Employee Health and Fitness Month

What do you and your colleague want to focus on for your health and well-being during the month of May, Employee Health and Fitness Month?

When trying to adopt a healthy habit, getting a “fitness buddy” to partner with can help the process. Find a co-worker who is interested in making a change and agree to support one another. A fitness partner can serve as a cheerleader and motivator. When one of you is feeling less than inspired, the other person can help to “light a fire” and get you on track! Remember, making just one small positive change in behavior can make all of the difference to your health.

A great resource to help you keep on track is to use the WellNYS Everyday website. The program offers you an opportunity to participate in a monthly wellness challenge which can spur you on to take better care of yourself. You can challenge yourself and/or co-workers to make it a team effort. The website also offers other helpful health and wellness resources.

Here’s to your efforts to make May a month filled with healthy endeavors!

A Fitness Buddy Will...
- keep you company
- motivate you to get up and move
- pull you from your desk on dreary days
- indulge in frozen yogurt with you after reaching your weekly fitness goals!

“IT always seems impossible until it’s done.”

~Nelson Mandela, Former President of South Africa (1918-2013)
Soft Skills to Know: Being Courteous

It’s been said that courtesy is a quiet power. Having a door held open while carrying an armful of packages is a welcomed common courtesy. Extended courtesies are even more powerful because they are not expected. They show extra effort you expend to please, causing that person to feel valued and special. Extended courtesies to customers are also powerful because they benefit your employer’s reputation. The more unexpected a courtesy, the more impact it has on the recipient. A handwritten thank-you note in the age of email is an example. A phone call to a coworker to thank them for assistance on a project or solving a problem is another. Cultivate a repertoire of courteous acts and use them to make the right impression. You will elevate your organization, and very likely your career.

How to Receive Criticism Well

Handling criticism well is a skill you may never quite perfect, but there are ways to build your resilience as a result of it.

- Criticism doesn’t mean you’re wrong, but some truth probably exists. Search for it.
- One complaint does not mean everyone feels the same way.
- Criticism may originate from a reaction to only a small part of your work, not the entire effort. Don’t discard what is working well.
- Like the ring of a bell, the sting of criticism dissipates. Don’t risk an improper reaction to it by responding immediately. Instead, wait for a few hours—or, even better, overnight—before reacting.
- See criticism as a gift to improve your productivity and increase the value of what you do.

Office Plant Etiquette

The March edition of the EAP ENews shared information on work cubicle etiquette. Another consideration in our communal work spaces is office plants. Plants can add a touch of the outdoors, enhance air quality, and bring great joy. Here are several things to think about when it comes to sharing space with plants and people in the work environment.

- Keep plants in your own work area.
- Be respectful of neighbors by keeping climbing/running plants from infringing on another employee’s work area.
- Be mindful of fellow employees that may have allergies to plants (e.g., pollen, insects, etc.)
- If necessary, discuss and agree upon the acceptable amount of plants for employees to have in their work spaces.

Ever wonder about those little bugs that nest in house plants? Check out this article on fungus gnats!
Safe Dating Tips for Teens

Many teenagers start dating, but they may not understand relationships. Are you thinking about having a talk with your teenager about safe dating practices? No one can give you the script, but the following issues will help you cover the bases so you feel like you gave it your best shot:

1) Expectations for how to be treated and treat others.  
2) Recognizing a relationship that is unhealthy.  
3) What constitutes physical abuse and sexual abuse.  
4) What is a safe relationship.  
5) Most teens will eventually know a peer in an unhealthy or unsafe relationship. Discuss how to support such a peer who may feel “trapped.”

Find Work/Family Balance With Shared Activities

If you struggle to find balance between work and family, try “shared activity” as a strategy to help you feel less guilty and score some wins. While working in your office at home or doing chores, consider engaging your child/children in a way that combines the activity with one they can also do that allows them to be present with you. It’s a myth that your child watching you work is a “negative” or that “finding balance” means it must always be play. Witnessing your work ethic can be powerfully influential. Many parents with demanding work schedules have mastered the art of exposing their children to their work by creatively allowing them to be close observers or even participate in some manner. Work and family balance is about testing and experimentation. Find fascinating strategies by searching online for “work family balance.”

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

Summer Vacation or Staycation?

Do you plan a big vacation and travel a long distance, or do you make plans to stay closer to home to explore some places that you know about but have never been? These decisions often rely on such things as finances, vacation time available, and whether one has the energy and interest in planning a big vacation! If you’d rather go the staycation route this year and do day trips or short overnight getaways, here are some resources to help you find ways to spend your precious vacation time.

