Overcoming Fear of Change

Fear is one of the most significant hurdles with any organizational change. Here are some steps to take to help you face change with determined fortitude.

♦ Accept that fear of change is normal and don’t deny your concern about it.
♦ Try “moving your fear to paper” by writing down concerns. Consider each concern’s potential solution. Small things count—losing an office, giving up a pretty commute, coming home later—see if you can identify exactly what the change may bring.
♦ Find supportive friends, contact EAP or a counselor with whom you can discuss concerns. You’ll discover solutions and enlightened coping strategies for virtually any problem or issue.
♦ Resist buying into rumors at the water cooler that can stoke more fear. Instead, bring concerns to your boss and compare them with official information sources.
♦ Read about how to cope with change. The field of literature on this topic is huge, and reading may be the fastest way to feel empowered and less fearful.

Staying on top of your fear by remaining proactive and planning your approach to change will help you stay positive. You are no stranger to change, so consider any past experiences where you successfully overcame major changes that occurred in your life. Ultimately, coping with fear of change is about taking control of your attitude and being determined with a personal set of adaption strategies that will help you benefit from new experiences that are coming your way.

Have an I-Thou Conversation

Workplace conflicts are quite normal. However, they deserve speedy attention because they are easier to resolve early-on. Don’t fear conflict. View it as an opportunity to advance your relationship. Learn the “I-Thou” approach when engaging to resolve differences. The idea is simple: Use an attitude that views your coworker as a whole person with a desire equal to yours to have compatible, mutually beneficial relationships at work. Seeing your co-worker as a unique and valuable person with hopes, dreams, strengths, and fears just like you turns conflict into an opportunity for deeper understanding of each other. You’ll easily resist becoming workplace foes. Twentieth century philosopher Martin Buber first wrote about this idea in human interaction. He saw it as the most meaningful way humans can interact and value each other. It works beautifully in the 21st century workplace, and your work environment will reap the benefits of it.

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

Ask managers what they value in employees and you’ll hear “dependable,” “self-motivated,” “rises to the occasion,” or “has a positive attitude.” These all represent “commitment.” Are you demonstrating behaviors that prove the commitment you feel? See if the following behaviors can better show you’re an engaged and committed employee.

⇒ takes initiative—makes the first move to get something done
⇒ keeps the boss informed on progress
⇒ spots problems and solves them
⇒ shows passion and demonstrates eagerness for the work

Change these behaviors:
♦ does work, but lacks energy and devotion to the results
♦ ignores problems in favor of leaving it to others to find the fix
♦ fails to communicate or keep the boss informed
♦ rarely offers up new ideas

If you are struggling to be feel productive and engaged on the job, perhaps there is a stressor(s) in your life that needs to be addressed. Contact the EAP Office to make an appointment for a confidential conversation for information, resources, and/or referrals that could assist you with making a change. Call 442-5483 or email EAP Coordinator Brenda Seckerson at bseckerson@albany.edu

When Stalking Comes to Work

No employee wants to bring problems to work, but some problems may not stay away—like a stalker. Have you feared for your safety because of someone making unwanted phone calls, sending unsolicited letters or e-mails, or following you, perhaps at work, for no legitimate reason? Stalking is a serious criminal offense with over three million victims per year. Stalkers often appear at work because the victim must show up there. About one-fourth of stalking victims have experienced lost income or work time dealing with a stalker. Workplace stalking is not your fault—accountability lies with the stalker, not you the victim. Seek and expect help in the same way that you would expect for any threat or risk occurring at work.

Reach out to campus resources for your safety and support.
University Police Department: 442-3131
EAP: 442-5483
Office of Human Resources Management: 437-4700
Research Foundation Human Resources Office: 437-4500

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

Do you think creative people are “born that way”? Creative people may have natural abilities, but they have something even more important—habits and beliefs that support creative thought. If you adopt a few of these habits, you will boost your creativity too. Creative people usually do or believe the following:

1) Challenge accepted ways of doing things.
2) Have self-awareness for their preconceptions (biases and ways of viewing problems) and challenge them.
3) When faced with a problem, see it as a challenge, not a roadblock.
4) Are not ashamed, embarrassed, or hesitant about offering up a wild idea or solution to the group.
5) Believe in their ability to be unconventional and think “outside the box.”
6) Are always willing to listen to someone else’s wild idea while suspending disbelief.
7) Set aside time to think creatively and ponder solutions.
8) Believe that if people want something bad enough, they will find the solution.
9) Are not afraid to try new things.

