EAP Summer “Meet and Greet”

Are you ready for the summer heat? EAP wants to help you prepare! Stop by the Campus Center fountain area for a “Meet and Greet” and receive a FREE aluminum water bottle compliments of EAP. EAP Coordinator Brenda Seckerson and EAP Committee members Linda Gallagher and Jessica Healy will be on hand to chat and offer wellness information and other helpful giveaways.

Wear your sneakers and join Linda Gallagher at 12:00 when she’ll lead employees on a campus walk. Hope to see you there!

Wednesday, June 19
Campus Center Fountain Area
11:30 am - 1:00 pm

Correction

EAP apologizes for misspelling the name of one of the winners of the Earth and Wellness Day nature photo contest in the May EAP E-News. Zac Barbis won for his photo of Watkins Glen. Congrats Zac!

Watkins Glen by Zac Barbis, Graduate Student

Tulip Photo: Linda Mertz, School of Social Welfare
In the Workplace

Food for Thought...

This month EAP highlights a few workplace topics for you to contemplate. If you are experiencing any of these situations on the job, try some of the suggestions and tips outlined.

You and Your Great Ideas

You may think that only other people have great ideas, but chances are you have had a few yourself. You simply didn’t act on them at the time. Great ideas are inspired by passion about an issue or problem, and acting on ideas begets more of them. Alexander Graham Bell was a genius and produced serial inventions, but inspiration and passion played a decisive role in many of them. Where did inspiration and passion for creating his practical telephone come from? His mother and wife—both were deaf. Are you passionate about something you’re doing? Your great ideas lie there.

Constructive Criticism: Feel the Gain

Accepting constructive criticism from others is a learned skill requiring a healthy perspective to avoid perceiving well-meant feedback as an insult or assault. To accept feedback in stride and to feel the gain rather than the pain, view feedback as less of a challenge for you than for the person offering it. Choosing this perspective (switching the filter) allows you to welcome feedback and delivers a powerful demonstration of your maturity. Those giving constructive criticism are usually with you out on the limb. They aren’t trying to saw the tree down. They risk your rejection and adverse response. Keeping this in mind can make you receptive to constructive criticism and demonstrate professionalism that others will see.

Getting Along with Difficult People

After low pay and unreasonable workloads, coping with a difficult coworker is the most commonly cited complaint of employees. Thousands of books attest to the problem, and nearly all touch on one theme—put the focus on changes you can make, not on the other person. Key strategies include staying focused on what is positive and valued about your coworker and expecting positive interactions as you would with any other coworker. Be proactive in making those exchanges happen so you don’t become isolated or withdrawn or start living your life “on defense.” Learn the art of detachment. This helps you avoid or minimize emotional reactions to what a coworker says or does. These strategies can help you remain productive even when some personalities at work are not ideally suited to yours.
Bicycle Season Has Begun

Do you know the rules of the road?

Well it’s that time of year again. No, not that the school year is over, its bicycle season! With that being said there are some important things to remember now that the weather has broken. Bicycle traffic will become heavier on and around campus. Below are some important points to remember while we share the road with these two-wheeled, human-powered vehicles.

⇒ Bicyclists must ride with traffic and thus travel in the same direction as motor vehicles. When you approach a bicyclist please be sure to use extreme caution, and give plenty of room. The cyclist may need to make sudden maneuvers to avoid road hazards and other traffic.

⇒ Bicyclists must signal all turns and stops. Be alert for these hand signals, sometimes they can happen quickly as the cyclist must also concentrate on maintaining control of their bicycle.

⇒ Helmets must be worn by those under 14 years old. Localities may have additional requirements for those over 14.

⇒ Bicyclists must obey all traffic lights and signs and must signal for turns whether riding on a roadway, a bike lane or shared-use pathway with pedestrians.

⇒ Be sure to lock your bicycle when left unattended. The University has recently installed several new bike posts in an effort to promote increased cycling and safe storage.

⇒ Did you know you can register your bike with parking management? See the link below for details. You can also have the UPD engrave the sticker number on your bike for added security.

Additional bicycle-related links:


Please be sure to pay extra attention this year for cyclists sharing the roadway. Should you have any questions concerning bicycle safety or cycling laws, feel free to contact the University Police Department at 518-442-3131 or Sgt. Steven Grassmann at sgrassmann@albany.edu

Safe travels from your friends at UPD.
EMPLOYEE ASSISTANCE PROGRAM

Sometimes an issue at home or work can have an effect on your ability to be as productive as you need to be. You don’t have to deal with it alone. Support is available through UAlbany’s Employee Assistance Program (EAP). The mission of UAlbany EAP is to provide services to support a healthy, productive workforce. Available to all employees is the voluntary, confidential Information, Assessment, and Referral Service provided by UAlbany EAP Coordinator, Brenda Seckerson. Take advantage of this confidential assistance available as an employee benefit.

Here are just a few of the concerns or stressors that might prompt an employee to reach out to EAP for information and support:

- Family, parenting, and relationship issues
- Work stress and conflict
- Substance abuse or dependency
- Elder Care
- Psychological Concerns (e.g., depression, anxiety)
- Legal and/or financial concerns
- Grief and loss
- Therapist referrals

Early intervention is the key! Contact EAP.

