



# EMPLOYEE ASSISTANCE PROGRAM



SEPTEMBER 2009

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



## YOUR HEALTH & WELL-BEING...

**Families Together** in Albany County "is a grant-funded, not-for-profit organization helping children and youth with social, emotional, and behavioral concerns and their families." During the month of September, Families Together will be offering several free "positive parenting classes" with presenter Tony Grasso, LCSW. (Classes are open to all Capital Region residents.) **For information about these classes and the organization's program and services call:** 432-0333 <http://www.ftalb.org/community-calendar.cfm> (If you are not an Albany County resident, check your county's Department of Children, Youth, and Families for similar services it might offer.)

### LETTING GO OF THE "SMALL STUFF"

**Stress** is not something that **happens** to us; it is our **reaction** to something—be it an event, situation, or disagreement. Remembering this can help us to reduce the stress level in our personal and professional lives and empower us to make changes. During those high-stress times on the job or at home, **focus on your strengths** and use *them* rather than anxiety or anger to drive your responses. Become more mindful of what circumstances trigger a stress response for you. Before automatically moving into "stress mode", ask yourself, "*Is this really worth my energy to get upset over?*" "**Letting go**" can feel oh, so good! Ahhhh....



### PVC-FREE SCHOOL SUPPLIES

Are you trying to be more conscientious about how many products you use which are made of PVC (polyvinyl chloride)? Check out the list of "PVC-Free School Supplies" that the Center for Health, Environment, & Justice has compiled. Use it to assist you with making those back-to-school purchases! <http://www.chej.org/publications/PVCGuide/PVCFree.pdf>

"We could never learn to be brave and patient if there were only joy in the world."

~ Helen Keller, Author & Activist (1888-1968)

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

### SAVING MONEY ON YOUR WAY TO WORK!

**NYS-Ride** just celebrated its one-year anniversary of the program's July 2008 statewide rollout. The program allows eligible state employees to set aside pre-tax salary for eligible commuting expenses. UAlbany employees can also save "commuting dollars" by using **Zipride**, **IPool2**, or by taking certain **CDTA buses**. To learn more about these money-saving options, go to the Wellness Tips page on the EAP website: <http://www.albany.edu/eap/links.htm>



See Page 2 for EAP Events!



### 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.

September



October



UPCOMING EAP EVENTS

PERSONAL SAFETY:

Know What to Do to Protect Yourself



EAP has invited UPD to provide employees with a lunchtime program on personal safety using **Risk Reduction Strategies**. This program will take place at three campus locations.

Sept. 11th — Downtown Campus, Milne 200

Sept. 25th — East Campus, Room 110A

Oct. 2nd — Uptown Campus, Assembly Hall

12 noon–1pm

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

MARK YOUR CALENDAR FOR THE ANNUAL FLU SHOT CLINIC

The EAP-sponsored flu shot clinic will be held on **Tuesday, October 27th**. The **seasonal flu vaccination** will be provided by nurses from the Dept. of Civil Service Health Services Dept.

Stay tuned for more details!



FALL EXERCISE PROGRAMS:

DEADLINE TO REGISTER\* IS SEPT. 9TH!

UPTOWN

MONDAYS:

\*Tai Chi/Qi Gong w/ Jianye Jiang

\*Zumba w/ Meighan Carivan-Esmond

DOWNTOWN

TUESDAYS:

\*Kripalu Yoga w/ Judi England



\*Minimum enrollment required to conduct the classes.

ON THE DOWNTOWN CAMPUS...

Monthly Elder Caregiver Support Group

Join us for this 6-month program providing an open discussion about elder care-giving facilitated by Christine Damon, Eldercare Respite Coordinator from Catholic Charities Caregiver Support Services. Go to **EAP Web Calendar** for **program fee** and **registration** details.

3rd Tuesday of the Month starting Sept. 15

1:00 – 2:00 pm

Location: Richardson 109

Fall '09 Professional Development Workshop\*

Working Through Generational Clashes at Work

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

OR

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

Check the EAP Calendar for details!

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

6-HOUR DEFENSIVE DRIVING CLASS

Thursdays, Oct. 1st AND 8th

5:30–8:30 pm

Room 375 ~Campus Center

Fee: \$30.00

Check Payable to: Gateway Driving Center

Space is Limited. Register Early.

Registration Deadline: Sept. 25th



For Details: [http://www.albany.edu/eap/annual\\_events.htm](http://www.albany.edu/eap/annual_events.htm)

UAlbany Recreation Dept. Fitness Classes...

[http://www.albany.edu/eap/Fall\\_09\\_UA\\_Aerobics\\_Flyer.pdf](http://www.albany.edu/eap/Fall_09_UA_Aerobics_Flyer.pdf)

Pilates & Yoga Classes w/ Renée Lucier DeCelle:

[http://www.albany.edu/eap/Fall\\_2009\\_Recreation\\_Aerobic\\_Class\\_flyer.pdf](http://www.albany.edu/eap/Fall_2009_Recreation_Aerobic_Class_flyer.pdf)



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](http://www.albany.edu/eap/monthly_eap_calendar.htm)