Experimenting with and adopting these habits will lead you to more frequent and creative ideas. You’ll wake up with new solutions, have sudden insights out of the blue, and experience more excitement in the average or ordinary day. Plus, don’t be surprised if it’s you who imagines the magnificent solution to a big problem that stumps others!

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

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences.

~ Eleanor Roosevelt

Photo: Brenda Seckerson
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 confidential Information, Assessment & Referral session, contact:

Brenda Seckerson  
EAP Coordinator  
442-5483  
bseckerson@albany.edu

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

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.

“Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying ‘I will try again tomorrow.’”

~ Mary Anne Radmacher  
Author & Artist
Internet Gaming Disorders

Internet Gaming Disorder (IGD) affects 3 to 10 percent of internet and video gamers—mostly young adults. Although not yet a mental disorder, IGD is characterized by preoccupation with internet gaming; feeling unable to stop gaming, feeling guilty because one can’t quit, experiencing neglect of physical health, with decreased academic performance and a decline in social and normal recreational pursuits. IGD is treatable. Seek help from a counselor you trust. Many online internet help resources are not reliable, and it’s better to be followed by a professional who can evaluate and monitor your progress through your recovery.

Source: www.dsm5.org (see “Internet Gaming Disorder).

Improving Your Relationships

Do you enjoy more good times than bad with your significant other? Do you know your partner’s hopes, dreams, and fears? Do you talk through conflict rather than bury it in silence in order to keep the peace? How you answer these sorts of questions may point to whether you could benefit from more happiness between the two of you. Challenges in these areas can be addressed, but they often fester for years. Don’t remain frustrated. Consider moving your relationship forward from “so-so” to “doing great” by using self-help, couples counseling, or another enrichment plan. If you are interested in counseling referrals, contact UAlbany EAP. Referrals to counselors who take your health insurance can be provided. Additionally, several books on relationships are available in the EAP Lending Library.

- 10 Lessons to Transform Your Marriage
- Couple Skills: Making Your Relationship Work
- Love Together: Longtime Make Couples on Healthy Intimacy and Communication
- The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family and Friendships
- The Seven Principles for Making Marriage Work

Contact the EAP Office at 442-5483 or bseckerson@albany.edu to make arrangements to stop by to browse, or you may request materials be sent to you via campus mail. To discover what other materials are available, go to: [www.dsm5.org](http://www.dsm5.org)
Suicide Awareness and Prevention

Many people get depressed at one point or another throughout life. Whether it’s caused by death of a family member, environmental stress, or mental illness, feelings of depression can become difficult for some individuals. There are times when depression becomes so overwhelming as a result of mental illness or life circumstances that people consider suicide as an option to escape from their emotional pain. Most of us can hardly imagine the suffering that precedes suicide and the pain left in its wake.

According to the Suicide Prevention Lifeline organization, here are important facts to be aware of:

- Suicide takes the lives of nearly 40,000 Americans every year.
- Many who attempt suicide never seek professional care.
- Suicide rates in the United States are highest in the spring.
- 15% of those who are clinically depressed die by suicide.
- Suicide is the 10th leading cause of death in the U.S.
- An average of one person dies by suicide every 13.3 minutes.

As terrifying as this sounds, there is some light to shed upon this issue:

- 80% of people that seek treatment for depression are treated successfully.
- It is estimated that there are at least 4.5 million suicide survivors in this country.
- Research has shown medications and therapy to be effective suicide preventions.
- Suicide can be prevented through education and public awareness.

For those who believe that there is no help for what they are feeling or that there is no one who would want to lend an ear to hear their problems, think again. **There is always help!** Reach out to valuable resources such as the 24 hour Suicide Prevention Lifeline, a counselor, intervention programs, clergy, friends, family members, and of course, UAlbany EAP.

Remember, **you are important.** If you are considering suicide, or if you think you know someone who is, please get support. Here are some resources available to help you yourself or a loved one:

- [http://www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)
- [http://www.afsp.org/](http://www.afsp.org/)
- [http://www.save.org/](http://www.save.org/)
- [http://www.suicideispreventable.org/](http://www.suicideispreventable.org/)

"Place your hand over your heart, can you feel it? That is called purpose. You’re alive for a reason so don’t ever give up."

