



Annual Spring into Wellness Fair

This Year's Theme is

The Journey to Become Healthy, Wealthy, and Wise!

How are you doing on your *journey to become healthy, wealthy, and wise*? Are you making steady progress? Have you hit some steep rocks from time to time leaving you feeling a little out of breath? Would it be good to find some resources to help you along your way?

If so, then **mark your calendar for Wednesday, April 22nd for the annual Spring into Wellness Fair**. An array of exhibitors will be in the Campus Center Ballroom to cover topics related to your overall well-being including health, nutrition, sustainability, family, finances, retirement, educational and creative pursuits.

This year EAP has partnered with UAlbany's Office of Employee Benefits and the Sponsored Funds Personnel Department. A variety of employee benefit providers will also be on hand to share their information and resources.

Several health screenings will be available including cholesterol screenings, blood pressure checks, and body fat analysis. (See below for details.)

If you are a gardener, Cornell Cooperative Extension will be offering a free soil sample analysis. (See instructions on this page.) Master Gardeners will answer your questions and help you prepare for spring and summer plantings.

By coincidence, April 22nd is Earth Day. So let's make this a special day to focus on health and well-being on a personal AND planetary level! Hope to see you at the fair...



Employee Assistance Program-sponsored events are open to UAlbany and Research Foundation faculty, staff, family members, GSEU members, and retirees.

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



Soil Sample Instructions

Dig down about four (4) inches and take a few tablespoons of dry soil and place it in a Ziploc-type bag. This can be done in a few areas and blended together to form one sample from a garden or the front lawn. The sample should be labeled with contact information and location, such as vegetable garden or rose bed, etc. At the fair, take your sample to the Cornell Cooperative Extension booth. There you will fill out a form and submit your soil. The Cooperative will test the soil at their lab and mail you your soil's pH level along with any recommendations for amendments.

Fair Details

April 22nd
Campus Center
Ballroom
10:30 am—1:30 pm

50 Exhibitor Booths

Free Soil Sample Analysis
courtesy of Cornell
Cooperative Extension

EAP Give-Away
While the supply lasts!

Light Refreshments*

*Special thanks to the
University Auxiliary Services for a
Supplemental Program Grant.

Health Screenings

- ◆ **Cholesterol Lipid Screening and Glucose Screening***

(fasting optional, but preferred)

provided by St. Peter's Hospital Cardiac & Vascular Center

General Fee: \$10.00

UUP & CSEA Members: \$4.00

****CASH or CHECK ONLY****

- ◆ **Free Blood Pressure Check** *courtesy of MVP*
- ◆ **Free Body Fat Analysis** *courtesy of CDPHP*

*Cholesterol Screening Fee Reduction

Thanks to a \$6.00 donation from CSEA & UUP for union members and a \$4.00 contribution per person from EAP, the \$14 cholesterol & glucose screening fee has been reduced.





Healthy Families...

Many parents look forward to the warmer weather just so the children can get out of the house - leaving behind some peace and quiet. It is much easier for kids to release their energy out-of-doors. But why not take the opportunity this spring to join the kids! Besides getting some fresh air after being cooped up inside all winter, you will be able to spend time with your children and become more active.

Walk around the neighborhood weekly to see what has changed. Notice the colors and various plants that sprout at different times of the spring. If you don't live in an area that is a good place for walking, try a local park or preserve. Parks often have basketball courts and room to throw or kick a ball around. Your kids will enjoy being with you in a fun way, and you'll be burning calories without even realizing it!

For more ideas on how to support a healthy family, check the YMCA's website for its "Healthy Family Home" program. Its free, downloadable "starter kit" is a helpful resource: www.ymca.net/healthyfamilyhome/welcome.html

If you are already an active family and belong to your local YMCA, be sure to take part in **Healthy Kids Day on April 18th**. This day will provide an opportunity to learn more about a holistic healthy lifestyle that includes ideas for good-for-you foods, exercise and fun ways to spend time together as a family. Each location will provide their own programming, so watch for flyers at your YMCA.

~Denise Hoecker, UUP
EAP Committee Co-Chair

UAlbany EAP Newsletter



Live Well on Less Than You Think



A "Fiscally-Minded UAlbany Faculty Member" provides this review of an EAP library book titled: *Live Well on Less Than You Think, the New York Times Guide to Achieving Your Financial Freedom* by Fred Brock.

