Are You Ready to Unplug?

This year our EAP committee is focusing on the topic of “Unplugging to Reconnect.” It has become such a hot topic, effecting both technology users and non-users alike, that it will be the theme of this year’s Earth and Wellness Day event on April 23. (See page 10.)

Oftentimes we may not realize how controlled we have become by electronic devices in our lives; after all, we rationalize, they are available to make our lives easier, right? Not always, as Alice Walton, a contributor at the Forbes website, explains in her article titled Feeling Overconnected? 5 Reasons To Unplug From Technology After Work. See if anything rings true for you as you read excerpts from this article.

Technology sure has linked us up in ways we never imagined. We have the power to Skype with relatives across the country or world, and email colleagues and clients at 11 o’clock at night. But how many of our technological powers are actually beneficial? Some feel that many are not – particularly depending on the time of day – and that there are major psychological pitfalls to the constant connectivity that’s become a way of life. Some people are beginning to be aware of the perils of social media, the Internet, and our fixation on technological gadgets. And a few strong souls are even beginning to put limits on themselves regarding their technology use throughout the day.

Stress Recovery: Researchers at Kansas State University have found that although we may resist it, we really do need down time after work to mentally recharge for the next day. Continuing to communicate with colleagues after hours not only creates stress, but it prevents your brain from relaxing and recuperating from long work day in preparation for the next day. Researcher YoungAh Park recommends setting boundaries on your work communications outside work, and making colleagues aware of your after hours availability. Drawing a line between work and home life not only benefits you, but it may benefit your employer, too, since, you’ll be coming back to work the next day relaxed and recharged. Multitasking Doesn’t Work: Toggling back and forth between emails, reports, and preparations for your kid’s school recital isn’t a smart thing to do whether you’re at work or at home. A new study shows that people who rate themselves as the best multitaskers are actually the worst at it when they’re put to the test; they also tend to be greater risk takers and are more impulsive overall. But people who multitask less, the study found, are actually the ones who are best at it.

Internet Use Disorder, Anyone? The Internet may be the newest “substance” to be candidate for a mental health disorder, though it’s still up for debate. There’s no denying it can feel addictive. An article in theweek.com suggested that the frequency with which people check their social media - providing gadgets is just the right amount to get the brain’s addiction centers engaged, and highlighted a company devoted to helping people kick their tech addictions. So, if you’re feeling the pull as many of us are, perhaps calling it quits for a few hours in the evening before your amusement becomes an obsession is a good idea. Continued on page 2...

Need tips for you and/or your family on how to unplug? Check out this additional article:

“8 Easy Ways to ‘Unplug’ From Technology”

National Day of Unplugging — March 7 & 8, 2014
Are You Ready to Unplug?  

Sleep and Other Psychological Problems: Beyond addiction, technology is linked to other types of mental health issues. Last year a Swedish study found that young people who used technology heavily had a pronounced risk for mental health problems like depression, stress, and sleep disorders. Other research has suggested that social media does not have its intended effect of drawing us together, rather it makes us lonely, jaded, jealous, or otherwise mentally unhealthy.

You’ll Be Less of a [Jerk]: Another interesting study last year found that when people used cell phones they were less likely to be good to others, or to display “prosocial behavior,” directly after (or as Time asked, “Is your cell phone making you a jerk?”). The authors suggest that this may be because cell phones actually fulfill our natural need to feel connected to people, so, ironically, the effect is that we’re less likely to connect to others in earnest. As backwards as that sounds, there may be something to this logic, which points to the complex relationship between technology and psychology.

Walton concludes her article with these thoughts. The bottom line is that we’d probably do well to give technology a rest when we’re able, especially after work. Instead of stealing glances at our phones when we’re in the company of our family and friends, maybe we should actually focus on the present company. At least setting aside a couple hours after work to disconnect from all our devices will probably do volumes for our mental health and the mental health of those around us. Are you ready to cut the cord – or have you done so already?

Calling all walkers, joggers, and runners to participate in the annual Workforce Team Challenge!