– Unknown

Article submitted by Seema Mathura, EAP Office Work Study Student
The Greater Capital Region Creating Assets, Savings, and Hope (CASH) program provides FREE tax preparation services from IRS-certified VITA (Volunteer Income Tax Assistance)/AARP volunteers. All you need to qualify for free tax preparation is an annual household income below $53,000. That’s it!

- To find a VITA location, go to: http://irs.treasury.gov/freetaxprep/
- Or, 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/

Finding Money for Your IRA or Other Retirement Fund

Finding money to sock away in your IRA or other retirement fund can be a challenge. But the answer, if it exists—and it almost always does—usually lies in lifestyle choices. You must save first and avoid spending all of your money. You are bombarded by live-large marketing messages. Can you resist them? You may need to avoid the lure of an expensive auto and stop avoiding the math that proves it is cheaper to make repairs on a car you own for a while. Examine your lifestyle to see where you are sabotaging your ability to save. What about the daily trip to buy that extra cup of coffee? Refresh your memory about the power of compound interest, then seek to maximize your savings plan. Be diligent about retirement now, and you will not panic about it later.

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 $60,000 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.

Resource: Frontline—Employee Wellness, Productivity & You! Frontline newsletter is courtesy of the New York State EAP.
How many passwords do you need to access all your on-line service providers? If the answer is one— you’re flirting with danger! Passwords are the primary security safeguard when it comes to protecting our accounts from unauthorized access. To be effective, they have to be difficult to guess, but easy for us to remember—two mutually incompatible conditions. Since we have to remember them to be of any use, we tend to favor the easy half of that equation. This is where we put ourselves at risk. I asked the students in my class to list all of the on-line services they regularly interact with, and then asked them to identify all the ones that share the same password, or a slight variation of that password.

If you’re like them, your entire on-line identity is only as strong as the weakest security practices of one of those on-line providers. And some of those practices can be very weak indeed.

It is not at all uncommon for password dumps to regularly appear on sites like pastebin.com. When they do, cyber thieves will immediately test them against popular sites like gmail, hotmail, Facebook, Twitter, Instagram, Paypal, etc., etc. Recently, Brian Krebs posted an article on his blog (krebsonsecurity.com) about a thousand-fold increase in fraudulent tax returns at the state level. Turbotax attributes this to cyber crooks using passwords that were exposed from one site and were reused by their legitimate owners across a multitude of other sites, including their Turbotax accounts.

The solution is to use unique passwords for every on-line account. It’s like the watertight bulkheads in a ship. If one is breached, the damage is limited to that single account.

But now we’re back to our original dilemma, i.e., how do we remember them all? The solution is to use a password vault like Keepass or Lastpass. The vault saves all of your user names and passwords to an encrypted database, either on your hard drive (Keepass) or in the cloud (Lastpass). You only need to remember the password that opens the vault. These products make it possible to create, store, manage, and use separate passwords for each account.

Of course there are trade-offs between a local copy of your file and a cloud-based copy. And if someone were able to get your vault password, they would have access to all your passwords. But realistically, most people are at greater risk of having their password breached by one of the many service providers they interact with rather than having their password vault hacked. To mitigate that risk, you need unique credentials for each account, and password vault software will make that possible.

For a list of scheduled security classes open to UAlbany faculty, students, and staff, please see: https://wiki.albany.edu/display/askit/Information+Security+Class+Schedule.

Part III of this three-part series will be in the April edition of the EAP ENews.
Grab Your Forks Everyone!

It's National Nutrition Month!

This year’s National Nutrition Month theme is based on encouraging both the young and the old to adopt eating and physical activity strategies that are focused on following the USDA’s 2010 Healthy Americans guidelines. The Academy of Nutrition and Dietetics’ Bite into a Healthy Lifestyle centers on making informed choices on both eating fewer calories and including physical activity into daily practices. Combined, these make up the foundation for achieving and maintaining a healthy weight and are known to promote overall good health while reducing the risks of chronic diseases such as diabetes type II, hypertension, heart disease, and obesity.

Vital to sustaining good health, a healthy lifestyle, which incorporates regular physical activity, includes an individualized eating plan centered on meeting individual nutrient needs while staying within calorie limits. These nutrient needs are recommended to be primarily met through eating nutrient-dense foods and beverages such as plenty of vegetables and fruits, whole grains, fat-free or low-fat milk products, lean meats and poultry, fish and seafood, eggs, beans, nuts and seeds while limiting the intake of foods with added sugars, salt, and fats.

