It’s that time of the year again! Mark Wednesday, April 21st on your calendar for the annual Spring into Wellness Fair. Our theme this year is The 3 R’s of Wellness: Resiliency, Relationships, and Resources. We will start the day with a health and prevention clinic in the morning before the exhibitors are available during the lunch hours. Employees will have the opportunity to receive cholesterol and glucose screenings, blood pressure checks, and pulmonary analysis in the Campus Center Fireside Lounge. (See box to the right for details.)

Starting at 11am, an array of exhibitors will be in the Campus Center Ballroom offering resources to cover the “3 R’s of wellness” which includes such areas as nutrition, sustainability, family, retirement, finances, and educational and creative pursuits.

So, as you prepare to join us at the fair, think about how resilient you are, what you can do to enhance and support your relationships, and what resources you might need to help you achieve your health and well-being goals. For more information about the wellness fair, check the EAP website. www.albany.edu/eap

MORNING EVENT

Cholesterol Lipid & Glucose Screening Clinic
(fasting optional, but preferred)

8:30 am - 11:00 am
Fireside Lounge, Campus Center
provided by St. Peter’s Hospital Cardiac & Vascular Center
General Fee: $9.00
CSEA Members: $3.00
**CASH or CHECK ONLY**

Free pulmonary screening available, too!

Cholesterol Screening Fee Reduction
Thanks to a $6.00 donation from CSEA for members and a $5.00 contribution per person from EAP, the $14 cholesterol & glucose screening fee has been reduced.

LUNCHTIME EVENT

Wellness Fair Exhibitors
11:00 am - 1:30 pm
Campus Center Ballroom

- 40 - 45 Exhibitor Tables
- Representatives from the Capital Region and UAlbany will offer resources to support your health and well-being
- Music, door prizes, and light refreshments* are all a part of the wellness fair festivities!

*Special thanks to the University Auxiliary Services for its continued co-sponsorship of the fair refreshments.

The greatest wealth is health.
~Virgil, Roman Poet (70 BC—19 BC)
Building inner resilience is an essential way to support our well-being. Resiliency is that ability to “bounce back” after a set back, challenge, or big change that occurs in our lives. When we are able to address, adapt, and move forward after a difficult life experience, we build our sense of inner resiliency, grow stronger, and become more confident in our ability to handle the inevitable challenges that arise throughout our lifetime.

What makes a person resilient? There are several identifiable characteristics of a resilient person. Take a look at the list provided, and check off what applies to you. What are your strengths? What are your areas for growth?

To conduct a deeper analysis of your resiliency, ask two people you know to rate you on these categories! Discuss the differences in their scores and yours to get a better look at your level of resiliency.

**Characteristics of a Resilient Individual***

- Close, caring relationships with family/friends whom you can turn to when you need help
- Able to accept adversity and change as a normal part of life
- Ability to improvise and be flexible during difficult times
- Good problem-solving skills
- Generally make healthy lifestyle choices with respect to diet, exercise, relationships, hobbies, etc.
- Expresses concern for others in daily activities
- Aware of emotions and their impact on decisions and behaviors
- Experiences strong emotions and able to manage feelings and impulsive behaviors
- Able to see the funny/humorous side of things in difficult times
- Believes that life has meaning, value, or a purpose
- Generally optimistic and expects that with perseverance the future will be better than today


**ADDRESSING ANGER**

It is estimated that 1 in 5 Americans deal with serious anger problems. Anger management programs can be helpful for some individuals but not for others. Another approach to making one’s way out of the “anger trap” is through a method outlined in the book ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger by Georg H. Eifert, Ph.D., Matthew McKay, Ph.D., and UAlbany Associate Professor John P. Forsyth, Ph.D. (Oakland: Harbinger Publications, Inc., 2006)

The publisher of *ACT on Life Not on Anger* describes the book as “teaching readers how to change their relationship to anger by accepting rather than resisting angry feelings and learning to make values-based responses to provocation.” The perspective taken is that “anger doesn’t need to be acted on”, nor does it “have to drive what we do as people”. Instead of asking readers to struggle even harder with anger, this book helps them to “drop the rope in their tug-of-war with anger.”

Based on a revolutionary psychological approach called Acceptance and Commitment Therapy (ACT), the techniques in this book can help you let go of anger and start living your life to the fullest. - from *ACT on Life Not on Anger*

If you are interested in learning about this new approach to anger, the book is available from the EAP Lending Library.
ARE ALLERGIES MAKING YOU SICK?

Do you suffer from chronic bronchitis and/or sinus infections? If you do, let me share with you how I conquered that debilitating cycle. After decades of visits to doctors and countless antibiotics, I happened by chance to read how allergies can lead to all types of respiratory infections and proceeded to meet with an allergist. As a result of that meeting, I began a series of allergy shots. During the past three years, I can count with one finger the number of sinus infections I’ve had — and NO bronchitis!