Or, calling all people who WANT to become walkers, jogger, or runners! Recruitment is underway for the UAlbany Workforce Challenge Team. The Challenge – sponsored by CDPHP – will be held on Thursday, May 15.  
http://www.cdphpwtc.com/

This event is for ALL levels of participants.

For more information and to register, contact Cathy Probst, UAlbany Team Coordinator, at 442-2562. cprobst@uamail.albany.edu
Tolerating Uncertainty in the Future

One look at the news and we can see why anxiety about the future can cause much distress. If you experience anxiety about uncertainty in the future, don’t let it overtake your life. Some people wrestle with anxiety more than others do. A new college student who has not phoned since his or her arrival at the airport, looming bills and uncertain income, an overdue lab report for a routine procedure—all are “uncertainty events” that hold some possibility, even when it’s improbable, of a feared event coming true. Intolerance of uncertainty is something you can beat. Everyone worries about uncertainty. If feeling it overwhelms relationships or interferes with your job, seek support from a mental health professional. Many practical tips can reduce intolerance of uncertainty. For example, practicing new behaviors and then journaling your experiences will, with repetition, slowly help you gain the control you want, along with the relief that comes of knowing that you’re in charge of your life even with all its uncertainties.

If you are feeling overwhelmed and wrestling with the feelings that come from uncertainty, contact UAlbany EAP for support and resources to help you address your anxiety. bseckerson@albany.edu 442-5483

Support for a Bereaving Co-worker

It’s a myth that only those who have “been there” can help bereaved persons suffering with grief over the loss of a loved one. This myth adds to the confusion associated with helping grief-stricken people. Grief is difficult to comprehend if you haven’t experienced it, but you can take steps to understand it better and be a supportive and “in tune” coworker.

Grief is a natural, normal reaction to a serious loss of any kind. The nature of profound loss affects the entire being - physically, emotionally, spiritually, and psychologically. Overcoming grief is accomplished in waves; it stops and starts, and it often feels like three steps forward for every two steps back, or worse. Recovery from grief is as unique as a fingerprint, because we are all different. One’s life experiences, psychology, environment, and health all play a part in the recovery process. A roller coaster of emotions plays a key role throughout the grief process. You will not be able to say something that “fixes” grief or elevates a person out of it. “Being there” and patience are the two most valuable gifts you can offer a grief-stricken coworker.

For information on supporting others through grief, loss, and bereavement, go to: http://www.helpguide.org/mental/helping_grieving.htmh
Contact UAlbany EAP for additional information and community resources.

Resource for Articles: Frontline—Employee Wellness, Productivity & You! Frontline newsletter is courtesy of the New York State 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.

**We are limited, not by our abilities, but by our vision.**

~ Unknown
How to Increase Productivity at Work

A commonly hailed productivity tip is to stop checking email so often. The advice is sound, but the urge to check email is so compelling that few people can resist it. What’s behind the struggle to avoid checking email? It boils down to two words: Email satisfies. Checking email can become a substitute for boredom, not knowing what to do next, lack of structure, nervousness, worry, being stumped by a problem, or undesirable emotional states. It’s a fix, and it fills time. And therein lies its sinister effect when it’s abused—time theft. Ask yourself what role email plays in your daily psyche, and you may find that you’re more able to resist its calling.

“Organization isn't about perfection; it's about efficiency, reducing stress and clutter, saving time and money, and improving your overall quality of life.”

~ Christina Scalise (professional organizer and author)

Mess Creates Stress

Have you seen the humorous sign, “A messy desk is the sign of a genius”? Become a less-stressed genius by de-cluttering. A de-cluttered work area can make your work more enjoyable and increase your energy by removing things that compete for your attention visually, cognitively, and physically. You’ll increase productivity by responding less impulsively to things that need attention. This will help you stop multitasking, which studies show is inefficient. Still not convinced that de-cluttering relieves stress? There is an acid test: Try it and feel the difference.

Resource for Articles: Frontline—Employee Wellness, Productivity & You! Frontline newsletter is courtesy of the New York State Employee Assistance Program.
Have you checked your credit reports?