- [I Love NY](#) and [I Love NY—Summer Events](#)
- [Albany.com](#) (Staycation ideas for families)
- [Fairs and Festivals](#)
- [New York State Parks, Recreation, and Historic Preservation](#)
- [The Berkshires](#)
- [Vermont State Parks](#)
Are you finding yourself struggling with any of the following?

- Family, parenting, and relationship issues
- Work stress and conflict
- Substance abuse or dependency
- Elder care
- Mental health concerns (e.g., depression, anxiety)
- Legal and/or financial concerns
- Grief and loss
- Or anything else related to work or home that is causing you undo stress and affecting your ability to be as productive as you once were?

**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 to you as an employee benefit.

“Don’t judge each day by the harvest you reap,
but by the seeds that you plant.”

~ Robert Louis Stevenson Scottish novelist, poet (1850-1894)

To schedule an appointment for a confidential Information, Assessment & Referral session, contact:

Brenda Seckerson, EAP Coordinator

442-5483  
bseckerson@albany.edu

EAP Website: [http://www.albany.edu/eap](http://www.albany.edu/eap)

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

**Early intervention is the key! Contact EAP.**
Heroin and Prescription Drug Abuse

As the New York State Office of Alcoholism and Substance Abuse Services (OASAS) states, “addiction can happen to anyone, any family, at any time.” The OASAS website has important information regarding prevention as well as how to recognize the signs and symptoms of opioid drug abuse.

To access the OASAS resources, click here.

Call the OASAS helpline at 1-877-8-HOPENY (I-877-846-7369).

Contact UAlbany EAP for a confidential conversation if you have concerns about heroin or prescription drug abuse. Support and help is available!

Spring and Summer Safety On and Off Campus

Contributed by T/Sgt. Steven J. Grassmann, UPD

With the warmer weather upon us, many of us will be heading outside to engage in our favorite outdoor activities. Here are some tips to keep you safe should you be one of the many joggers or bicyclists sharing the road.

For our bicyclists, please make sure you wear a helmet. A helmet is a very inexpensive way to ensure your safety while enjoying your ride. Use the proper size. The straps are adjusted to ensure the helmet sits properly on your head. If you aren’t sure, stop by University Police Department (UPD) and have one of our bike patrol officers assist you in making the proper adjustments. Next, be sure that your bike is in safe mechanical order. Check the tire pressure, brakes, and seat height. You want to go for a bike ride, not a walk! You can find several tool/inflation stations around campus should you need minor adjustments. And take advantage of the UAlbany bike share program. Over 30 bikes can be signed out for free. Once you are on your way, make sure you obey the rules of the road. Remember, as a cyclist you are traffic and must obey the same rules of the road as vehicular traffic.

If jogging or walking is your sport, we have some tips for you as well! Always make sure you are visible to other traffic. If you walk or run in the road, go against traffic, thus allowing ample time for you to see vehicles and for them to see you. Whenever possible, it’s always safer to utilize the sidewalk or a designated path. If you run during low light hours, wear bright colored clothing or a reflective vest. A lightweight headlamp and clip with a colored flashing light will enhance your visibility even more. Finally, always be aware of your surroundings. We all love to listen to our favorite playlist while we exercise, but keep one ear open to listen for traffic, bicyclists, and other pedestrians.

We hope these tips help to ensure a safe and healthy spring and summer of outdoor activities. Feel free to contact UPD should you have any questions or would like additional information.

The University at Albany Police Department is staffed 24/7, 365 days a year. Please make sure you note our emergency numbers and store them in your phone. 518-442-3131 or 911 from any campus telephone. Visit our website at police.albany.edu. You can follow us on Twitter @UAlbanyUPD and like us on Facebook at University at Albany Police Department.
Develop a Stress Management Plan

Develop a personal stress management plan by monitoring for a week what causes you stress. Keep a diary. Then experiment with stress management techniques. A jog around the block that you normally take may offer relief from the aftermath of a distasteful conflict at work today, but would a discussion with a good friend be better? There are many techniques for managing stress—physical exercise, leisure pursuits, creative writing, a massage, or even new beliefs about the nature of a problem that give you a more resilient attitude about it. Find a practical list of strategies online or contact UAlbany EAP for more resources.

