



UAlbany Employees' Link to Health & Well-Being

UALBANY EMPLOYEE FLU SHOT CLINIC SET FOR OCTOBER 27TH

FLU SHOT CLINIC DETAILS

Tuesday, Oct. 27th
Assembly Hall, Campus Center

Session # 1: 8:30–11:30 am
Session # 2: 12:30–3:00 pm

General Fee: \$19.00
CSEA 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 a
donation from CSEA.

SEASONAL FLU VACCINATION AVAILABLE

This year's flu season is taking on a different feel, isn't it? We will all need to keep our eyes and ears open for the latest health updates in our community and for news provided to us on campus by the University's Pandemic Planning Committee and by Dr. Peter Vellis, University Health Center Director.

EAP will continue its tradition of sponsoring a flu shot clinic for UAlbany and Research Foundation employees. **Only the seasonal flu vaccination will be provided at the clinic.** This year's event will take place on Tuesday, October 27th in the Campus Center's Assembly Hall 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 a morning and an afternoon session.

Morning Session: 8:30 am - 11:30 am

Afternoon Session: 12:30 pm - 3:00 pm

Be sure to ask your doctor for his/her recommendation regarding your vaccination needs this year. EAP is happy to coordinate the annual flu shot clinic to provide you with a convenient way to prepare for the flu season. Here's to your good health!



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

EAP GOALS:

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

For more information about the flu shot clinic, check the EAP website. www.albany.edu/eap



HEALTHY HABITS HELP YOU STAY WELL

Simple steps can help you strengthen your immune system to help keep a cold and the flu away.

- Eat a well-balanced diet with wholesome foods.
- Get physical! Choose exercise activities that you find FUN to do.

- Find ways to address stress. Taking deep breaths throughout your day can make a difference.
- Get plenty of rest. Take measures to set yourself up for a good night's sleep (or good DAY's sleep if you work on the night shift).

CAN BUSY WOMEN FIND INNER PEACE?

A UAlbany employee gives her review of a book she found in the EAP Library.

In her book, *Inner Peace for Busy Women: Balancing Work, Family and Your Inner Life*, Joan Z. Boryzenko, Ph.D. writes as if she is speaking heart to heart with her reader. She shares stories from the lives of others as well as her own to illustrate the challenges women face in

their busy lives.

Joan admits that “a busy life is hard” but, even so, she says, “the difficult bits are the ground out of which your wisdom will ultimately grow.”

Many helpful ideas are shared for developing balance such as connecting with nature, meditation and spiritual practice, humor, simplifying finances, and honoring personal boundaries.

“Companies that invest in

employee health and recreation programs and keep employees feeling involved and in control of their jobs, can create cultures that enhance well-being, balance, creativity and productivity” (like EAP!).

A common theme throughout this book is how “women form an invisible web of friendship that holds the world together. We support and sustain one another by



telling our truths, sharing our laughter, honoring our tears and showing up for one another during all of life’s many passages, joys and sorrows.” I look forward to reading more of her books!

~ Carol Slater,
CSEA Member

WORKPLACE WALKING ~ AN INVESTMENT IN YOU!

Running low on energy or creativity? Try walking! It’s great exercise and can be done alone or with a group, indoors or out.

The Centers for Disease Control and Prevention (CDC) recommends people exercise 150 minutes per week. Walking at work helps achieve this goal. UAlbany campuses have easy access to walkways and local parks. During inclement weather, our campuses have halls and tunnels that make it easy to create indoor walking routes. Adding stairs increases the aerobic workout.

Just a few weeks of regular walking can help you improve energy and mood, ease stress, and sleep more easily. One East Campus lunchtime walker says, “Walking inspires me; I feel more creative every afternoon after our walk!” Over time, you may feel better emotionally and physically.

Linda Mertz, Downtown Campus,

shares, “Walking at work makes me feel good. My body feels better. There’s less tension in my neck, and better circulation in my legs.”

A regular walking routine can help with weight control and also control or prevent chronic illnesses such as diabetes, arthritis, and heart disease.

Here are some tips to get started!

- Wear good walking shoes.
- Put walking on your daily calendar.
- Walk with others. The larger the group, the less cancellations will keep you from walking.
- Use a pedometer or log to track your progress.

Above all, believe in yourself!

Each day is a new opportunity to lace up your sneakers and take that first step!

~ Anna Zendell & Regina Bryde,
UAlbany Prevention Research Center



East Campus employees take a “walk break” to enhance their health, well-being, and productivity!

Walking Article Resources:

Arthritis Foundation. (2009). *Arthritis Today Walking Guide*. Downloaded from www.arthritis-today.org/.

Riley-Jacome, M. (2006). *Walking Program Guidebook*. Available on request from azendell@uamail.albany.edu.

TAI CHI—A MOVING EXPERIENCE

The Monday noontime Tai Chi/Qi Gong class sponsored by EAP offers me a way to take a real break from sitting at the computer all day and a chance to get my body and mind moving in a different direction. We start at the very beginning with basic movements that anyone can do and progress each week until we can all do the full routine. After the class I feel energized and relaxed. Since the movements only take a small amount of space and time, I'm able to do them in my office at lunch. The benefits keep coming even when classes aren't in session.

