

## UAlbany Employee Flu Shot Clinic Set for October 28th

**Ahhh...it's fall!** The leaves are taking on their brilliant colors, the air is crisp, and the sun is lower in the sky. The arrival of this season also marks the time when we begin to take precautions to avoid getting the flu.

EAP will continue its tradition of sponsoring a flu shot clinic for UAlbany employees. This year's event will take place on Tuesday, October 28th in Assembly Hall, Campus Center - and will be operated on a **first-come, first-served basis**.

Nurses from the Department of Civil Service Health Center will be able to provide **250 employees** with vaccinations during two sessions.

**Session #1: 8:30 am - 11:30 pm**

**Session #2: 12:30 pm - 3:00 pm**

Health officials recommend that high-risk individuals - infants, elderly, those with chronic health conditions, and health-care workers - receive a flu shot. Ask your doctor for his/her recommendation on whether you are in need of one this year.



Employee Assistance Program-sponsored events are open to UAlbany and Research Foundation faculty, staff, family members, GSEU members and retirees.

### FLU SHOT CLINIC DETAILS

**General Fee: \$19.00**

**CSEA & UUP Members' Fee: \$15.00\***

**NO Cash Accepted**

**NOTE: Only checks or money orders will be accepted.** Make them payable to **The Dept. of Civil Service.**

*\*Fee reduction thanks to union donations.*

For more information about the clinic, check the EAP website.

[www.albany.edu/eap](http://www.albany.edu/eap)

### 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



Credit counselors offer tips on money management and provide alternatives for handling a financial crisis.

### Services include:

- Financial Counseling
- Debt Repayment
- Bankruptcy Counseling
- Certified Housing Counseling
- Credit Report Review

## Taking Your Financial Temperature



**Are the bills** piling up? Are you feeling overwhelmed by the amount of debt that you are carrying? Or, are you facing a major life change like a marriage, a home purchase, or divorce and need to take an objective look at

your finances?

The "cost" of living with major financial stress takes its toll not only on the bank account but on the physical and emotional well-being of the individual and family members involved. It could be

time to reach out for some guidance and support to achieve financial wellness.

Consumer Credit Counseling Service of Central NY (CCCS) is a non-profit organization that provides an array of financial services.

There is no income qualifying restrictions and most counseling services are free. CCCS is located in Albany. For more details, check their website at [www.CreditHelpNY.org](http://www.CreditHelpNY.org) or give them a call at 482-2277. Their confidential support could be the help you need to enhance your financial "health" and wealth!



## The Ripple Effect of Stress



### What is Celiac Disease?

Have you noticed more “gluten-free” products at the market? For those individuals with celiac disease, eating gluten-free foods is a way of life...it is their “food for life.”

According to *Mayo Clinic Com*, “When a person with celiac disease eats foods containing gluten (proteins in specific grains), an immune reaction occurs in the small intestine, resulting in damage to the surface of the small intestine and an inability to absorb certain nutrients from food.” Celiac disease is especially serious for children as the lack of nutrients will adversely affect their growth and development. **Some symptoms that could indicate celiac disease are:**

- Unexplained weight loss or weight gain
- Chronic diarrhea or constipation or both
- Abdominal gas, cramps and bloating
- Fatigue, weakness, or lack of energy
- Bone or joint pain
- Delayed growth or onset of puberty
- Dermatitis Herpetiformis (blistering, itchy skin most frequently found on the face, elbows, knees, and buttocks)

The only known treatment is to eat a life-long gluten-free diet. Due diligence must be taken to educate one’s self about gluten and to read all food labels. **October is National Celiac Disease Awareness Month.** For more information, check the Celiac Disease Foundation website: [www.celiac.org](http://www.celiac.org).

**There’s just no way** around it. Living causes stress! We can’t avoid having varying degrees of stress in our lives, but we can choose to address it before it takes a toll on us AND on our family, friends, and co-workers.

Being mindful of our stress level is as simple as taking a moment from time to time to “check in” with ourselves - to notice without judgment - how we are doing.

**Try answering these questions and see what you are aware of in this moment:** What am I noticing in my body? Is there any tension, pain or extreme fatigue? Have I been having headaches, indigestion or heart palpitations? Am I angry or short-tempered a lot and find myself snapping at people? Am I depressed, anxious or unfocused? Am

I feeling just plain overwhelmed and frazzled all of the time? Have I been drinking too much or eating too much (or too little)?

Getting answers to these questions will help you gauge the impact stress is having on you. When taking steps to alleviate stress, making “internal” adjustments is just as important as making the external ones like exercising, eating healthy, and relaxing the mind and body.

**What would life be like if each day we did the following:** (1) See change as a welcome challenge not a threat. (2) Learn to say “no” and set boundaries. (3) Realize what things can and CAN’T be changed. (4) Set realistic goals. (5) Prepare before events to avoid procrastination. (6) Change negative “self-talk.” (7) Set

aside “worry time” to avoid dwelling on a troubling situation throughout the day. (8) Move forward. Avoid “rehashing” the past. (9) Be thankful for the good things that happened each day.

