



"Spring Into Wellness" on April 26th



Mark your calendars for Thursday, April 26th from 11 am -

1 pm when the Campus Center will be in full bloom with resources to enhance your well-being. This year's EAP-sponsored wellness fair will include information booths, three half-hour lectures, and a chair

massage clinic. Healthy, light refreshments will be served.

Events include cholesterol and blood pressure screenings sponsored by St. Peter's Hospital, free soil sample analysis by Cornell Cooperative Extension (see details on this page), and food samples provided Honest Weight Food Co-

operative. Other community resources will provide information on aromatherapy, sleep disorders, spinal analysis, yoga, heart health, and the expressive arts. This is just a sample!

Check out the EAP website for further details. www.albany.edu/eap

Hope to see you at the fair!



Soil Analysis Instructions:

Dig down about four (4) inches and take a few table-spoons of dry soil and place it in a Ziploc-type bag. This can be done in a few areas and blended together to form one sample from a garden or the front lawn. The sample should be labeled with contact information and location, such as vegetable garden or rose bed, etc. At the fair, take your sample to the Cornell Cooperative Extension booth. There you will fill out a form and submit your soil. The Cooperative will test the soil at their lab and mail you your soil's pH level along with any recommendations for amendments.

Wellness Fair Schedule—Assembly Hall

Information Booths

11 am—1 pm

- ◆ Non-Fasting Cholesterol Screening*

*General Fee: \$8.00

*UUP & CSEA Members: \$2.00

(Thanks to a \$6.00 per person donation from UUP & CSEA and a \$3.00 contribution from EAP, the \$11 cholesterol screening fee has been reduced.)

- ◆ Free Blood Pressure Screenings
- ◆ Free Soil Sample Analysis

Lectures

11:15-11:45:

Dr. Kuhar, Albany Regional Sleep Disorder Center

11:55-12:25:

"Organize This!" Diane Campion, Professional Organizer

12:30-1:00:

"Chair Yoga, Meditation & Relaxation" Albany Kripalu Yoga Center

Chair Massage Clinic

11 am—1 pm

10-minute chair massages
Fee: \$10.00
(Only a \$1.00 a minute!)



Light Refreshments

available in the Fireside Lounge (outside of Assembly Hall)

EAP Goals:

- ◆ To provide confidential support, assessment & referrals for employees, family members, and retirees
- ◆ To promote health and well-being through a variety of enrichment programs
- ◆ To foster a greater sense of community

Wellness Tip:

How often do you see **high fructose corn syrup** (HFCS) listed on food and beverage labels? According to Dr. George Bray, founding president of the North American Association for the Study of Obesity, "fructose adds to overeating because it does not trigger chemical messengers that tell the brain the stomach is full and no longer hungry, like food and drinks that contain regular refined sugar do." Try reducing your HFCS intake and see what happens!

http://seattletimes.nwsource.com/html/health/2002658491_healthsyrop04.html



In our fast-paced lives, the ritual of families eating dinner together has gone by the wayside. Maybe it's time to bring it back!

A 2004 study of 4,746 children 11 to 18 years old, published in *The Archives of Pediatrics and Adolescent Medicine*, found that frequent family meals were associated with a lower risk of smoking, drinking and using marijuana; with a lower incidence of depressive symptoms and suicidal thoughts; and with better grades.

Start with a small step. Set one day of the week when you will all come together to share dinner and conversation. Bon Appétit!

An Educational Opportunity for CSEA

Effective January 1, 2007 UAlbany became a participating agency in the NYS/CSEA Partnership Online Learning Program. This program, **which is free to CSEA members**, is being offered jointly through the cooperation of the University's labor and management.

The courses can be completed at your own pace at home or, with your supervisor's permission, at work. Over

1600 courses are offered that address topics from personal development to specific job skills. Once accepted into the program, participants will be able to take courses for the entire year. It is very important that a course is begun within two weeks of being accepted.

If a supervisor gives approval for an online course to be taken at work, four hours of release time per month

will be offered by the University. The release time is extended with the agreement that the employee will also contribute 4 hours of their own time per month.

To find out more about this program, please call Lynne Shultis at x74712 or David Harrison, x25996. OR, go to their website:

www.nyscseapartnership.org/oll/index.cfm

Use of Complementary & Alternative Medicine

Acupuncture, biofeedback, meditation, massage, reiki, chiropractic care—these are just a few of the types of therapies included in the category of *complementary and alternative medicines* (CAM) according to the National Center for Complementary and Alternative Medicines (NCCAM).

Part of the National Institutes of Health, NCCAM's May 2004 report outlined its findings on a survey of Americans' use of CAM's. The survey found that 36 % of adults used some form of CAM in addition to their use of conventional medicine. When mega-

(specifically used for health reasons) were added in the definition of CAM, that number increased to 62%.

For more info on CAM's, visit: www.nccam.nih.gov/news/camsurvey_fs1.htm



Breathe Easier in 2007!

"Quitting smoking is easy— I've done it a thousand times," so said Mark Twain. Does this sound like you? Not to worry. It takes people several times of trying to stop before they actually do. Just consider those times as a "dress rehearsal" for the real thing!

NYS Smokers' Quitline has many resources available such as free counseling and a "Quit Kit" designed to support your efforts in being smoke free in 2007 and for your life.

