FOOD FOR THOUGHT... 
MORE “RULES” 
FOR HEALTHY EATING

Here are two more “food rules” from journalist Michael Pollan’s latest book *Food Rules: An Eater’s Manual*. This “handbook” outlines with simplicity and humor the steps to take to shop for and eat REAL food - not what Pollan refers to as “edible foodlike substances”. Two other books by Pollan are *The Omnivore’s Dilemma* and *In Defense of Food*.

Food Rule # 19

“If it came from a plant, eat it; if it was made in a plant, don’t.”


Food Rule # 20

“It’s not food if it arrived through the window of your car.”


EAP ASSESSMENT AND REFERRAL SERVICE ~ AVAILABLE WHEN YOU NEED SOMEONE TO TALK TO...

Have you been feeling stressed or overwhelmed by a concern related to your work or home life? Is your concern interfering with your ability to focus and be productive? Remember, EAP provides free, confidential assistance to all UAlbany and RF employees through its Assessment & Referral Service.

Whether it’s work stress, family and relationship issues, interpersonal difficulties, substance abuse or dependency, aging parents, financial difficulties, or another issue that is causing you distress, as the University’s EAP Coordinator I am available to meet with you to listen, help you sort out your needs, and provide resources and information that can assist you with addressing your concerns. For more information on the Assessment and Referral Services, go to: [http://www.albany.edu/eap/personal_assessment_referral.htm](http://www.albany.edu/eap/personal_assessment_referral.htm)

And...if you notice a co-worker struggling, a gentle reminder about EAP’s services might be just the supportive gesture that helps him or her take the step to contact EAP.

Brenda Seckerson, MA, CEAP
EAP Coordinator
bseckerson@uamail.albany.edu
442-5483

Are you starting to make preparations to plant your vegetable garden?

Cornell Cooperative Extension’s website has gardening resources:

http://www.gardening.cornell.edu/

UNIVERSITY AT ALBANY
State University of New York

EAP GOALS:

- To provide confidential support, assessment & referrals for employees, family members, and retirees
- To promote health and well-being through a variety of enrichment programs
- To foster a greater sense of community

EMPLOYEE ASSISTANCE PROGRAM

UALBANY EMPLOYEES’ MONTHLY LINK TO INFORMATION ON HEALTH & WELL-BEING

MAY 2010

http://www.gardening.cornell.edu/
EAP-sponsored events and services are open to UAlbany & Research Foundation faculty, staff, family members, retirees and GSEU members.

**EMPLOYEE ASSISTANCE PROGRAM**

### Downtown Campus

**Estate Planning, Wills, & Trusts**

A "Legally Speaking Workshop" provided by The Legal Project

**May 5th**

12 noon - 1pm

Draper Room 115

**Registration Deadline:** May 3rd

**To Register:** [http://www.albany.edu/eap/event_sign-up.htm](http://www.albany.edu/eap/event_sign-up.htm)

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**Got Ride?**

Ridesharing is cleaner and greener than driving alone. Find out about carpool and vanpool programs which include subsidies and program features like a guaranteed ride home when there is an emergency.

**Tuesday, May 4th**

12 –1pm

Terrace Lounge, Campus Center

Co-sponsored by EAP and the Office of Environmental Sustainability

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**East Campus**

**Be Your Own Health Advocate**

**Presenter:** CDPHP Wellness Educator

Join us as we learn about preventive screenings and immunizations, and gain an understanding about vital numbers (blood pressure, cholesterol, body mass index, glucose), managing medications, and getting the most out of your doctor’s appointments.

12 noon—1pm

Tuesday, May 4th

Conference Room A/B

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**Thank You**

**to those employees who attended and volunteered at this year’s Spring into Wellness Fair. You helped to make it a worthwhile event!**

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**EAP**

### Springtime

### For Your Information...

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**DOWNTOWN CAMPUS**

To access details and informational flyers for all EAP events, go to the EAP Web Calendar:

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

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Barnes & Noble, Chartwells, CSEA, Dance Flurry Organization, Honest Weight Food Cooperative, Old Songs, Inc., SEFCU, UAlbany Athletics Department, Performing Arts Center, Department of Residential Life, Office of Student Involvement and Leadership, Office of Multicultural Student Success, and University Auxiliary Services.

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

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**Thank You**

To register for EAP events, call 442-5483 or go to: [http://www.albany.edu/eap/event_sign-up.htm](http://www.albany.edu/eap/event_sign-up.htm)