Re-framing our way of thinking about life’s events and using our personal support system to help make it through stressful times are invaluable tools. If additional help is needed, we can contact a health care provider, a counselor, or UAlbany’s EAP Coordinator.

Living with unchecked high levels of stress affects not only ourselves but our relationships. Taking time to deal with stress will create a positive ripple effect and touch those around us. Remember...We are all in this together!

### Saving Money or Reducing Your Carbon or BOTH!

**Everywhere you go,** people are talking about saving energy. Some people talk about ways to save money while others focus on reducing their carbon footprint. Whatever your reason for discussing this “hot” topic, it’s helpful to know where your home uses energy in order to reduce consumption. According to New York State Energy Research & Development Authority (NYSERDA), we use energy in the home the following ways:

- 60% - Air conditioning/heating
  - 16% - Water heater
  - 12% - Refrigerator
  - 7% - Lights
  - 5% - Electronics
- Before implementing

changes, evaluate your lifestyle to see what you can realistically accomplish. One of the easiest changes to make is with the light bulbs you use. A compact fluorescent light bulb (CFL’s) not only uses about 60 - 75% less energy, it also lasts longer than a regular bulb.

If you have already replaced your light bulbs and are looking for additional ways to save energy, try washing your laundry in cold water. Install efficient showerheads and faucet aerators to save water AND reduce water-heating costs.

If you are willing and able to invest more money, you can accomplish greater energy savings by replacing an older refrigerator or

hot water heater with a newer, more energy efficient model since these two appliances use the highest amounts of energy. Buying new **Energy Star** rated appliances can impact both your utility bill and your carbon footprint! If you are interested in learning more, check out the following websites:

*Do-It Yourself Energy Audit:* <http://hes.lbl.gov/>

*Personal Emissions Calculator:* [www.epa.gov/climatechange/emissions/ind\\_calculator.html](http://www.epa.gov/climatechange/emissions/ind_calculator.html)

~Denise Hoecker  
EAP Committee Co-Chair



# Stretching Your Food Dollars



We've all noticed the jump in our grocery bills. In addition to clipping those coupons, here are some tips to help stretch your food dollars.

### Before Shopping:

- Create meal plans for the coming week based on sales.
- Make a grocery list and stick to it!
- Check ads closely as not all items that are listed are on sale. When possible, buy a staple sale item to last 12 weeks as that is the typical sales cycle.
- Do not go shopping on an empty stomach. You'll be tempted to over-shop!
- Shopping once a week saves time, money, AND gasoline.

### While in the Store:

- Look for store brands which may be just as good and cheaper than name brands.
- Note that the costly brands are placed at eye-level on the shelves! Look at the lower and top shelves.
- Compare prices by checking the "unit prices" of similar items to determine the best buy.
- Shop for in-season vegetables and fruit.
- Buy milk in gallon or half gallon containers as it is generally cheaper than buying by the quart.
- Check the "over-ripe" bin for fruits/veggies to use in recipes where freshness isn't a factor, e.g., banana bread.
- Buy day-old bread for things like French toast, stuffing, and bread crumbs.
- Beware of flashy end-of-the-aisle displays. These items are not necessarily on sale!
- Watch out for words like "ready-to-eat." Be careful of seasoning mix-ins for pastas, rice, veggies. Add your own seasonings and save money!

Being more savvy about how we spend our food dollars can actually give us the opportunity to be more creative with our meals. Be sure to share your discoveries, recipes, and shopping tips with your colleagues!

Sources:  
www.consumer.state.ny.us/pdf/on\_your\_syde\_grocery\_shopping\_tips.pdf & Living Fiscally Fit (2008)

## Ahhh...The Simple Life!



A quick glance at our lives clearly reveals that we are on the fast track of complex living. So, how do we simplify our lives? First, we have to define *simple living*.

Many seem to be of the notion that technology, which does a lot of our work, simplifies life. It may make life easier, but easy does not necessarily equal "simple." If we look at the models for simple living, we get a different view. Helen and Scott Nearing, credited as pioneers of the "Back to the Earth Movement" in the late 60's and

early 70's, portrayed it quite differently. The life on their homestead in Maine was one of hard work. They cleared brush and stones, built their home and out-buildings, cut wood for heating, and grew their own food—all by hand. By this definition, simple living means meeting our basic needs of food and shelter, while using minimal resources and finding pleasure and satisfaction in our accomplishments at day's end.

While most of us in the world of 9-5 jobs would find it impossible to live by this definition, we can still find joy through simplicity in our daily tasks. Hanging laun-

dry in the fresh air and sun instead of tossing it in the dryer can be a simple pleasure - while cutting use of electricity at the same time.