Brock compiles the best tips from a variety of other books, websites and experts that show how to live frugally without reducing one's quality of life. The chapters on credit cards, insurance, debt, and automobile purchasing and maintenance were most helpful.

One particularly interesting (and seemingly drastic) suggestion was with regard to the cost of living in various locations. Brock states that if you live somewhere with a lower cost of living (for example, lower housing costs), you will save money even if your commuting costs increase. In metropolitan areas where the cost of living is higher, the extra money one makes still does not make up for the

more expensive costs. That is to say, if one lives in a low cost area and makes less money, his or her dollar will in many cases still go farther than making more money and living in a high cost area. He suggests choosing your retirement location based on how cheap it is to live there.

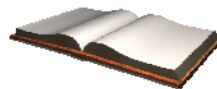
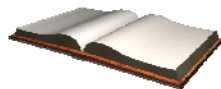
Aside from this whopper of a suggestion, **Brock provides simple changes a family can make to its lifestyle that will save hundreds of dollars a month** – for example, increasing the deductible on your insurance, buying a low mileage used car instead of a new car, buying a case of soda at the store and bringing it to work instead of hitting up the vending machine, negotiating lower interest rates on credit cards. With a hypothetical example, he shows how these and other small, realistic changes can save a typical family \$700.00 a month, which they can use to pay down

debt and increase education and retirement savings.

Of course, the first hurdle in making such changes is gathering the information on your current status and identifying where the changes can be made. Brock includes a worksheet to help with this task. He bolsters his information with websites with various resources (such as cost of living calculators) to help the reader test out hypothetical changes to his or her financial situation

The only thing lacking in this book is that Brock does not talk about how to "stick with it." Many people start out with the best of intentions in terms of making changes such as these, but find themselves lapsing into old habits. **Still, for ideas on how to get started with reorganizing your financial picture, making a saner spending plan, and paying down debt, this book is full of valuable information and resources.**

If you would like to sign out *Live Well on Less Than You Think* or any other library materials, contact the EAP Office. For a full listing of books, videos, and DVD's available, go to the EAP website: www.albany.edu/eap/eap_library.htm



EAP library books on emotional and mental health:

10 Simple Solutions to Worry
Angry All the Time
Anxiety Answer Book
Embracing Your Inner Critic
Feel the Fear...and Do It Anyway
Listening to Depression
Seasons of Grief and Healing



Did you know...

that the New York State Employee Assistance Program is celebrating its 25th Anniversary? Here's to many more years of providing support to the NYS workforce!





What a Difference a Year Makes

“Pleasant, Obese Female... Middle-Aged”. These were my new doctor’s observations on my general state of health, as of November 2007. What a difference a year makes!

It took a moment for me to recover from the double sting of “obese” and “middle-aged”. After all, I was just a bit overweight, and I was only 34! I was in denial of my weight and my risk for the associated health issues, such as pre-hypertension. Looking back, I responded to stress and even joy with food. I had always been active, but no amount of exercise counteracts overeating.

An EAP e-mail announced Weight Watchers® At Work* meetings beginning in January 2008. I kept thinking about it, but I never imagined that I would join

WW. I attended the first meeting full of anticipation, but also with some embarrassment and uneasiness, until I recognized a few of the ladies there. The optimism and enthusiasm of our leader Lisa were a bit overwhelming at first, but now I, too, can’t wait to share stories and laugh with my colleagues at our weekly meetings.

For me, following EAP’s WW At Work meetings over the last year has been one of the best gifts in life. There are the obvious visible benefits: the 60 pounds, 25 inches, and 8 sizes lost. I am healthier, more energetic, and I’ve never enjoyed food so much, perhaps because I learned when to stop eating. On the health front, I shocked my physician. Doctors don’t ever expect their patients to actually change their behaviors.


Now my blood pressure, cholesterol, and blood sugar levels would be the envy of my students.

My family and friends couldn’t be more supportive, but this is also where the WW At Work community really steps in. Our WW group is a community of people who truly care about themselves and each other. We’re also a lot of fun to be around. We’re one of the best-kept secrets on campus.

Perhaps you’re thinking about making some positive changes. We’ll be starting a new session in mid-May. Want to find out what a difference a year might make for you?