Incorporating a variety of foods is the most practical way to ensure that a diet is providing essential vitamins and minerals while meeting the body’s nutrient needs.

Using the USDA’s MyPlate can guide individuals in meeting their nutrient needs by helping them build a better eating pattern while finding a balance between food intake and physical activity. It’s a wonderful, user friendly tool, when linked with the popular calorie tracker MyFitnessPal, that can help individuals manage their weight by bringing awareness to staying within their individual calorie limits.

Here at on the UAlbany campus, UAlbany Dining provides an exciting residential dining option called Mindful. This program is committed to creating a healthy environment for all its guests by offering delicious food, satisfying portions, and messaging that makes it easy to eat mindfully. Based on the latest research and leading health organization recommendations, Mindful offers an honest and authentic experience with the intention of leading the customer to make healthier choices.

To find out more about the Mindful program or our new Create Your Weight weight management program beginning on March 2, contact UAlbany Dining’s campus dietitian, Donna Duffy at Nutritional-Services@albany.edu.

Did you know that many healthy 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

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
In honor of UAlbany’s newly established Heritage Garden, this year’s event explores how our culture and “roots” can support our overall health and well-being. Join as we tap into our sense of history, community, and connection!

An Array of Exhibitors
Student/Faculty Poster Session
EAP Community Service Project

Photo Contest
Free Soil Analysis
Refreshments

http://www.albany.edu/gogreen/

http://www.albany.edu/eap/
PHOTO CONTEST

OUR HERITAGE: THE ROOT OF WHAT SUSTAINS US

OFFICIAL CONTEST RULES

1. This contest is free and open to all University at Albany students, staff, faculty, and alumni.
2. Only photos taken with the criteria outlined in the Submission Guidelines are eligible for consideration. No exceptions.
3. Up to three photos may be submitted per person.
4. Photos must be submitted electronically to earthandwellness@albany.edu by midnight on Wednesday, April 7th, 2015. *See submission guidelines for important details.
5. Photographers will retain original copyrights to their photos.
6. Entrants grant the Earth and Wellness Day Committee permission to use photo(s) for display during, and in conjunction with, media and marketing related to the event.
7. Only submissions that adhere to contest rules and submission guidelines are eligible to compete.
8. All decisions by the judges are final.

SELECTION PROCESS

The Earth and Wellness Day Committee will select three photographs in each category (student/alumni and faculty/staff) as finalists.

The top six photos will be displayed at the Earth and Wellness Fair on Thursday, April 23rd in the Lecture Center Concourse from 11am-1:30pm. All attendees at the Fair will be eligible to cast one vote per category.

One winner per category will be selected based upon the highest number of votes at the close of the fair. Winners will be announced on Friday, April 24th.

PRIZE: Winning photos will be featured in the EAP and Sustainability newsletters as well as displayed in a prominent campus location.

SUBMISSION GUIDELINES

CRITERIA: Images will be judged on their effectiveness to convey the topic of heritage, environmental sustainability, and wellness.

PHOTOS: Photos taken with a digital camera must be submitted at a minimum resolution of 1600 x 1200 pixels and in jpeg, bmp, png or tif format. Minor digital enhancement for cropping, red-eye removal, filters, and corrective functions are permitted, but images that have been judged to be significantly altered will be disqualified. Photographers are not permitted to place borders or frames around their images or to place watermarks, signatures, dates, or copyright notices on their images. Images MUST maintain the integrity of the subject as it was photographed.

Please re-name images to include the photographer’s first and last name and a one word description of the photo separated by a period (ie. JohnDoe.stream.jpg)

SUBMISSION FORMAT: All submissions should be e-mailed to the following address: earthandwellness@albany.edu . All entrants must include the following in the body of the e-mail PER ENTRY (if submitting more than one photo, please send separate e-mails):

ENTRY FROM A STUDENT/ALUMNI:
First and Last Name; Status (freshman/sophomore/junior/senior/graduate/alumni); E-mail address; Phone number; Brief description of photo(s) submitted (ie. Squirrel in tree by State Quad)

ENTRY FROM FACULTY/STAFF:
First and Last Name; Department; E-mail address; Phone number; Brief description of photo(s) submitted (ie. Squirrel in tree by State Quad)
**FYI...Campus event for you and your family’s health & well-being.**