The Fair Credit Reporting Act guarantees you access to your credit report free of charge from each of the three nationwide credit reporting companies (Experian, Equifax, and TransUnion) every 12 months. AnnualCreditReport.com is the ONLY authorized source for the free annual credit report that you are entitled to by law. A common practice is to check one company every four months to make sure your credit is in order. Take advantage of this opportunity to gain access to your report and look for mistakes or irregular listings. For more information, click on Federal Trade Commission.

Additional Tax Preparation Resources:

- Visit www.myfreetaxes.com/NYCapRegion for FREE do-it-yourself state and federal income tax filing. People and families with an annual income under $58,000 are eligible to use www.MyFreeTaxes.com
- Or, go to the NYS Tax & Finance website to see if you qualify for a FREE tax return this year: http://www.tax.ny.gov/pit/efile/freefile_eligibility1.htm
- Questions about preparing your taxes? Connect with the IRS Taxpayer Advocate Service at www.irs.gov/advocate

Refunds in as few as 10 days with direct deposit

IRS-certified volunteer tax preparers

Over 35 tax sites with convenient hours

For FREE tax preparation sites in Albany, Rensselaer, Schenectady, Schoharie, and Saratoga counties, call (518) 694-8900. If you would like further information dial 2-1-1, the United Way Helpline, for all of the details. Or, check out the United Way website: http://www.cashgreatercapitalregion.org/

Click Here to learn how to get the most out of your tax return!
Doing More With Less

Many Americans are seeking out ways to simplify their lives. For most it comes in the form of small changes, like growing their own vegetables, turning off all electronic devices during family time, or just spending quiet time alone. Another way people are simplifying is through de-consumption. In the article “De-consumption Versus Dematerialization” by Ronald Bailey, de-consumption is defined as making do with less. We all know the Zen feeling we get after we clean out our closets. We procrastinate because we loathe the task, but we feel like a weight has been lifted when a bag of clothes we no longer wear (or ever wore) is given to someone who needs them and our closets are now organized and clutter-free.

De-consumption is not only about finding a home for the things we no longer need, but it is also about not bringing unnecessary objects into our spaces to begin with. The next time you are about to make a purchase or accept an item for free ask yourself “do I/we really need this?” If you are being honest with yourself, a lot of the times the answer is “no.” Sometimes items you already own just need some cleaning, updating, repairing or repurposing, and they can be better than what you are considering buying new.

Sometimes we are not always in control of what enters our homes which ends up making clutter, collecting dust, and stressing us out. A lot of those items come in the form of gifts from well-intentioned family, friends, and co-workers. One idea to continue a gift exchanging tradition, while at the same time preventing clutter, is to make a suggestion that all gifts be sustainable. Some examples are food, a homemade e-voucher offering to babysit, movie or theater tickets, or donating to the gift recipient’s favorite charity in his or her name.

Buying new or more isn’t the only option when you think you need something. Perhaps if you give doing more with less a try you might be pleasantly surprised by the good feelings that come with living a bit more simply.

Article Resources:

http://eartheasy.com/live_simplify.htm
http://thenonconsumeradvocate.com/

Article contributed by Marlene Williams, EAP Committee Member, UUP Representative

Available in the EAP Lending Library on this topic...

- Green Living: The E Magazine Handbook for Living Lightly on the Earth
- Voluntary Simplicity: Toward a Way of Life That is Outwardly Simple, Inwardly Rich
- Shed Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck

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
March is National Nutrition Month

**Taste Your Way to a Healthy Lifestyle**

~Article contributed by Donna G. Duffy MS, RDN, CDN, UAlbany Campus Dietitian

The power of NOW is indeed a strength we could all draw from. When it comes to making changes to the way we eat our food, there’s no time better than the present to embrace a couple of healthy eating ideas and incorporate them into your daily healthy lifestyle. The Academy of Nutrition and Dietetics (AND) wants you to know that you don’t need to sacrifice taste in the process.