1-866-NY-QUITS
(1-866-697-8487)

www.nysmokefree.com

Be sure to stop by the **The Center for Smoking Cessation's** information booth at the "Spring into Wellness" Fair.

Take a step today to breath easier tomorrow!

Wise Women and Menopause

Latest figures show that nearly a quarter of the UAlbany employees are women between the ages of 40-55. Do I hear “menopause” anyone?

Thankfully, women and the pubic in general are viewing this phase of a woman’s life in a more positive light. It is not “the end” but rather a new beginning! Just check the local bookstore and you will find much more information about peri-menopause

and menopause than our mothers and grandmothers had available to them.

For those looking for some alternative approaches to incorporate into their lives and to discuss with their health-care provider, one resource to investigate is Dr. Christiane Northrup’s book, *The Wisdom of Menopause*, (2006). In it she outlines ways women can support their physical, emotional and spiritual well-being dur-

ing this new phase of life.

www.drnorthrup.com

Northrup’s book is now available in the EAP Library. Contact the EAP office to sign it out.

“The ‘change’ is not simply a collection of physical symptoms to be ‘fixed’ but a mind-body revolution that brings the greatest opportunity for growth since adolescence.” ~Dr. Northrup

Ways to Add More Steps to Your Day:

- ⇒ Pace around the house while talking on the phone
- ⇒ Put your grocery cart back in the store after you unload your purchases
- ⇒ Pass by the drive-thru window and walk into the bank or restaurant
- ⇒ Participate in the EAP Lunchtime Walking Program!!

www.americaonthemove.org

“John Wayne Syndrome” - Do You Have It?

Statistics show that men make HALF as many visits to the doctor as women do yet die younger than woman on average. Dr. Harvey B. Simon from Harvard Medical School calls this the “John Wayne Syndrome” (or the Ostrich Mentality). UAlbany men...could YOU be diagnosed with this?!

Make taking care of

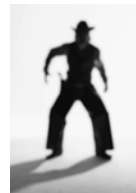
yourself a priority. Use this **5-point strategy** to help you get started:

1. Eat a healthy diet
2. Put down the remote and get moving
3. Recognize stress and be pro-active in finding ways to reduce it
4. Pay attention to your body’s signals

5. Work with a health care provider on a regular basis

So, say good-bye to “John Wayne” and hello to a healthier you!

Men’s Health: A Guide to Healthy Guys, Personal Best Publications



New books available in the EAP Library on women and men’s health:

- Breast Cancer: The Complete Guide*
- Dr. Susan Love’s Menopause & Hormone Book*
- Perfect Health: The Complete Mind Body Guide*
- The Prostrate Sourcebook*
- The Season’s of a Man’s Life*

Contact the EAP office to sign out books, videos, & DVD’s.



“The important thing is to create. Nothing else matters; creation is all.”

~ Pablo Picasso

Disclaimer: Material presented in this newsletter is intended for educational or informational purposes only. It is not intended to replace the advice of your qualified health professional.



Wellness Tip:

Clip on that pedometer daily to remind you to keep walking! A recent study published in *The Journal of the American Board of Family Medicine* (2006) found that wearing a pedometer motivated study participants to increase their daily walking. Strive for more steps per day. Let a pedometer help you count the way!



Upcoming Brown Bag Lecture Topics:



For More Information
Contact:
Brenda Seckerson, MA
EAP Coordinator

Complementary Medicine
Dreams
Energy Psychology
Expressive Arts
Gardening
Grief & Loss
Healthy Eating
Identity Theft
Stress Management

Email EAP with your ideas for lecture topics!

Be on the look out for these offerings sometime this year:

Bellevue Hospital's Mobile Mammography
CPR
Defensive Driving (fall semester)
Yoga
Tai Chi

"What do you plan to do with your one wild and precious life?"
~ **Mary Oliver, poet**

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Swim, Stretch, Move Your Body! Be sure to check out the UAlbany Recreation Department's Class Offerings!

www.albany.edu/recreation



General Office Hours:

Monday—Thursday 8:30am—3pm
*Accommodations can be made to fit your schedule.

Allow Me To Introduce Myself...Brenda Seckerson, New EAP Coordinator

Check out our website for more info on well-being and for upcoming EAP events!
www.albany.edu/eap



"Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now."

~**Goethe. German Poet/Novelist**

Fall 2006 was a time of BIG change for me. I moved back to the Capital District—a place that feels like home—and landed this great position at UAlbany. As your EAP Coordinator I will be able to utilize my background in education, expressive arts therapy, and program development.

What brought me back to the area? For the past six years I had been living in New Rochelle and was managing expressive arts

programs in NYC for abused and at-risk youth and families. Yes, I was living the crazy commuter's life! To promote my own sense of well-being, I needed to get off of that "speeding train" and slow down. Life goes by fast enough. It was time to create a lifestyle that allowed me to feel healthier.

My mission as your EAP Coordinator is the same—to support the efforts of all of you as you search

for ways to enhance your well-being.

During these first few months on the job I've been discovering the needs and interests of the University community. I will strive to be a good listener and a trusted resource. Finding creative ways to support your personal growth will be my focus.

Please feel free to call or email to make an appointment or stop by to chat. My door is open!