You are cordially invited to join a Community Mental Health Forum

**This forum highlights:**

- Mental issues encountered by students, veterans, adults, and the elderly
- Neurological perspective on the cause of depression, substance abuse, suicide, and health problems
- A holistic approach to self-care and strategies to help and support others

**Panelists:**

- Dr. Dolores Cimini, The Counseling Center, University at Albany
- Dr. Arlene Nock, MD, Four Winds Saratoga
- Prof. John Ostwald, Hudson Valley Community College, Soldier’s Heart
- Ms. Andrea Fortuin, Orenda Yoga & Healing Arts, LLC

**Facilitator:**

- Dr. Heather Larkin, School of Social Welfare, University at Albany

**Time:** Thursday, March 5, 2015 at 6:00-8:00 pm

**Place:** Milne 200, University at Albany Downtown Campus

Free Parking. Refreshments will be provided.

Please RSVP at ychen@albany.edu.

This event is co-sponsored by the School of Social Welfare and the University Auxiliary Services. Forum initiators and organizers: Yu-Hui Chen at the University Libraries, University at Albany and Earlene Bundley at the New York State Department of Education.
As SUNY and New York State employees, the New York State Deferred Compensation Plan is available to us as a way to save for our retirement years. Not sure what the Deferred Comp Plan is all about? Join us for this informative session which will cover the following:

- The advantages of pre-tax and after-tax investing for retirement
- Education on paycheck impact
- How to identify retirement income needs and prepare an action plan
- The differences of the NYS Deferred Comp Plan and your other retirement plan options

**NOTE:** If you think you might want to enroll, bring your last pay stub. If you are currently enrolled and have questions, bring your last statement.

Presenter: Gene Nescot, CRC, Senior Account Executive for the NYS Deferred Compensation Plan

**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

**East Campus**
Thursday, March 5
12:00 - 1:00 pm
Conference Room 110A
School of Public Health

Understanding the NYS Deferred Compensation Plan
The University at Albany EAP Committee Needs You!
Please join us for our 1st Community Service Project

UAAlbany’s DawnMarie Helin has graciously volunteered to teach Beginners’ Crochet to the EAP Committee and the UAlbany community. Friends and family members are encouraged to participate. We also invite any and all experienced crocheters and knitters to join us in helping us to reach our goal of creating

100

handmade potholders/trivets to be donated to the Albany non-profit Grassroot Givers for their family boxes. If you prefer, in lieu of attending, you may donate yarn for this event. Unused yarn will be donated to the Albany County Nursing Home.

### Supplies to bring:
- One skein of cotton yarn
- One crochet hook in the size indicated on yarn band (H or J).

**TIP:** Check your newspaper for local craft store coupons for discount savings.

For questions about supplies and the project, contact Pamela Moniz, EAP Committee Member, M/C Representative. pmoniz@albany.edu

### Project Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday, January 15</td>
<td>UAB &amp; MSC/ University Administration Building (UAB)</td>
</tr>
<tr>
<td>12 noon to 1 pm</td>
<td>Room 433 - A great turn out! Fun had by all!</td>
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<tr>
<td>Friday, February 13</td>
<td>Downtown Campus/Draper 115</td>
</tr>
<tr>
<td>12 noon to 1 pm</td>
<td>Another enjoyable gathering learning or re-learning how to crochet!</td>
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<tr>
<td>Monday, February 23</td>
<td>Uptown Campus/Campus Center</td>
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<tr>
<td>12 noon to 1 pm</td>
<td>Assembly Hall - More crocheting for a cause took place!</td>
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<tr>
<td>Friday, March 6</td>
<td>Uptown Campus/Campus Center</td>
</tr>
<tr>
<td>12 noon to 1 pm</td>
<td>Assembly Hall</td>
</tr>
<tr>
<td>Wednesday, March 11</td>
<td>East Campus/School of Public Health</td>
</tr>
<tr>
<td>12 noon to 1 pm</td>
<td>Room 110A</td>
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<tr>
<td>Friday, March 27</td>
<td>22 Corporate Woods/Training Room</td>
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<tr>
<td>12 noon to 1 pm</td>
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<tr>
<td>Thursday, April 23</td>
<td>Uptown Campus/Earth &amp; Wellness Day/Lecture Center</td>
</tr>
<tr>
<td>12 noon to 1 pm</td>
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To register for any or all of the sessions, go to EAP Event Sign Up. Register early to reserve your seat! Additional project information can be found on the EAP website at: http://www.albany.edu/eap/lunchtime_programs.htm
The Employee Assistance Program presents:

Art Break

It’s time for another EAP Art Break! This is a great way to get energized during your work day and connect with others who are interested in the arts and in learning about the UAlbany campus!