Allergies begin as a chain reaction in the immune system which controls how your body protects itself. For example, if you have an allergy to mold, your immune system identifies mold as an invader, or allergen, and overreacts. It then produces antibodies which travel to cells that release chemicals, causing allergic symptoms. Allergy shots (or immunotherapy) are designed to boost your immune system and increase your tolerance to those allergens. Irritation and swelling in the mucus membranes in the nose, sinuses and lungs provide a rich environment for disease-causing germs. Therefore, if you have year-round allergies to dust mites, pollen and mold, you may be more susceptible to infections.

An allergy test will identify the allergens that trigger your symptoms, and based on that test, a serum will be developed containing those allergens. You are then injected with that serum at an increasing rate over time, gradually desensitizing you to those allergens. The length of treatment will vary depending on the severity of your symptoms. The ultimate goal is to allow you to manage your symptoms with little or no allergy medications. This isn’t a “cure” for allergies. Shots aren’t recommended for everyone and don’t work for everyone, but they do help for a great number of people. The process does require an investment of time, but, in my case, it has improved my quality of life beyond measure. Maybe this can work for you, too! ~ Linda Reeves, EAP Committee Member - CSEA Representative

WHEN THE CAREGIVER NEEDS CARE

So many of us these days are caregivers in one way or another, providing the emotional and hands-on care and perhaps the legal responsibility as well. It seems, however, when the person for whom you are caring is an elder — be it a parent, another relative, or a friend — there are special issues involved which can drain your energy and patience and produce guilt like no other situation can. These issues can include financial problems, dementia, and failing health with end-of-life issues.

If you are a caregiver, you will very likely experience some troubling times. No matter how prepared and loving you want to be, the road you travel can be very rocky. You will need help because it is difficult to be on this journey alone. Recognize the need to reach out for help from appropriate family and friends as well as support groups.

One important source of help has been my own mother, who turns 93 in May. I am not my mother’s direct caregiver because she lives so far away. She was a caregiver through her years of private duty nursing with many terminal cases. When I became caregiver a few years ago for a friend who has since died, I was able to tap into my mother’s wisdom and guidance. She helped me get through some difficult times when I was unsure of what to do and how to do it. She has been a tremendous resource and teacher for me, and her wisdom continues to guide me.

There are caregiver support groups in the community. Many are free. The resources offered are a tremendous help, including agencies to contact and helpful information. The group I joined and the wonderful facilitator we had helped me in so many ways.

Caregiving can be a difficult task, but one with many rewards. Just remember to take care of yourself, or eventually you will have little left to give to anyone. Having the information and support you need is crucial. When the caregiver needs help, don’t hesitate to seek it. ~ Cathie Gifford, UUP Member (To read Cathie’s entire article and find out what she learned by attending a caregiver support group, go to the EAP website’s “Wellness Tips & Links” page.)

NEW Books in the EAP Lending Library!

Titles include...

- 20 Something, 20 Everything
- Calming Your Anxious Mind
- Finding Meaning in the Second Half of Life
- I Hate Conflict!
- Loving an Adult Child of an Alcoholic
- Positive Discipline for Teenagers
- Straight Parents, Gay Children
- When Your Parent Moves In

For a full list of books, tapes, and CD’s available, go to the “Library” page on the EAP website.

Don’t stand by the water and long for fish; go home and weave a net.

~ Chinese Proverb

Catholic Charities Caregiver Support Services offers FREE monthly support groups at various locations in the Capital Region. Programs are open to the public. For monthly support group locations, contact Christine Damon at 409-2001. www.ccccaregivers.org

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.
I am an alumna of UAlbany and am fortunate to work at the Student Association (SA) located in the Campus Center. March 3rd marked my fifteenth anniversary as Director of Operations. When I began, there were only a couple of computers in the entire SA office. During my tenure everything became computerized. While this has brought much innovation, efficiency, and convenience, it has also made what started out as a relatively sedentary job into a fully “desk-potato” job.

Imagine my delight when I saw that EAP was offering a lunchtime exercise class right in my building. I had never heard of Zumba®, but figured it would be fun to try and be a way to become less of a “potted plant.” Zumba turned out to be fabulous! The instructor, Meighan Carivan-Esmond, is absolutely wonderful.

Zumba® is a Latin dance fitness class, and it is the most fun I have ever had while sweating in an exercise class. If the University could find a way to offer this three times a week, you can bet I would be signed up for all three days! I now find myself requesting song lists from the instructor and making CD’s of music so I can listen in the car, although it is hard to do the moves while driving (but not impossible). In short, if you have an opportunity to try Zumba®, don’t walk, DANCE to sign up!

~ Julie St. Amour Glass