



# EMPLOYEE ASSISTANCE PROGRAM



OCTOBER 2009


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



## YOUR HEALTH & WELL-BEING...

### WALKING FOR OTHERS...

Fall is a wonderful time to be outdoors and to walk. There are two special opportunities this month to walk for your own health AND for others! The **American Heart Association's "Annual Capital Region Start! Heart Walk"** and the **American Cancer Society's "Making Strides Against Breast Cancer Walk"** will take place on the weekend of October 17 & 18 respectively. UAlbany employees are gathering together to create teams for each of these events. To help make a difference or to honor someone you know who has experienced or is living with heart disease or breast cancer, **you can join a team or support a co-worker's walking efforts!**

**American Heart Association's Annual Capital Region Start! Heart Walk** 

Saturday, Oct. 18th

Registration starts at 8:30 AM, the walk at 10 AM

Crossings of Colonie, 580 Albany Shaker Road

Contact Team Captain: Stacy Newman-Cilento  
[snewman@albany.edu](mailto:snewman@albany.edu)

**Making Strides Against Breast Cancer Walk** 

Sunday, Oct. 18th

Registration starts at 10 AM, the walk at 12 noon

Washington Park Parade Grounds

Contact Team Captain: Nancy Keelen [nkeelen@yahoo.com](mailto:nkeelen@yahoo.com)

**October is National Breast Cancer Awareness Month!**

For breast self-exam information, go to: <http://www.womenshealth.gov/faq/breast-self-exam.cfm>

**Annual Employee Flu Shot Clinic details are on page 2!** 

"Let us not look back in anger, or forward with fear, but around in awareness."  
~James Thurber, Author (1894-1961)

**For Prostate Cancer Information:**  
<http://www.cdc.gov/cancer/Prostate/>  
And...the CDC website offers a free Health e-Card to remind someone you know to get a prostate screening!

## OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH...

New York State and the rest of the nation recognize October as Domestic Violence Awareness Month. Every month – not just October – requires commitment and vigilance to end domestic violence. The NYS Office for the Prevention of Domestic Violence (OPDV) defines domestic violence as "one person's use of a variety of tactics, often involving physical violence, to control another person in an intimate relationship." Other "variety of tactics" often include emotional, psychological and sometimes sexual violence as well. If you or someone you know is experiencing domestic violence, there is help and support available. **Visit the OPDV's website for state-wide resources:** <http://www.opdv.state.ny.us/>. Or, contact EAP for more information.

**NYS Domestic & Sexual Violence 24/7 Hotline:**  
**1-800-942-6906**

Spanish:   
**1-800-942-6908**

**Brenda Seckerson, MA, CEAP**  
EAP Coordinator  
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442-5483

**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 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](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.

October



November

EAP



UPCOMING EAP EVENTS

MARK YOUR CALENDAR FOR THE ANNUAL EMPLOYEE FLU SHOT CLINIC- TUESDAY, OCTOBER 27TH

The annual EAP-sponsored flu shot clinic will be held on **October 27th**. Up to **250 seasonal flu vaccinations** will be provided by nurses from the Dept. of Civil Service Health Services Unit.



**Tuesday, October 27th**  
**Assembly Hall, Campus Center**

Morning Session: 8:30-11:30 AM  
Afternoon Session: 12:30-3:30 PM

**First Come, First Served!**

General Fee: \$19

\*CSEA Members: \$15

**Checks or Money Orders Only!**

**Make payable to**  
**The Dept. of Civil Service**

\*Thanks to donation from CSEA!

JOIN US FOR A LUNCHTIME "ART BREAK" AT THE

UNIVERSITY ART MUSEUM

Museum Director Janet Riker will offer a tour and give a talk on the this semester's exhibition titled: *Uncharted*.

**Thursday, Oct. 22nd**  
**12:00–12:45 PM**



**To Register:**

[http://www.albany.edu/eap/event\\_sign-up.htm](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>

Fall '09 Professional Development Workshop\*

**"Working Through Generational Clashes at Work"**

Most of us have probably had a moment when we thought that a co-worker wasn't doing it the "right way". Each generation develops a persona that matched the world it learned about as a child and therefore has its own perspective of the "right way to do it". In today's workplace (and university setting) we can work with as many as 4 distinct generations. Join us as we explore this fascinating topic!

**Presenter: Cathy Parker, MS ~ UAlbany Career Counselor**

**Weds., Oct. 14th (9:30-11:30 AM)**

**OR**

**Mon., Nov. 2nd (1:30-3:30 PM)**

**Check the EAP Web Calendar for details and registration deadlines.**

**\*Open to all UAlbany & RF faculty and staff (with supervisor's approval)**

To access details for all EAP events, go to the EAP Web Calendar:



[http://www.albany.edu/eap/monthly\\_eap\\_calendar.htm](http://www.albany.edu/eap/monthly_eap_calendar.htm)



Be sure to check out the fall semester fitness classes offered by the Recreation Department!

[http://www.ualbanysports.com/ViewArticle.dbml?DB\\_OEM\\_ID=15800&KEY=&ATCLID=839045&SPID=9804&SPSID=82663](http://www.ualbanysports.com/ViewArticle.dbml?DB_OEM_ID=15800&KEY=&ATCLID=839045&SPID=9804&SPSID=82663)



To register for an EAP event, go to:

[http://www.albany.edu/eap/event\\_sign-up.htm](http://www.albany.edu/eap/event_sign-up.htm)



UNIVERSITY AT ALBANY

State University of New York