Aurélien Froment
Théâtre de poche (Pocket Theatre), 2007
A magician pulls a seemingly endless stream of random images from his pocket, including family photographs, playing cards, and film stills, arranging and rearranging them in mid-air.

Join us at the University Art Museum for a tour of the current exhibit titled The Ties That Bind Artists and Archives. The exhibit “presents seven artists who use the archive in its myriad forms to explore our collective histories and shared humanity.”

To register, contact:
Brenda Seckerson, (EAP Coordinator)
518-442-5483
bseckerson@albany.edu
http://www.albany.edu/eap/event_sign-up.htm

Tuesday, March 24
12:00 pm - 12:45 pm
Our Tour Guide:
Museum Director Janet Riker

THE WORLD WITHIN REACH
CPR/AED Certification

Help Save Lives!

This 4 hour training* will provide participants with a 2-year certification. Renew your certification or use this as the opportunity to finally get certified. Knowing CPR and understanding how to use the Automated External Defibrillator (AED) is a valuable way to support the health and well-being of our campus community!

Training provided by Five Quad.

*Supervisor’s Approval Required to Attend.

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

Tuesday, March 31
12:00 pm - 4:00 pm
Assembly Hall, Campus Center
Space Limited. Register Early!
Research indicates to us how important sleep is to our overall well-being. But are you really taking the need for sleep as seriously as you should? Do you feel sleepy, fatigued or have difficulty concentrating during the daytime? Do you have difficulty falling asleep, staying asleep, or waking up earlier than desired? Do you snore, or have you been told you gasp, snort, or stop breathing at night? These and other questions can help you determine if you have a sleep disorder or if you need to address some basic sleep hygiene techniques to enhance your ability to get quality sleep. Join us for this “Sleep 101” presentation by St. Peter’s Sleep Center to learn more about sleep disorders, insomnia, sleep apnea, and sleep hygiene. Bring your questions!

Presenters: Jean Porter ANP-BC, RN, MS and Jill Sullivan ANP-BC, RN, MS from St. Peter’s Sleep Center.

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

Wednesday, April 8
12:00 - 1:00 pm
East Campus - Room 110A
School of Public Health
Registration Deadline: Monday, April 6
Tasty, Healthy Recipes...

Sweet Potato Chicken Soup

Ingredients:
- 2 (26 oz total) chicken breasts, on the bone, skin removed
- 1 teaspoon seasoning salt (such as adobo)
- 1/2 tsp olive oil
- 1 large onion, chopped
- 2 fresh jalapeños, chopped
- 3 celery stalks, chopped
- 4 garlic cloves, chopped
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp ground cumin
- 6 cups reduced sodium chicken broth (you might want to add a little more after you put in the spinach and sweet potatoes – your preference)
- 2-3 medium sized sweet potatoes, peeled and diced 1-inch cubes (I love sweet potatoes and added 3 and it was perfect)
- 4 cups fresh spinach, roughly chopped

Directions:
Season the chicken with the adobo and set aside while you prep all your vegetables. Heat a large nonstick pot or Dutch oven over medium-low heat, add the oil, onions, jalapeños and celery and cook until soft and golden, about 8 to 10 minutes, then add the garlic and dry spices and cook 2 to 3 minutes. Add the chicken broth and chicken. Cover and cook 20 minutes, then add the sweet potato and spinach and cook until the sweet potatoes are tender and the chicken is cooked, about 25 to 30 minutes. Remove the chicken, shred or cut up and discard the bones. Return chicken to the pot and serve.

Tip: I used my food processor to chop the onion, celery and jalapeno. I cut each into chunks and then used the chop setting – easy and a time saver!

Recipe submitted by Jessica Healy, EAP Committee Co-Chair, Research Foundation Representative
(Recipe adapted from Skinnytaste.com)

Wellness Tip Compliments of Personal Best Publications

“Make a Great Plate”...Add crunchy nuts for flavor, fiber, and healthy fats! Try this Garlicky Green Beans recipe. Go to:

http://www.personalbest.com/extras/BUDWC/Images/CC4March15h.jpg

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