



EMPLOYEE ASSISTANCE PROGRAM



NOVEMBER 2009

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



YOUR HEALTH & WELL-BEING...

When the calendar flips to November we are reminded that it is the season to reflect and give thanks. During challenging times it is easy to overlook the things that we are grateful for in our lives. Many of us spend our energy focused on what displeases us. Even if the "big things" in our lives don't seem to be what we'd like them to be, perhaps finding the "small things" to be thankful for will help shift our inner tides and support our well-being and resilience. One technique that can be used to help us with this "inner shift" is to take a moment at the end of each day to think about, or to write down in a gratitude journal, three things for which we are grateful. Maybe it was the crystal blue sky on a crisp fall day, the heartfelt smile that a student gave us, a compliment from a co-worker, a delicious meal, a good laugh with friend or family member, or the dog wagging her tail at the door when we arrived home ... These "small things" can add up! Perhaps once we pay attention to and acknowledge the little things, we will begin to realize that these "moments" of the day are truly what "the good life" is all about.



ARE YOU READY FOR THE CHALLENGE?

The American Cancer Society's Smoke-out Challenge takes place every year on the third Thursday of November. Since it's always easier to do things with a friend, why not take the challenge with a co-worker? To make your plan for a "smoke-free day" go to: <http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp>

NYS Smokers' Quitline
1-866-NY-QUITS
<http://www.nysmokefree.com/>



EAST CAMPUS Lunchtime Wellness Program

"Navigating Elder Care"

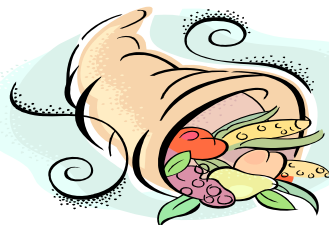
Are you finding it difficult to navigate current issues with elder care? Or, perhaps you think it's time to start mapping out things for what might lie ahead. Bring your questions, and join us for this informative session. For more info: http://www.albany.edu/eap/East_Navigating_Elder_Care.pdf

Presenters: Caitlin St. George (Northeast Health), Marci Kot (Eddy's Adult Day Services) & Kris Carpenter (Home Instead)

Wednesday, November 18
12:00 P.M. - 1:00 P.M.
AB Conference Room

Brenda Seckerson, MA, CEAP
EAP Coordinator
bseckerson@uamail.albany.edu
442-5483

"Gratitude is the best attitude."
~Author Unknown



To register for this East Campus event, go to: http://www.albany.edu/eap/event_sign-up.htm



ASSESSMENT AND REFERRAL SERVICES

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 Services: 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.

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



November



FOR YOUR INFORMATION...

NATIONAL SURVIVORS OF SUICIDE DAY

NOVEMBER 21ST



In the United States, over 33,000 people die from suicide each year. The **American Foundation for Suicide Prevention** states that in the US, suicide is the fourth leading cause of death for adults between the ages of 18 and 65 years and overall is the 11th leading cause of death. Many of us have been touched by suicide in some way - be it through the loss of a family member, friend, or co-worker or by our own thoughts of suicide. **November 21st is designated as "National Survivors of Suicide Day"** - a day to connect with others who have experienced the loss of someone to suicide. For information about the Capital Region's event, go to: <http://davebookhout.com/AFSP/>

If you are having thoughts of suicide, reach out. There are people who want to help!

Local Samaritans Crisis Hotline:
689-4673 (9 am - 11pm 7 days a week)

National Suicide Prevention Lifeline:
1-800-273-TALK (8255) - 24-hour hotline

UAlbany Employee Assistance Program:
442-5483

Suicide Prevention Hotline for Veterans
1-800-273-TALK, Veterans Press 1

Safe Space Training

For Faculty, Staff, & Students!

The **Safe Space Program** was established by University Administration with the Gender and Sexuality Concerns Department of the Student Association and is designed to provide support for lesbian, gay, bisexual, transgendered, and queer (LGBTQ) identified students. The program strives to build a community that is inclusive of all LGBTQ students, faculty, and staff. Individuals who receive Safe Space training become **Safe Space Allies** who are able to provide support and offer resources for all LGBTQ people in the UAlbany community. To learn more about becoming a Safe Space Ally and to enroll in a spring semester training, contact **Nancy Belowich-Negron**

NBelowich@uamail.albany.edu

OR **Linda Watson**

LWatson@uamail.albany.edu

Spring 2010 Dates - (9am - 1pm, Campus Center Room 364)

Feb. 5, March 5, April 2, & May 28



For program details, go to: <http://www.albany.edu/studentaffairs/lgbt/ally.shtml>

If you believe that someone you know is having suicidal thoughts, read about the risks, warning signs, and ways to help on the **American Foundation for Suicide Prevention's** website: <http://www.afsp.org/> or contact **EAP** at 442-5483.

Are you interested in supporting UAlbany's sustainability efforts? Here's your chance!

Faculty and staff are invited to attend the next **Sustainability Coordinators' training on Tuesday, November 13th 12 noon—1pm Room 367, Campus Center**

For information and to register, contact **Mary Ellen Mallia**, Director of Environmental Sustainability
MMallia@uamail.albany.edu
956-8120



Website: <http://www.albany.edu/gogreen/index.shtml>

Check out the fall semester fitness classes offered by the UAlbany Recreation Department!

<http://www.ualbansports.com/>

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"I find television very educational. Every time someone switches it on I go into another room and read a good book."

~Groucho Marx, Comedian

(1890-1977)



UNIVERSITY AT ALBANY

State University of New York