Research shows that one of the most important reasons we purchase a food is because we like the taste of it. Social, emotional, and health factors also play important roles in our decision-making when it comes to choosing what foods we eat. But the truth is, the foods people enjoy most are the ones they eat the most. And typically those types of foods are not always the foods that support good health.

Many will agree that too much of a good thing can be harmful to overall good health and positive well-being. This is especially true when it comes to eating and drinking our favorite foods and beverages. That doesn’t mean we have to give them up. But with the Centers of Disease Control reporting that nearly two thirds of the adult population in the United States as being overweight and obese, it strongly suggests that we need to practice a more mindful approach to choosing more nutrient dense foods and then take the next step to keep within the suggested serving sizes for those foods. We can begin by trying healthier options for the foods that we know we already like and following these suggestions from [ChooseMyPlate.gov](#):

- Whole grains can be an easy choice when preparing meals. Choose whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, wild rice, and whole rye in your favorite recipes.
- Choose low fat or non-fat milk, yogurt, and cheese when possible.
- Vary your protein food choices. Experiment with main dishes made with beans or peas, nuts, soy, and seafood. Make meat and poultry lean or low fat.
- Canned vegetables are a great addition to any meal. Keep canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets on hand to add to a favored dish.
- Drink water instead of sugary drinks when you are thirsty and when water won’t do, enjoy the beverage of your choice, but just cut back.

Did you know that many of these food options are available right here on campus in any of our quad dining rooms or campus center venues? Don’t have a meal plan? Contact the SUNYCard office today for information on how you can get one. [http://www.albany.edu/uas/sunycard_services.php](http://www.albany.edu/uas/sunycard_services.php)

**Your Voice Matters!** We want to hear from you. Please contact us with your questions and/or suggestions on how we can improve our dining offerings. [https://ualbanydining.com/people/feedback.html](https://ualbanydining.com/people/feedback.html)

“The more you eat, the less flavor; the less you eat, the more flavor.” ~ Chinese proverb

**THE WORLD WITHIN REACH**
Simple Meals Made Healthy

~Article contributed by Jessica Healy, EAP Committee Co-Chair, Research Foundation Representative

At the end of last year, I made a pledge to myself to start simplifying some of my daily tasks (outside of work). I decided to peel through the layers and identify one task that consumed a good chunk of my time and was sometimes stressful. I discovered that my dedication to eating healthy was taking up too much of my time. The steps involved in eating an unprocessed and unrefined foods diet can be overwhelming – using the foods with the most nutrients, getting enough quality protein, eliminating refined sugar, finding the right ingredients - the list goes on. I have seen improvement in my overall health since changing my diet, so I was not about to give it up. I just needed to find an easier way to maintain. I love homemade soup in the winter, so my first step was to start making my own soups for lunches.

I dedicated a Sunday morning to making three different types of soups. I divided the soups into 2-cup containers with screw top lids and stocked the freezer. I had lunches (and dinners) that would last me two to three weeks. I then started making one different kind of soup once a week giving me a wide variety of options. A weight had been lifted. I was no longer spending extra time trying to figure out what to eat, wondering if it is a healthy option, and scheduling the time to make it. I was now using some of the extra time saved to sit down and really enjoy my meal. I also noticed some extra cash in the bank!

I then explored other foods that I could make in advance. I eat oatmeal every morning and sometimes add apples. I decided to make a couple batches of applesauce and put that in my morning oatmeal. That way I could purchase apples in bulk and keep the applesauce in the freezer – again saving time and money.

After this journey of simplifying food preparation, I discovered the two articles below. Good resources if you want to explore saving money on your grocery bill and learn more about the slow cooker lunch cycle. **Happy Cooking!**

**Resources:**
http://www.thesimpledollar.com/how-a-slow-cooker-can-save-your-family-hundreds-of-dollars/
http://www.thesimpledollar.com/the-slow-cooker-lunch-cycle/

Here is a sample of easy soup and meal recipes. They are out there! You just need a little time to find them. Simply modify them to fit your diet and current supply of ingredients.

http://www.gimmesomeoven.com/5-ingredient-black-bean-soup/
http://www.gimmesomeoven.com/5-ingredient-easy-chili-recipe/
http://www.myrecipes.com/recipe/chorizo-potato-frittata-10000001892143/
http://www.myrecipes.com/recipe/mediterranean-spinach-pies-10000001875458/
Save the Date!

