



UAlbany Employees' Monthly Link to Information on Health & Well-Being



YOUR HEALTH & WELL-BEING...

Elder Caregiver Support Services...Caring for an elder can be overwhelming. Who takes care of the caregiver? Locally, the Catholic Charities Caregiver Support Services offers respite services, social work services, and free monthly support groups to provide information and assistance to those caring for an older spouse, parent, or friend. Don't be alone in your efforts. Reach out and connect with others for support. Contact the Caregiver Support Services for more information about their public programs: 449- 2001 http://www.cccaregivers.org/index.htm

THE POWER OF POSITIVE THINKING — A WAY TO ALLEVIATE STRESS



"Think positively"... "See the glass half full"... "Take an optimistic outlook"... Are these ways in which you would typically describe how you approach life? Ongoing research suggests that holding this attitude leads to a less stressful life thus a healthier life! For more details on the benefits of the power of positive thinking, go to: http://www.mayoclinic.com/health/positive-thinking/SR00009



So...here's to looking on the "bright side" of things. It can be a healthy choice!

FOR ALL THOSE WHO SUPERVISE EMPLOYEES...

Create a "lunchtime wellness program" for your staff! Setting up a "lunch and learn" session for your employees is a great way to support your staff's well-being, de-stress, and foster a sense of community in your department. Contact Brenda Seckerson (EAP Coordinator) if you have questions or need suggestions on how to promote wellness in your department.

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

~ Winston Churchill, British Prime Minister (1874-1965)

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EAP Coordinator
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HELP WANTED!

If you are a full-time faculty or staff member who is certified to teach Pilates, please contact UAlbany Aerobics Coordinator Beth Zeyher. She is currently in need of another instructor for the upcoming academic year.

Email: groupexercise@uamail.albany.edu



See Page 2 for EAP Events!



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

ASSESSMENT AND REFERRAL SERVICE

Offering Resources and Support to UAlbany Employees

The Employee Assistance Program (EAP) Coordinator is available to provide free, confidential assistance to all UAlbany employees. EAP focuses on such concerns as work stress, family and relationship issues, interpersonal difficulties, substance abuse or dependency, aging parents, legal matters and financial concerns. For information on the Assessment and Referral Service: http://www.albany.edu/eap/personal_assessment_referral.htm



EAP-sponsored events and services are open to UAlbany & Research Foundation faculty, staff, family members, retirees and GSEU members.

August



September



UPCOMING EAP EVENTS

**Supervisors & Directors:
How to Use EAP in the Workplace**

Join us as we discuss UAlbany's EAP and explore how **faculty & staff who are in a supervisory role** can utilize the program more effectively in the workplace.

Wednesday, August 12th
2:00 – 3:30 pm

Location: University Hall Room 306

To Register: http://www.albany.edu/eap/event_sign-up.htm

SPACE IS LIMITED. REGISTER EARLY.

Free Noontime Trial Class for Employees!

Brought to you by the
UAlbany Aerobics Dept.

Check out...

"Willpower & Grace"

An exercise & movement class designed to increase flexibility, strength, and balance.

Tuesday, August 11th
12 noon–12:30pm

Assembly Hall, Campus Center

For Details: http://www.albany.edu/eap/Summer_trial_classes_flyer.pdf

FALL EXERCISE PROGRAMS:

UPTOWN

MONDAYS:

*Tai Chi/Qi Gong w/ Jianye Jiang

*Zumba w/ Meighan Carivan-Esmond

DOWNTOWN

TUESDAYS:

*Kripalu Yoga w/ Judi England

EAST

The UAlbany Aerobics Dept. is developing a program for you!

EAST CAMPUS LUNCHTIME WELLNESS PROGRAM...

"Budgeting Tools Workshop"
provided by

Consumer Credit Counseling Services

Thursday, August 13th

12 noon–1pm
Conference Room AB

Register to Attend:

http://www.albany.edu/eap/event_sign-up.htm

PERSONAL SAFETY:

Know What to Do to Protect Yourself



EAP has invited UPD to provide employees with a lunchtime program on personal safety using **Risk Reduction Strategies**. Check the EAP Web Calendar to see when the program will be held on your campus this fall.

UAlbany Athletic and Recreation Department ...

Check out what great fitness classes are being offered during the Fall '09 Semester: http://www.albany.edu/eap/Fall_09_UA_Aerobics_Flyer.pdf

6-HOUR DEFENSIVE DRIVING CLASS

Thursdays, Oct. 1st AND 8th

5:30–8:30 pm

Room 375 ~Campus Center

Fee: \$30.00

Check Payable to: Gateway Driving Center

**Space is Limited. Register Early.
Registration Deadline: Sept. 25th**



For Details: http://www.albany.edu/eap/annual_events.htm

Ready to get on the path to weight-loss?

Weight Watchers® @ Work Meetings

The next Uptown Campus 12-week program begins Wednesday, September 2nd. Check the EAP Web Calendar for all of the registration details!

To access details and informational flyers for all EAP events, go to the EAP Web Calendar:

http://www.albany.edu/eap/monthly_eap_calendar.htm

