonfinancial aspects of retirement. This webinar examines key elements that ensure your retirement decisions not only financially viable, but emotionally and personally satisfying.</p>
<p>Personal Safety</p>	<p>Learn some common sense skills to help keep you safe at work, at home, or when traveling.</p>
<p>Volunteering</p>	<p>It’s December – the time of year when our thoughts turn to increased generosity and volunteering. Volunteer service provides great support for the community, and it also benefits individuals and corporate groups that serve. Learn about the benefits of volunteering, how to get started, and then how to use your Holiday volunteering to launch a year-round effort.</p>
<p>Situational Awareness</p>	<p>Recent violent events have led many of us to ask, “Am I safe where I work, shop, go to school or watch a movie?” While it is difficult to be absolutely safe at all times, there are steps we can all take to make ourselves safer. This webinar explains how to keep yourself safe by practicing situational awareness in everyday life.</p>

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Move to the Front:
The Power of Positive
Thinking

We all have stressors in our lives, good days and bad. But did you know harnessing the power of perception can improve well-being and set you on the path of resilience? Join us as we discuss FEI's Move to the Front, a brain-based exploration of becoming your best self, and you too can experience the power of positive thinking in your life.

It's Up to You:
Personal Safety is Your
Responsibility

2017 witnessed several tragic events involving active shooters that resulted in mass fatalities and injuries. Whether at home, work or in a public space, you are your first line of defense. How can you ensure your own safety as well as the safety of others? Join us as we discuss situational awareness as it relates to a full range of emergency situations.

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WELLNESS

Webinar Title	Webinar Description
Mindfulness in the Workplace 2	Dealing with life's challenges at work or home can be frustrating, but the situations that cause us to become upset often have little to do with who we really are. Attend this webinar to learn how to deal with everyday life challenges more mindfully. You will be guided in ways to help recognize internal and external stressors and respond to them more effectively, creatively and through choice.
Living in a 24/7 World: the Effects on Sleep	Sleep deprivation is common in our 24/7 society. The effects of not getting enough sleep are wide-ranging and have an impact on many aspects of our well-being. During this webinar, we will talk about the effects of not getting enough sleep while also discussing ways to get more out of and improve upon healthy sleep habits.
Increasing Personal Resiliency	Learn how to become more personally resilient and dramatically improve your attitude and well-being in the face of inevitable stress.
Personal Resiliency - Part 2	This is a follow-up to our initial webinar on increasing personal resilience. This webinar will focus on strategies that can be used in the workplace that enhance your ability to maneuver through the stressors that you may encounter in daily life.
The Art and Science of Getting Good Sleep	In our busy and stressful lives, it is often difficult to get good sleep. This presentation will show you what we know about sleep and provide tips for improving your sleep.
The Health Benefits of Pets	This webinar will explore the many well documented contributions to human health made by companion animals. These include the physiological, psychological and behavioral benefits of pet ownership for various members of the family.
Staying Fit at Work	As working adults, staying fit can be a challenge. Learn tips to add exercise and healthy eating to your workday.

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Improve Your Overall Health and Wellbeing	Knowing your health risk assessment (HRA) scores can lead to a better understanding of personal wellness practices. You can improve your HRA scores using nutrition, exercise and the right motivation. Learn how to identify the reasons and the barriers to making the necessary changes for improving health and well-being.
Mindfulness During the Holidays	Make your holiday season a positive one. Join our discussion for tips to mindfully manage the holidays, from what you do with your forks to your feet and family. You'll discover ideas for eating healthy, sleeping well and loving more while stressing less.
Night Owls and Morning Larks: Understanding Circadian Rhythm Disorders	Circadian rhythms play a significant role in our overall health and sleeping habits. This presentation provides information on the circadian system while discussing the various circadian rhythm disorders and their treatment.

