



## EMPLOYEE ASSISTANCE PROGRAM



JUNE 2009

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



## YOUR HEALTH & WELL-BEING...

**June 15<sup>th</sup>-21<sup>st</sup> is Men's Health Week.** UAlbany Men...Why not use this health observance week to make that doctor's appointment for a check-up, to take steps to eat healthier foods, or to incorporate more exercise in your life for fun and stress reduction! *Men's Health Network* publishes a helpful resource titled **Blueprint for Men's Health: A Guide to a Healthy Lifestyle**. To access this free publication go to: <http://www.menshealthnetwork.org/blueprint/index.htm>

**Tips to Help Prepare for Those Hot, Summer Days....**Just a reminder...The New York State Energy Research & Development Authority (NYSERDA) has written an informative article for UAlbany employees titled **Little Steps, Big Savings**. We hope these tips will help you make your "energy-wise and money-saving" plans for the summer months. To access the article, go to: <http://www.albany.edu/eap/links.htm>

## WORKPLACE WALKING



'Tis the season for some delightful outdoor walking! Check out **America on the Move** <http://aom2.americaonthemove.org/home.aspx> or the **American Heart Association** <http://www.americanheart.org/presenter.jhtml?identifier=3053031> for great walking tips. Join your co-workers for a "friendly and motivating" competition to see who can take the most steps this summer, and then let EAP know about your endeavors. We'd love for you to write an article for the fall EAP newsletter about your summer walking adventures!

## DO YOU KNOW ABOUT THIS COMMUNITY RESOURCE?

The **Retired & Senior Volunteer Program (RSVP)** of the Capital Region believes "lead with experience, and experience the difference". RSVP is for all adults age 55 years or older seeking challenging, rewarding, and significant service opportunities in their local communities. Let RSVP work to find unique and exciting opportunities that fit your interests. If you would like to learn more information about RSVP, or receive a copy of its quarterly magazine, **Making the Connection**, please e-mail: [RSVP@albany.edu](mailto:RSVP@albany.edu) or call: 518-442-5585.

Brenda Seckerson, MA, CEAP  
EAP Coordinator  
[bseckerson@uamail.albany.edu](mailto:bseckerson@uamail.albany.edu)  
442-5483

## 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/>

## SUMMER READING

There's nothing like grabbing a book and heading outside to do some leisure reading. The EAP Library has some inspiring books on its shelves for your summertime reading experience. To find out what books are available, go to: [http://www.albany.edu/eap/eap\\_library.htm](http://www.albany.edu/eap/eap_library.htm)



## 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

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