To schedule an appointment for an Information, Assessment & Referral session, contact Brenda Seckerson, UAlbany EAP Coordinator
Call 442-5483
or email bseckerson@albany.edu

Confidential support, information, and referrals are available to assist you in finding a way to address your concerns.

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

“The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem.”

~ Theodore Rubin
Psychiatrist & Author (1923- )
is back this summer for UAlbany employees!

By now you’ve heard the buzz about Zumba! This fitness class fuses Latin dance rhythms and easy-to-follow moves to create a dynamic fitness program that provides body sculpting and toning, while giving an effective and FUN cardio workout. The music alone will get your heart pumping! Zumba’s goal is simple - “To want you to want to work out, to love to work out, and to get hooked!”

Instructor: Meighan Carivan-Esmond is a certified Zumba® and Nia instructor.

Two Classes Offered:

Tuesdays (9 weeks), June 11 – August 6
Class fee $36.00 and

Thursdays* (9 weeks), June 6 – August 8
*No class on July 4 – Class fee $36.00

12:00 – 12:45 pm
Location: PAC Lab Theatre - 2nd floor
Make check payable to: Meighan Carivan-Esmond
Registration deadline: Tuesday, June 4

NOTE: If you are registering for both classes, you only need to write one check.

To Register Contact: Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu 442-5483

Or, register online: HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM
alzheimer's association

the savvy caregiver
A PROGRAM FOR FAMILY & FRIENDS OF A LOVED ONE WITH ALZHEIMER'S

The Savvy Caregiver is a FREE, multi-session training series for family caregivers. For most family caregivers, caregiving itself is a new role — one for which training is needed, just as one would receive training for any new job. The Savvy Caregiver program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for loved ones along the continued decline associated with Alzheimer’s or dementia.

schenectady

Armistead Caregiver Services
95 Dalia Street, Schenectady

Wednesday from 6 to 8 pm
June 12, 19 and 26 and July 3 and 10

This program is free, but you must register at least 48 hours in advance. To register call 518.867.4999 x200 or email tgarmley@alz.org.

Northeastern New York Alzheimer’s Association website:
http://www.alz.org/northeasternny/
Parents...Looking for summer child care?

Summer Fling Camp Program!
Registration Underway...

As parents we are always looking for exceptional places for our children, and this is especially true when looking for child care. The Campus Children’s Center, Inc. provides this special kind of place at both of its sites. The U-Kids Child Care Center is located on campus on Dutch Quad, and the Campus Children’s Center is located in Building Four on the adjacent Harriman State Office Building Campus. These programs offer care for children from birth through pre-k as well as holiday care and a summer camp for grades kindergarten - 8.

The early childhood programs offer child care in a developmentally appropriate educational program. The children are provided with a loving environment designed to stimulate the children’s growth and development. Breakfast, lunch and afternoon snack are provided.

The **Summer Fling Camp** program is for school-aged children. It has something for everyone with daily field trips, lots of outdoor activities, games, arts and crafts and tons of fun! In one child’s words, “I like Summer Fling because of all the new friends I meet there, all of the places we go and all of the fun we have!”

The Campus Children’s Center, Inc. is a private, not-for-profit corporation founded in 1983. The corporation is dedicated to the high quality care and education of children and their families. We have a strong history of continually responding to the ever-changing needs of our families and the community we serve. Our programs enroll more than two hundred families each year and have developed a reputation for providing exceptional care to the families we assist.

Registration for the **Summer Fling Camp** program has begun and enrollment for the fall early childhood program is also starting now. To learn more about the Campus Children’s Center and their programs please visit the web site at [www.cccukids.com](http://www.cccukids.com) or call U-Kids at 442-2660 or CCC at 457-3210.

Article submitted by: Debra Merchant, Campus Children’s Center Executive Director
Congratulations!
Sixty-one employees joined this year’s UAlbany Workforce Challenge Team. The annual event was held on May 16.

Team Coordinator Cathy Probst said the evening was a blast. “Race night, with the adrenaline and camaraderie along with the competition, always proves to be a sweet combination.”

So, start thinking about participating in next year’s race and experience the UAlbany Workforce Challenge team spirit!

2013 UALBANY WORKFORCE CHALLENGE TEAM

To see how well our team did, go to:

http://www.cdphpwtc.com/results2.htm

Walking or Running on the Purple Path

Warmer weather prompts us to get outside during our break or lunchtime to get some fresh air, walk, and de-stress. If you keep track of your steps or miles, the link below is a handy resource for you created by the Office of Space Management and Campus Preservation. It’s a map of the Purple Path and the Indian Pond Trail System with mileage indicated.

To access the map, click here.
This bright new, day...

Complete with 24 hours of opportunities, choices, and attitudes. A perfectly matched set of 1440 minutes. This unique gift, this one day, cannot be exchanged, replaced or refunded. Handle with care. Make the most of it. There is only 1 to a customer.

~ Author Unknown

UAlbany EAP E-News
June 2013

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To discover what materials are available from the EAP Lending Library, go to the EAP website. Contact the EAP Office to make arrangements to stop by to browse, or, you may request materials be sent to you via campus mail.

bseckerson@albany.edu
442-5483

EAP website: http://www.albany.edu/eap

The New York State Employee Assistance Program is a joint labor/management program and a negotiated benefit. EAP Coordinators are a confidential and neutral resource for employees. The use of EAP is on a voluntary basis.