Wednesday, April 23
Campus Center

"Unplug to Reconnect"
Take a break from technology and discover other outlets to connect to that support wellness, joy, and relaxation!

Co-Sponsored by EAP and the Office of Environmental Sustainability

An Array of Exhibitors
FREE Health Screenings
Clothing Exchange
Free Soil Sample Analysis
Demonstrations
Give-Aways
Refreshments

11 am - 2 pm

Mark your calendar!

Free Clothing Exchange
The tradition continues!
This is UAlbany's eco-friendly way of spring cleaning that gives your clothes a longer life!

Here's how it works:
Bring in unwanted, gently used and laundered clothing during our collection, volunteers will sort the donations and then display the items during our "Earth and Wellness Day" on April 23. Students, faculty and staff may take what appeals to them, and any remaining clothes will be donated to the City Mission. All items are FREE; however, monetary donations for the benefit of the Mission will be greatly appreciated. What a great way to help prevent 2.5 billion pounds of post-consumer textile waste from going into a landfill. So, recycle last season's garments as second-hand clothing and feel better knowing that trading used clothing has a positive impact on the environment!

Clothing Exchange Collection Sites:
Starting the first week of March!
Collection Boxes will be placed at the following locations for donations:
- Quad Offices
- Arts & Sciences Building West Lounge
- Husted Hall, Downtown Campus
- East Campus
- UAB and MSC Buildings

Drop-Off Box Locations
Recognizing Early Signs of Dementia and the Importance of Living a Brain Healthy Lifestyle

This interactive workshop will separate myth from reality and address commonly-held fears about Alzheimer’s in America. The warning signs of Alzheimer’s disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts.

In this program you will learn:
- How to tell the difference between Alzheimer’s and typical aging
- Steps to take if you recognize a warning sign in yourself or someone you know
- Brain-healthy lifestyle strategies

Presenter: Gretchen Moore Simmons, Professional Development Specialist, Alzheimer's Association Northeastern New York

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

http://www.albany.edu/eap/event_sign-up.htm

Rescheduled from February date
Friday, March 7
12:00 pm - 1:00 pm
Café Conference Room

Registration Deadline:
Wednesday, March 5
Starting the Conversation

As our parent(s) age, we as adult children deal with the emotional uncertainty about this stage of life. There ARE some practical tools that can help us assist our parents age more successfully. But how do we prepare for and start conversations on such matters as legal issues, estate planning, housing, home safety and more? Getting the conversation started in a good way, can be a wonderful gift to our parents and to the entire family.

Join us for this informative EAP lunchtime program and gain some practical tools that will help you to get the conversation started with your parents.

Wednesday, March 5
12:00 -1:00 pm
Room 375
Campus Center

Registration Deadline:
Monday, March 3

How to Communicate with Your Parents About Aging

Presenters:  Melonie Pratt, Senior Housing Advisor with Choice Connections and Jennifer LaPorte, from Wynwood of Niskayuna

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

http://www.albany.edu/eap/event_sign-up.htm
Employee Assistance Program
Lunchtime Wellness Program

“Recipe for a Healthy Lifestyle”

Diet Hazards for Shift Workers

If you’re a shift worker, new research shows that you may have a more inflammatory diet than employees who work regular hours. You may consume more fast foods, sugar, white bread, and high-fat nuts, and you may be more likely to grab cheeseburgers or donuts on the run. Inflammatory foods are harsher on your body, and researchers believe this irritation, when frequent or continual, can increase the risk of disease. **Consider this:** View the “personal protection” of a proper diet as important as a hard hat or other protective clothing or equipment.