May is Mental Health Month

2017 Theme is Risky Business

Sixty-five years ago Mental Health America (MHA), a leading non-profit dedicated to promoting mental health, designated May as Mental Health Month to raise awareness about mental illnesses and the importance of mental wellness for all. Mental health is integral to our overall health. The mind and body are intricately connected; there can be no good health without mental health. When a person has “good” mental health, they deal better with what comes their way. Stress has a huge impact on our lives and can day-to-day life difficult. Research shows that stress is closely linked to high blood pressure, heart disease, and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses.

MHS announced this year’s theme is Risky Business. Activities like compulsive sex, recreational drug use, obsessive internet use, excessive spending, or disordered exercise patterns can all be behaviors that can disrupt someone’s mental health and potentially lead them down a path towards crisis. People experience symptoms of mental illnesses differently—and some engage in potentially dangerous or risky behaviors to avoid or cover up symptoms of a potential mental health problem.

The good news is there are many healthy choices and steps that individuals can adopt to promote and strengthen mental health—and overall health and well-being. A healthy lifestyle can help to prevent the onset or worsening of depression, anxiety and other mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. Everyone can take steps to protect and strengthen their minds and bodies. Living a healthy lifestyle may not be easy, but can be achieved by gradually making small changes and building on those successes.

MHS’s website provides 3-Minute Tests which are mental health screenings for Depression, Anxiety, Bipolar Disorder and PTSD. These are serious conditions that affect not only your quality of life but your physical health as well.

Contact UAlbany EAP for a confidential conversation to learn more.
1. Track gratitude and achievement with a journal - include 3 things you were grateful for and 3 things you were able to accomplish each day.

2. Check up on your mental health. Take a screen at www.screening.org. It’s free, anonymous, and confidential.

3. Set up a summer get away. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!

4. Work your strengths. Do something you’re good at to build self-confidence, then tackle a tougher task. You’ve got this!

5. Keep it cool for a good night’s sleep. The optimal temperature for sleep is between 60° and 65° F.

6. “You don’t have to see the whole staircase, just take the first step.” -Martin Luther King Jr.

7. Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.

8. Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.

9. Show some love to someone in your life who you hold dear. Close, quality relationships are key for a happy, healthy life.

10. Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days. The flavonoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.

11. If you are living with a mental illness or in the recovery process, visit www.mentalhealthamerica.net/feelslike. Remember - you’re not alone!

12. Sometimes, we don’t need to add new activities to get more pleasure. We just need to soak up the joy in the ones we’ve already got. Trying to be optimistic doesn’t mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.

13. Feeling anxious? Channel your inner child and do some coloring for about 20 minutes to help you clear your mind. Pick a design that’s geometric and a little complicated for the best effect.

14. Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.

15. Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body’s “feel-good” chemicals).

16. Feeling tired? Go ahead and yaw. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.

17. Relax in a warm bath once a week. Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.

18. Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.

19. Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don’t have a pet, hang out with a friend who does or volunteer at a shelter.

20. “What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen.” - Henry David Thoreau

21. Be a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.

22. Try prepping your meals or picking out your clothes for the week ahead. You’ll save some time in the mornings and have a sense of control about the week ahead.

23. Work some omega-3 fatty acids into your diet—they are linked to decreased rates of depression and schizophrenia among many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.

24. Practice forgiveness - even if it’s not forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.

25. “What appears to be calamities are often the sources of fortune.” - Diogenes

26. Try to find the silver lining in something kind of cruddy that happened recently.

27. Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

28. Send a thank you note - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.

29. Do something with friends and family - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends or family.

30. Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

31. Make sure to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

“Anyone who has never made a mistake has never tried anything new.” - Albert Einstein

Try something outside of your comfort zone to make room for adventure and excitement in your life.
This month we’re exploring the idea that “less social media means more time in nature.”

Warmer weather is here! Say goodbye to thick scarves and puffy coats and hello to light sweaters and spring jackets. The warmer temperatures also mean that nature is in bloom. Trees and grass are turning green, and wildlife creatures have come out of hibernation. And have you heard all the birds singing in the morning? Have you taken time to notice all of these changes? Many of us are consumed with checking and posting to our social media, Facebook, Instagram, Twitter, and don’t pay enough attention to the environment. In fact, this month EAP challenges you to spend less time on social media and more time interacting with your outdoor surroundings.

