



EMPLOYEE ASSISTANCE PROGRAM



JULY 2009

UALBANY EMPLOYEES' MONTHLY LINK TO INFORMATION ON HEALTH & WELL-BEING



YOUR HEALTH & WELL-BEING...

Financial Well-Being...Is the price of gas and groceries cutting into your child care budget? If you reside in Albany, Rensselaer, or Schenectady County, have children under 13, and have a gross family income that falls in the range below, you may qualify to receive help paying for day care and after school program fees from the **Workforce Development Institute**. For more information, call 272-3500 or go to: <http://www.wdiny.org/childcaresubsidy.html>

LIVE WELL ON THE FAST TRACK—WEBINAR



NYS-Balance (Resources for Work/Life) is a negotiated benefit for employees represented by CSEA, PEF, UUP, and those designated M/C. Every third Thursday of the month from 12 noon—1pm, NYS-Balance offers a free lunchtime webinar on wellness topics. You will need access to a PC and a telephone to participate. If you aren't able to take advantage of a live webinar, the sessions are archived on the NYS-Balance website. **The July 16th webinar topic is "Live Well on the Fast Track"**. <http://www.nysbalance.ny.gov/> If you need the username/password to login and register, please contact Brenda Seckerson, UAlbany EAP Coordinator.

Workforce Development Institute Child Care Subsidy Program Qualifying Income:

Family Size	Maximum Income
2	38,500
3	48,400
4	58,300
5	68,200

FOR MEN'S WELL-BEING...

UAlbany's Center of Public Health Continuing Education offers a monthly webcast series on the third Thursday of the month called **PUBLIC HEALTH LIVE - T2B2**. July's topic is "Men's Health" <http://www.albany.edu/sph/coned/phl/menshealth.htm> Past webcasts are archived: <http://www.albany.edu/sph/coned/t2b2chron.htm> Remember this great UAlbany resource for your health and well-being!

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DOWNTOWN & EAST CAMPUS EMPLOYEES...

If you are interested in having an aerobics class on your campus in the fall, **contact UAlbany Aerobics Coordinator Elizabeth Zehyer** at groupexercise@uamail.albany.edu. She is currently planning programs for students, faculty and staff and is looking for feedback. **Please contact her by Tuesday, July 7th** regarding your interest in learning more about aerobic class offerings!

See
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for EAP
Events!



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 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, inter-personal 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



UPCOMING EAP EVENTS

Supervisors & Directors: How to Use EAP in the Workplace

Join us as we discuss UAlbany's EAP and explore how supervisors and directors can utilize the program more effectively in the workplace.

Tuesday, July 14th
10 am – 11:30 am
OR
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.

WE'RE TAKING ANOTHER EAP LUNCHTIME "ART BREAK"

AT THE

UNIVERSITY ART MUSEUM

Museum Director Janet Riker will offer a tour and give a talk on the 2009 Artists of the Mohawk Hudson Region exhibition.



Tuesday, August 4th
12:15–1:00pm

We'll meet in the Art Museum.

To Register:

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

For more info on the exhibit, go to UAlbany Art Museum:

<http://www.albany.edu/museum/calendar.html>

EAST CAMPUS LUNCHTIME WELLNESS PROGRAM...

"Budgeting Tools Workshop"

provided by
Consumer Credit Counseling Services

Make life easier and less stressful by gaining tools to help you manage your money and to create a workable savings/spending plan.

Thursday, August 13th
12 noon–1pm
Conference Room AB

Register to Attend:

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



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



THE NEXT EAP-SPONSORED DEFENSIVE DRIVING CLASS WILL BE OFFERED IN OCTOBER.

CHECK BACK IN AUGUST FOR CLASS DETAILS!



UNIVERSITY
AT ALBANY

State University of New York