~Annette Richie,
Part-Time Faculty
PhD Candidate Anthropology

** Available only in participating areas in the U.S. Minimum enrollment required.*



**The next round of EAP-Sponsored
17-Week Weight Watchers®
At Work begins**

**Wednesday, May 20th
11:30 am –12:15 pm**

**Check the EAP website
calendar for more details!**
<http://www.albany.edu/eap>



WEIGHT WATCHERS is the registered trademark of Weight Watchers International, Inc. and is used under license.



Anyone who has never made a mistake has never tried anything new.”
~Albert Einstein, Physicist
(1879-1955)


Shredding Event Instructions:

- Gather your to-be-shredded documents in a box(es) or bag(s).
- Bring the documents to work and stop by one of the designated campus locations.
- Watch ProShred Security shred the documents right before your eyes!



UAlbany Document Shredding Day

For Students, Faculty and Staff

Shredding Instructions 

This Uptown Campus “community shredding event” will help to prevent identity theft AND support our efforts to be green! All shredded paper will be recycled.

Friday, April 24th - Shredding Drop-Off Sites
 Athletics Department: 9:00 – 10:30 am
 MSC/UAB: 10:45 – 11:45 am
 Science Library: 1-3 pm
Rain Date: Friday, May 1st

Co-sponsored by EAP and the Office of Environmental Sustainability

Disclaimer: Material presented in this newsletter is intended for educational or informational purposes only. It is not intended to replace the advice of your qualified health professional.



Summertime... And the Livin' is Easy...



For More Information Contact:

Brenda Seckerson, MA
EAP Coordinator

It's February, and it's cold as I write this article. Winter - too much work with all that shoveling, all those layers to put on, take off and repeat as necessary. But summer is a few short months away as we go to print. Summer--when the livin' is easy. Throw on a few things and run out the door. But like everything else in our lives, summer is not the simple pleasure it should be.

Summer has a lot to offer, and we just can't seem to cram enough activities into those few short months. Our lives become a buzz of activity, going from fair to festival, beach to beach and to the long-awaited summer vacation. There's a lot of planning for these activities, but you're finally on your way to your favorite summer spot, and WHAM! You're stuck in a traffic jam. You're not

going to be alone when you arrive at your destination (if you ever arrive!), and don't expect much peace and quiet when you get there.

So, where is that idyllic summer place? Remember summer reading? Grab a book, a lawn chair (or better yet, string up a hammock) and enjoy a journey right in your own back yard. Visit your local orchard to pick some delicious berries. The berry patch is a great place for quiet and contemplation. Enjoy the taste of summer right there as you pick. Take a hike! Go into the woods, and enjoy the sounds of summer from Mother Nature. Slow down, and savor summer. It's only here for a few short months....

~Gail Cameron, CSEA
EAP Committee Member

EAP Wishes to Thank...

- ◆ CSEA & UUP for their donation to reduce the flu shot fee for union members
- ◆ CSEA, University Auxiliary Services, & UUP for their generous contributions to support the 2009 Spring into Wellness Fair
- ◆ UAlbany's Office of Employment Benefits and Sponsored Funds Personnel Departments for their involvement with this year's wellness fair
- ◆ Faculty and staff members who contributed articles to this newsletter

We appreciate your support!

Employee Assistance Program (EAP)

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General Office Hours*

Monday - Friday 8:30am - 5pm

*Accommodations can be made to fit your schedule.

Check out our website for more info on well-being and for upcoming EAP events!

www.albany.edu/eap



UAlbany EAP Newsletter Spring 2009

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Bicycle Safety Class

Learn the "Rules of the Road" as they apply to cyclists riding in traffic by taking **Traffic Skills 101**. This course is open to the UAlbany community and is taught by a League of American Bicyclists Cycling instructor.



Traffic Skills 101

**Friday, May 1st (6 - 9pm) AND
Saturday, May 2nd (10am - 4pm)**

Draper Hall - Room 147

Fee: \$50.00

To register, contact instructor Claire Nolan

209-6477 or cbnolou@yahoo.com

(This is not an EAP-sponsored event.)



The EAP newsletter is printed on recycled paper. Please consider the environment and recycle this issue by passing it along to a friend or placing it in a UAlbany recycling bin. Thanks!