Every day we go through different stressful situations that can leave us feeling a flood of negative emotions. A study conducted by researchers at the University of Michigan found that taking group nature walks is associated with a whole host of mental health benefits, including decreased depression, improved well-being and mental health, and lower perceived stress. The positive effects on mood seemed to be especially strong among people who had recently experienced a traumatic life event, like a serious illness, death of a loved one, or divorce. So grab a friend or two and take a walk during your lunch break or whenever you have a free moment of time to spare. In the long run, it’ll prove to be more beneficial to your health and overall well-being rather than staring at a phone or computer screen. Encourage your family to do the same thing, too. Connect with nature and with each other!

“Walking is an inexpensive, low risk and accessible form of exercise and it turns out that combined with nature and group settings, it may be a very powerful, under-utilized stress buster,” as stated by the study’s senior author Sara Warber, associate professor of family medicine at the University of Michigan Medical School said in a statement.


Photos: publicdomainpictures.net
EAP Lunchtime Wellness Program

Take an “art break” during your lunch break! Tapping into your creativity can be fun, relaxing, and rejuvenating! Participants will use various collage items to design their cards.

No art experience necessary—just your willingness to explore! Supplies provided.

Registration preferred, but drop-ins welcomed!

Tuesday, May 9
Noon—1:00 pm
Room 375
Campus Center

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
442-5483 OR REGISTER ONLINE:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

Card-making Guides:
Kathy Zazarine and Brenda Seckerson
EAP Lunchtime Wellness Program

Sit and Get Fit Chair Yoga Class

Join us for this 4 week class* where we will gently breathe and stretch our way to a comfortable body and more relaxed mind. No previous yoga experience needed to gain the benefits of this centuries-old practice. All movements are done seated or standing with the chair for support. Learn techniques that you can use at your desk!

Instructor:  Judi England, RN, licensed massage therapist, and professionally certified Kripalu yoga instructor. Judi has offered programs in wellness, yoga, and meditation for over 20 years in the Capital Region. Her blog “Holistic Health” has appeared in the Times Union for ten years.

Class Fee:  $ 30.00
◊ Make check out to Judi England.
◊ Make arrangements to submit payment to EAP Office—MSC Room 200.
◊ Registration deadline—Friday, May 19

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
442-5483 OR REGISTER ONLINE:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

Comments from past class participants:

“Wonderful! The instructor is excellent--educative, patient, allowing each of us to pursue yoga as best we can without embarrassment. It provides a wonderful refuge.”

“It renewed my energy and helped me get over the 2 p.m. slump!”

Wednesdays*
Noon—12:45 pm
May 24– June 14, 2017
University Library Staff Lounge, Room B05

*Minimum of 10 participants
4 Tower Place—PDP

Change for Good

Planning to make some positive life changes? Lose a few pounds? Exercise more? Deal more effectively with stress? Even though those Nike ads might tell us to “JUST DO IT!”, most times it’s not that easy. All too often the best of intentions never get put into practice. No matter what it is you’d like to do, “Change For Good” will help you reach your goal. In this session we will discuss the steps needed to move towards any change, identify some of the obstacles we might meet along the way, and develop strategies needed to move ahead.

Presenter: Judi England, RN, licensed massage therapist, and professionally certified Kripalu yoga instructor. Judi has offered programs in wellness, yoga, and meditation for over 20 years in the Capital Region. Her blog “Holistic Health” has appeared in the Times Union for ten years.

To Register
Contact: Brenda Seckerson, EAP Coordinator
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442-5483
OR REGISTER ONLINE:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

Friday, June 2
Noon—1:00 pm
Room 407
4th Floor

SUNY RF
EAP LUNCHEON WELLNESS PROGRAM

The summer tradition continues!

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: Paula Harrington, certified Zumba instructor. Paula also teaches Zumba for NYS employees at the Corning Tower.

TWO Summer Classes

Tuesdays (8 weeks), June 6 – August 1*
Class fee $48.00  
*No class on July 4

and

Thursdays (8 weeks), June 8 – July 27
Class fee $48.00

Noon – 12:45 pm
Location: PAC Lab Theatre - 2nd floor

You must register online for each class separately. Make check payable to:
Paula Harrington

To Register Contact: Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu  518-442-5483 OR REGISTER ONLINE:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM
Looking for Reading Ideas? Check the EAP Office Lending Library.

Oftentimes many believe that being healthy means strictly eating the right foods and getting the right exercise. While that is true, being healthy also involves taking a look at how well you treat your body, mind, and spirit especially during stressful situations. Check out the EAP’s monthly lending library features that talk about the different ways that signify the importance of healthy well-being.