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PARENTING

Webinar Title	Webinar Description
Putting an End to Arguing, Back Talk and Begging	Learn how to make parenting more effective and acquire new skills. In this webinar you will learn the most effective strategy to neutralize arguing as well as time-tested tips that will build relationships, grow your bond with your kids and improve the odds of raising more responsible respectful kids.
Building Bridges: The F.A.I.T.H.F.U.L Way	Being a parent is a tough job. You are pulled in many directions while trying to balance loving our kids, teaching them responsibility, holding them accountable and having fun with them. Join Parent and Relationship Coach Kimberly Krueger to learn some practical relationship building skills that strengthen bonds and increase your child's sense of security.
The Path to Inner Peace	Through a greater examination of self, as well as of your personal and work environment, you can take steps down the path to inner peace.
Family Ties	In the 21st century, families come in all shapes and sizes. Explore the diversity of today's families and what that word means for you.
Teaching Your Children Responsibility	Learn methods to encourage and nurture responsibility in children of all ages. Help them to grow to become good decision makers.
Confident, Resilient Kids in Five Easy Steps	Did you know you can be instrumental in fostering self-confidence and resiliency in your children? Learn the five tried-and-true steps that, when used again and again, will grow your child's self-confidence and resiliency, decrease anxiety levels and build their character. These steps work for kids of all ages.
Lifetime Planning for Your Child with Special Needs	Having a loved one with special needs means navigating complex health care, educational and social services systems. Who—or what—is right? This webinar provides general expectations for the timing of important developmental, educational and legal milestones so families

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and caregivers have the information they need to further advocate for their loved ones.

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AGING

Webinar Title	Webinar Description
Preparing & Organizing the Most Important Documents of Your Life	What are the four most important documents everyone must prepare and when will you need to produce them? Do you know where all these other papers are: property deeds, military records, insurance policies, bank records, birth certificates? Learn to create a comprehensive document check list and to prepare and organize papers for safe-keeping and easy access.
Caring for a Loved One with Dementia	Caregivers of those with dementia may be frightened, frustrated and angry, while also feeling physically and emotionally drained. The stress and sadness of losing someone you love, a little bit at a time, can be overwhelming. This webinar offers coping techniques for the unique challenges of caring for those with dementia and help you find joy in the time you share with your loved one.
Having the Conversation: How to Talk to Your Parents about Accepting Help	As parents begin to have difficulties with the routines of daily life, “The conversation” becomes unavoidable. Learn what information gathering needs to be done in advance of that first communication and learn how to initiate a dialogue with your parents in a non-threatening way.
Suddenly You’re a Caregiver	Becoming a caregiver for a dependent adult can happen in the blink of an eye. Learn how to prepare yourself so you are ready for action when faced with this challenge.
The Emotional Minefields of Parent Care	Taking care of yourself, or simply surviving parent care, requires you to deal with some strong emotions. Believe it or not, reactions and feelings you have now, even the ones that seem disturbingly out of character for you, are normal and quite common. They can be tempered once you recognize what it is you are feeling and why. This webinar discusses how to cope with the emotions all caregivers face.

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Learning, Coping & Surviving as an Alzheimer's Caregiver

Former WI Governor Martin Schreiber is joined by Adele Lund, Director of Community & Business Relations for Laureate Group, to discuss a book he published telling his story of caring for his wife Elaine. She was diagnosed with Alzheimer's 12 years ago. He made many mistakes, learned a lot along the way, and felt compelled to write the book to help caregivers so they don't have to make the same mistakes he did.

Home Suite Home: Creating Safe Surroundings for a Live Alone Elder

Study after study indicates that most older adults want to remain in their own home. However, who doesn't worry about an elderly parent getting through the day, or even part of the day, if they are alone? Learn to recognize potential problems and understand what you can do to help mom or dad rearrange the house and revise their habits so they can function independently in their own home for as long as possible.

Dementia: A Unique Conversation

One of the greatest gifts we can share with an older adult is conversation, but when they've been diagnosed with dementia it can become difficult—but not impossible. Join us and learn how to navigate the obstacles of memory loss in older adults, uncover the mental treasures they still hold and have more meaningful conversations.