The Tai Chi class is educational as well as relaxing. Instructor Jianye Jiang not only teaches you how to do the movements, but explains why he chose to include them and how they can improve your health. He does this in a way that is friendly and easy to understand. He also illustrates points with stories of people he has known or worked with, which helps you relate to what he's saying. I've learned things about anatomy that I never knew before, such as the different ways your joints can or can't flex. It's clear that he has a lot of experience as a teacher. I liked this class so much that I ended up buying a DVD to help me practice at home. I'd highly recommend the noon-time Tai Chi class to anyone.

~Greg Bobish, UUP Member



In Traditional Chinese Medicine "chi" is the life force or vital energy that flows through all living things.

WHAT COUNTS AS A DRINK?

Do you know what the "standard" size of an alcoholic drink is in the United States? If you guessed 0.6 fluid ounces of "pure" alcohol, then you guessed correctly! In our "super-sized" culture, it's difficult these days to gauge accurate and healthy amounts of food and beverages. Let's look at the alcohol that is in one single drink. In its publication titled *Rethinking Drinking: Alcohol and Your Health*, The National Institute of Alcohol and Alcoholism gives examples of typical drinks with their alcohol content.



Percentage of alcohol in one typical drink:

12 fl oz of regular beer = about 5% alcohol
 8-9 fl oz of malt liquor = about 7% alcohol
 5 fl oz of wine = 12% alcohol
 1.5 fl oz shot of hard liquor = about 40% alcohol

How many drinks in common containers?

12 fl oz of beer = 1 drink
 16 fl oz of beer = 1 1/3 drink
 12 fl oz of malt liquor = 1 1/2 drink
 16 fl oz of malt liquor = 2 drinks
 750 ml of wine (1 bottle) = 5 drinks
 A mixed drink with hard liquor = 1 or more drinks (depending on the type of spirits and recipe)

Did you know that many light beers have almost as much alcohol as a regular beer - about 85% as much?

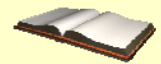
Being able to "hold your liquor" is not necessarily something to be proud about. This ability may actually put you at risk for problems with alcohol. People who need a few drinks to feel relaxed "tend to drink more, socialize with people who drink a lot, and develop a tolerance for alcohol. As a result, they have an increased risk of developing alcoholism." Abuse of alcohol can damage the liver, heart and brain. **If you'd like a free copy of *Rethinking Drinking*, please contact the EAP office.**

Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are.

~Bernice Johnson
 Reagon, Singer,
 Composer, & Activist
 (1942-)

EAP Library Subjects:

Addictions Elder Care
 Finances Fitness
 Grief & Loss Nutrition
 Parenting Pregnancy
 Relationships Stress



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

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.



A PET'S WELL-BEING

- EAP Wishes to Thank...**
- ◆ CSEA for its donation to reduce the flu shot fee for union members
 - ◆ Faculty and staff members who contributed articles to this newsletter
 - ◆ Maria Livolsi and Denise Hoecker for their dedicated service as EAP Committee Co-Chairs and Elizabeth Gaffney for her years of commitment to EAP
 - ◆ Kathy Gurney (CSEA) and Maria Finnegan (UAS) for volunteering to co-chair the EAP Committee

EMPLOYEE ASSISTANCE PROGRAM

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Fall '09 Professional Development Workshop*
Working Through Generational Clashes at Work

Presenter: Cathy Parker, MA
Mon., Nov. 2nd (1:30-3:30pm)
Assembly Hall, Campus Center

***Open to all UAlbany & RF faculty and staff (with supervisor's approval)**
Registration Deadline: October 26th
Check the EAP Web Calendar for Details!

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The health of your pet should be considered as important as that of any family member. A pet's health routine is a simple formula - plenty of healthy food and fresh water daily, accompanied by daily exercise. A balance of moist and dry foods is recommended by many vets. Dogs can survive on a plant-based diet containing sufficient protein and other nutrients. Cats require meat to eliminate the risk of amino acid and vitamin deficiencies. Most important, do not overfeed your pet. Overweight pets run the same health risks as overweight people.

Make sure your pet gets plenty of exercise. For dogs, this means daily walks or engaging them in a game of Frisbee. For cats, your participation may be required to engage them with string or to chase a ball of foil. Remember to wash bedding regularly to eliminate odors and the risk of pests.

Training and discipline are just as important for animals as they are for children. Breaking undesirable behavior requires your patience, but in the end, you and your pet will live more harmoniously.

Select a health care provider for your pet with care. Seek recommendations when choosing a veterinarian, and check their qualifications. The decisions for maintaining your pet's health requires cooperation between you and your veterinarian. Just as important as decisions made during your pet's life are those decisions made when it's time to put your pet to rest. A good veterinarian will guide you through this painful process and assist with difficult decisions.

Pets enrich our lives tremendously. Consider adopting from rescue organizations and avoiding pet chain stores as they often acquire animals from animal "mills".

~ Gail Cameron, (CSEA)
EAP Committee Member

EAP welcomes new members to the EAP Committee:

Janice Bogan (UUP)
Keith Kirtley (PEF)
Charlene Martel (RF)
Ceylon Moore (GSEU)
Marybeth Salmon (M/C)



Check out Petfinder.com
This online resource gives you access to local, non-profit organizations which provide pet adoption.



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