What if you could profoundly change your life just by becoming more mindful of your breathing? What if you could “pay attention on purpose and non-judgmentally” and improve your health? Dr. Kabat-Zinn teaches mindfulness meditations as a practice that can potentially add years to your life and enhance the quality of your moments and your years. With the Mindfulness for Beginners DVD, you can:

- Explore five guided meditations that lead you breath by breath into Mindfulness Based Stress Reduction (MBSR)
- Cultivate the Seven Key Attitudinal Factors of MBSR
- Free yourself from limiting perspectives and become more intimate with your own boundless awareness.

We are oftentimes stuck, sitting at our desk for hours at a time. A cardio walking workout is one of the easiest yet most effective ways to speed up metabolism and lose weight. But weather and busy schedules can make it hard get outside or fit a cardio workout into your day. The Get Moving! Walking for Weight Loss DVD integrates fitness-walking movements with low-impact aerobics techniques, creating energizing 10-minute indoor or outdoor workouts anyone can do at anytime, anywhere.

Dr. Christiane Northrup’s book, The Wisdom of Menopause: Creating Physical and Emotional Health During the Change, has challenged and inspired an entire generation of women with its new vision of midlife. The “change is not simply a collection of physical symptoms to be ‘fixed’.” This guide on menopause includes:

- How menopause jump-starts changes in the brain, issuing a dramatic wake-up call to body, mind and emotions.
- How to enhance sexuality and ensure the long-term health of breasts, bones and heart.
- Why maintaining a healthy insulin level is key to a woman’s well-being, with a completely nutritional program to normalize metabolism and weight.

In conjunction with this guide, you can also check out Dr. Christiane Northrup’s DVD on Menopause and Beyond: New Wisdom for Women.

Visit the Library page on the EAP website for a full list of topics, books, and DVDs/CDs that the EAP Lending Library has available. Contact EAP if you would like to borrow any materials. bseckerson@albany.edu
Will Gratitude Add to Your Life?

Thanks to research, the practice of having an attitude of gratitude is beginning to take its place alongside meditation, yoga, and mindfulness as a health practice with demonstrated value. Magazine articles, books, websites, diaries, greeting cards, and calendars all promote the attitude of gratitude. More than 20 gratitude-focused research studies have cataloged the health benefits of gratitude, including improved life satisfaction, vitality, hope, optimism, and reduced levels of depression and anxiety. Practicing gratitude is a conscious process that includes the intention of regular thankfulness (i.e., “Today, I am thankful for…” or “My favorite part of today was…” and training one’s mind to see the good in any situation. Will it work for you?

Source: www.tandfonline.com [search “grateful experiences and expressions”]

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

I’m not afraid of storms, for I’m learning to sail my ship.

~Louisa May Alcott, Novelist (1832-1888)

Photos: publicdomainpictures.net
Happening on Campus...

For more event information, contact the UAlbany Green Scene Office.

gogreen@albany.edu  442-2592

Prevent identity theft and recycle at the same time!

UAlbany Shredding Day

Join us on

Monday, May 8, 2017

Locations:

8:30-10:00 am: MSC/UAB Lot
10:30-12:30 pm: State Quad Student Gold Lot
1:30-3:00 pm: Hawley Lot (Downtown Campus)
3:30-5:00 pm: GEC Lot (East Campus)

Materials OK to shred:

- Paper/cardstock
- Manila folders
- Paper clips
- Stapled paper
- Checkbooks

NOT to be shredded:

- Plastic ring binders
- CD’s
- Metal binder clips

For more information about what can/can’t be shredded, please call our shredding provider, 3N Document Destruction, Inc. at 518-877-4060

*Please note: Shredding Day is a popular day among UAlbany faculty and staff. As always, we will do our best to prevent long lines. Those who bring an unusually large volume of items may be asked to pause their shredding job to allow others with less items to go ahead.

Facebook.com/UAlbanyGreenScene  @UAlbanyGreenScn  www. Albany.edu/gogreen
Planning for Summer Camp

Community Resource

Summer will be here before we know it. Now is the time to start planning if your child or children will be going to summer camp. The Capital District Child Care Council has a great resource for you—their annual Summer Camp Catalog. The catalog is now available.

To request a copy of the 2017 Summer Camp Catalog, click here.

The Child Care Council has wonderful resources for parents that are useful throughout the year.