For additional information on “how the day-to-day choices you make about food affect chronic inflammation,” check out this [article from the Cleveland Clinic](#).

**Resource:** *Frontline—Employee Wellness, Productivity & You!* Frontline newsletter is courtesy of the New York State Employee Assistance Program.

For a set of brochures on staying healthy when doing shift work, contact UAlbany EAP to request copies be sent to you via campus mail or make arrangements to come by the EAP Office.

bseckerson@albany.edu  442-5483
SafeTALK

Become a suicide alert helper. Attend this 3 hour training to learn the SafeTALK steps. Safe Tell, Ask, Listen and KeepSafe (SafeTALK)

This informative training prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to the suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

As a SafeTALK trained suicide alert helper, you will be able to:

- move beyond common tendencies to miss, dismiss, or avoid suicide,
- identify people who have thoughts of suicide, and
- apply the TALK steps to connect people with suicidal thoughts to suicide first aid and intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn the steps that contribute to saving lives.

Training Facilitators: Lynn Keyes and Katie MacVeigh, NYS Dept. of Health/HRI/OMIG EAP Coordinators

EAP-sponsored events and services are open to UAlbany & Research Foundation faculty, staff, family members, UAS employees, retirees, and GSEU members.
Spring Semester Art Break

Tuesday, March 11 ~ 12:00 – 12:45 pm
UNIVERSITY ART MUSEUM

Please join Museum Director Janet Riker as she presents:

American Playlist: Selections from the University at Albany Collections
and Blue Plastic Bubbles: Paintings by Lamar Peterson
And...check out the written responses to selected works provided by members of the university community.

Elliot Erwitt, Reno, 1960
Lamar Peterson, The Circumscribers, 2011

Please Register by March 10
To register contact Brenda Seckerson,
EAP Coordinator,
bseckerson@albany.edu
or call 442-5483
Register online at:
http://www.albany.edu/eap/event_sign-up.htm

Program Host: Pamela Moniz, EAP Committee Member, M/C Representative

Employee Assistance Program-sponsored events are open to UAlbany and Research Foundation faculty, staff, family members, UAS employees, GSEU members, and retirees.
NY’s 529 College Savings Plan offers families a flexible and convenient way to save money for college. Join us for this informative program to learn more about the tax benefits and features of the program. The session will include an intro to financial aid, tax benefits of NY’s 529, and investment options. Bring your questions!

**Presenter:** George Makras, Director, Institutional Relationship Management | Upromise Investments, Inc. and Representative for New York’s 529 College Savings Program Direct Plan

**Wednesday, March 26**  
12:00 - 1:00 pm  
Room 375, Campus

Or register online:  
[http://www.albany.edu/eap/event_sign-up.htm](http://www.albany.edu/eap/event_sign-up.htm)

To Register, Contact  
Brenda Seckerson, EAP Coordinator  
bseckerson@ualbany.edu  
442-5483
New titles added to the EAP Lending Library...

- Creative Recovery: A Complete Addiction Treatment Program That Uses Your Natural Creativity
- Finding Your Element: How to Discover Your Talents and Passions and Transform Your Life
- Healing Your Grieving Heart: 100 Practical Ideas
- Living in Gratitude: Mastering the Art of Giving Thanks Every Day, A Month-by-Month Guide
- Recovery: A Guide for Adult Children of Alcoholics

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.

University Library
For your reading pleasure!

Graphic Novels on Display: Check ‘em Out!

The University Library is featuring a display of 150 graphic novels during the Spring 2014 semester. The display is on the first floor, north side of the library in the new books area. The selection covers a wide range of authors, illustrators, subjects, genres and award-winning titles. All of the books are available to be checked out for the joy of reading!

Rules for Happiness:
-something to do,
-someone to love,
-something to hope for.

~Immanuel Kant
Prussian Philosopher (1724-1804)

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 or promote a business.

EAP is a joint labor/management program and is part of the NYS Employee Assistance Program - CSEA / GSEU / MC / NYSCOPBA / PEF / UUP.

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