At EAP, we would like to hear your suggestions. We invite you to visit our website to leave your tips for simple living so we can share them with other employees. **Go to: [www.albany.edu/eap](http://www.albany.edu/eap).**

Click on **Questions and Comments** and share what changes you are making to live more simply!

And, check out these sources:  
**[www.goodlife.org/](http://www.goodlife.org/)**  
**[www.simplicityforum.org/resources-websites.html](http://www.simplicityforum.org/resources-websites.html)**

~Gail Cameron  
EAP Committee Member

## To Life!

October is National Breast Cancer Awareness Month. Since 1998, To Life! - a non-profit organization located in Delmar, NY - has been "providing free-of-charge breast cancer education and support services in a 10-county region, surrounding and including Albany County." Its services and programs are for women and families facing breast cancer and to others in the community concerned about this disease.

In addition to educational programs, To Life! also offers "Wellness from Within" experiential workshops which provides complementary approaches to health and well-being like yoga, massage therapy, and aromatherapy.

The Abracadabra Boutique offers a comfortable and private setting for women to shop for post-mastectomy garments, breast forms, accessories and wigs. Although the organization's mission is primarily to focus on breast cancer, To Life! welcomes all women to shop for wigs and head-coverings for any reason.

For more information about breast cancer and to find out about all of the resources available through To Life! go to: [www.tolife.org](http://www.tolife.org) or call (518) 439-5975.



"The cost of a thing is the amount of life which is required to be exchanged for it, immediately or in the long run."

~Henry David Thoreau  
American Writer (1816-1862)

**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.



## Career Mobility for NYS Civil Service Employees

### For More Information

#### Contact:

**Brenda Seckerson, MA**  
**EAP Coordinator**

### Employee Assistance Program (EAP)

University at Albany  
1400 Washington Ave. MSC #200  
Albany, NY 12222

Phone: 518.442.5483

Fax: 518.442.4440

Email: [bseckerson@uamail.albany.edu](mailto:bseckerson@uamail.albany.edu)

### General Office Hours\*

Monday - Friday 8:30am - 5pm

\*Accommodations can be made to fit your schedule.

Check out our website for more info on well-being and for upcoming EAP events!

[www.albany.edu/eap](http://www.albany.edu/eap)



### UAlbany EAP Newsletter Fall 2008

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Wouldn't it be wonderful to have a place to go where you could access everything you needed to know about career mobility within the NYS Civil Service arena? There is such a place - in cyberspace! It's a website provided by the NYS Career Mobility Office (CMO).

CMO's internet-based program allows state employees (or anyone wishing to become a state employee) to learn more about all job titles within New York. Specifically, their **GOT-IT** program (*Glossary of Titles—Inquiry Tool*) gives you easy access to information on state job titles,

career ladders, pay grades, and agency information. It also provides handy information about resume writing and the merit system.

GOT-IT links you to other NYS websites to assist you with your career mobility - such as where to find job listings and dates for civil service tests. The website is like a "one-stop shopping" location! Go to: [www.careermobilityoffice.cs.state.ny.us/cmo/](http://www.careermobilityoffice.cs.state.ny.us/cmo/)

The CMO staff is available to answer your questions as well. (518) 485-6199.

So...go "get it" from GOT-IT!

"Education is the most powerful weapon which you can use to change the world."

~ Nelson Mandela,  
Former President of South Africa  
(1918 - )

### Websites with information about home/apartment heating expenses:

[www.getenergysmart.org/](http://www.getenergysmart.org/)

[www.otda.state.ny.us/main/heap/](http://www.otda.state.ny.us/main/heap/)

[www.nationalgridus.com/niagaramohawk/home/payment/3\\_budget\\_plan.asp](http://www.nationalgridus.com/niagaramohawk/home/payment/3_budget_plan.asp)

### EAP Library books on financial well-being:

*The Laws of Money, The Lessons of Life*  
*Live Well on Less Than You Think*  
*Living Fiscally Fit*  
*Living the Simple Life*

*Personal Financial Fitness*  
*Women and Money*  
*Your Money or Your Life*



Contact the EAP Office to sign out books, videos, & DVD's.

### EAP Wishes to Thank...

- ◆ Barnes & Noble, Chartwells, CSEA, UAlbany Athletic Dept., UAlbany Performing Arts Center, United Auxiliary Services, & UUP for their generous contributions to support the 2008 *Spring into Wellness Fair*
- ◆ The numerous UAlbany employees who volunteered at the annual EAP wellness fair. We are grateful for your involvement!
- ◆ CSEA & UUP for their donation to reduce the flu shot fee for union members

We appreciate your support!



UAlbany employee Diane Cardone shares her hobby of card-making with fellow employees at the **2008 Spring into Wellness Fair**. This year's special theme was "Recreation and Hobbies for Relaxation, Stress-Reduction, and Joy." The 2009 wellness fair will be held on Wednesday, April 22nd.

