



## Spring into Wellness Fair

**Special Theme: Recreation and Hobbies for Relaxation, Stress Reduction and Joy**

If it's spring, it's time for the annual EAP wellness fair. **This year's event will take place in the Campus Center Ballroom on April 16th from 11am - 1pm.**

In addition to an array of health and wellness information available from local organizations, the fair will explore the theme of recreation and hobbies as a means for enhancing one's health and well-being.

Any list of tips on stress reduction will inevitably make the suggestion to spend time doing what we

enjoy doing. What a simple and fun way to alleviate stress!

**Some of your colleagues already know this to be the case and will have booths at the fair to share their favorite hobbies.** From cake-decorating and card-stamping, to the love of dogs and sports cars, the fair will provide UAlbany employees with an opportunity to share ways to promote well-being through recreational endeavors.

Other recreational par-

ticipants include the North-eastern Woodworkers Association, the Arts Center of the Capital Region, and Old Songs, Inc. Employees can also gain health-related information from such participants as the Capital Region Sleep/Wake Disorders Center, Samaritans Suicide Prevention Center, and the American Diabetes Association.

EAP will again offer cholesterol screenings and this year has added the body fat analysis screening. Join us as we "spring into wellness"...save the date!



### Want to be Healthy? Get a Pet!

Those of us with pets already know how much we benefit from having such "friends" in our lives. Now, according to the Centers for Disease Control, there's proof of this benefit.



#### Pets can decrease:

- ◆ Blood pressure
- ◆ Cholesterol levels
- ◆ Triglyceride levels
- ◆ Feelings of loneliness

#### Pets can increase:

- ◆ Opportunities for exercise and outdoor activities
- ◆ Opportunities for socialization

Pets encourage playfulness, laughter, and help to satisfy the need to touch and be touched—giving non-judgmental warmth and affection. Be sure to check out the booths at the fair dedicated to our furry friends!

Resources: [http://www.cdc.gov/healthypets/health\\_benefits.htm](http://www.cdc.gov/healthypets/health_benefits.htm)

<http://www.bestfriends.org/theanimals/pdfs/allpets/benefitsofpets.pdf>



## April 16th Wellness Fair Events

Campus Center  
Ballroom  
11am—1pm

35 Booths  
Free Chair Massage  
Light Refreshments  
Door Prizes

Explore a new hobby for  
fun & relaxation!



"Life is a great big canvas;  
throw all the paint on it you  
can."

~ **Danny Kaye**, Entertainer  
(1913-1987)

### Health Screenings

- ◆ **Cholesterol Lipid Screening\***  
(fasting optional, but preferred)  
General Fee: \$9.00  
UUP & CSEA Members: \$3.00
- ◆ **Cholesterol with Glucose Level Screening\***  
General Fee: \$10.00  
CSEA & UUP Members: \$4.00  
**\*CASH or CHECK ONLY\***
- ◆ **Free Blood Pressure Check**  
*Cholesterol & Blood Pressure Screenings provided by St. Peter's Hospital Cardiac & Vascular Center*
- ◆ **Free Body Fat Analysis** courtesy of CDPHP



### Cholesterol Screening Fee Reduction

Thanks to a \$6.00 donation from CSEA & UUP for union members and a \$4.00 contribution per person from EAP, the \$13/\$14 cholesterol & glucose screening fees have been reduced.

### 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



You are never too young to check out the tomato crop at Fox Creek Farm.



### The Power of the Sun

Spring is finally here, and summer is on the horizon! Here is a handy list of tips to keep in mind as you take in the sun's rays.

- ◆ Apply sunscreen 20 – 30 minutes before sun exposure.
- ◆ Use sunscreen whenever you expect to be in the sun for 30 minutes or more and reapply often.
- ◆ Reapply after swimming, even if using a waterproof sunscreen.
- ◆ Wear SPF of at least 15.
- ◆ Choose sunglasses with UV protection.
- ◆ Cover up with long sleeves and a hat with a brim.
- ◆ Limit your time in the sun between the hours of 10 am and 2 pm.
- ◆ Don't forget the sunscreen on cloudy days.
- ◆ Avoid direct sun exposure whenever possible.
- ◆ Apply sunscreen liberally and on all exposed areas, especially ears, top of head, and feet.

## UAlbany EAP Newsletter

### Community Supported Agriculture (CSA)

Are you eating fresh and locally grown vegetables? If so, have you considered joining a Community Supported Agriculture (CSA)? According to the February 2006 *Consumer Report*, joining a CSA is an excellent way of getting reasonably priced in-season locally grown organic produce on the table.

One such local CSA is Fox Creek Farm. Jennifer Gish, staff writer with the *Times Union* stated in her July 2007 article that customers of Fox Creek Farm get whatever the farm successfully produces, which means that they assume

*some risk if it's a bad growing year. But [the farmers] try to limit that risk by raising 40 different vegetables covering 100 varieties. (...) Shareholders sign up for the fresh, locally grown vegetables, but in the process they also get a little feel for the farmer's life, the booms and busts that come along with one of the few things humans haven't completely figured out how to control – nature. Customers pay for their shares of the harvest up front, and then pick up fresh produce once a week during the growing season.*

A CSA membership is

an excellent way to support local agriculture, reduce food miles, and provide healthy, fresh and wholesome vegetables for you, your family or friends. It also connects you with the place your food is grown and with the people who grow it.

**UAlbany has an on-campus distribution site for Fox Creek Farm CSA members.** Be sure to stop by farmers Sara and Raymond Luhrman's booth at the EAP wellness fair. Or, contact them directly at (518) 872-2375 or by email: [foxcreekfarm-csa@earthlink.net](mailto:foxcreekfarm-csa@earthlink.net)

~Sara & Raymond Luhrman

### Academy for Life-Long Learning

Do you view learning as a lifetime adventure? The Academy for Lifelong Learning (ALL) at Saratoga Springs (formerly the Academy for Learning in Retirement) is a nonprofit, member-driven organization dedicated to meeting

the intellectual and cultural needs of its members through academic study groups, special events and social programs. Study groups meet during 8-week terms each fall and spring.

Currently, ALL is celebrating its fifteenth anniversary year with the theme, *Celebrate Diversity*.

For information, visit [www.esc.edu/ALL](http://www.esc.edu/ALL) or call 587-2100, ext. 2415. Be sure to stop by ALL's booth at the wellness fair.

~Jo-Ellen Unger

### Feeling Stressed? Then Laugh!

Some may remember the old saying "laughter is the best medicine." Research suggests that this statement is actually true.

A study conducted at the University at Maryland Medical Center indicated that having the ability to laugh at stressful situations and having an overall good sense of humor about life in general can help decrease the negative effects distressful emotions can have on one's well-being.

#### Laughing can:

- ◆ foster instant relaxation
- ◆ lower blood pressure
- ◆ elevate mood
- ◆ boost immune system
- ◆ improve brain functioning
- ◆ protect the heart
- ◆ connect you to others

Finding ways to introduce more humor into our lives can be like making a commitment to eat healthier and get more exercise. **Try smiling more** as this is a precursor to laughter.

#### Count your blessings.

Thinking about the good things in life will help to put things into perspective.

#### When you hear laughter, move towards it.

Sometimes humor is private, but most often people like to share it.

#### Spend time with those who have incorporated laughter into their lives.

Their light-hearted approach to life can be contagious!

Resource: [http://www.helpguide.org/life/humor\\_laughter\\_health.htm](http://www.helpguide.org/life/humor_laughter_health.htm)

## Nature - Today's New Frontier?

For many of us in today's technological age, most of our activities take place indoors. It is often hard to find a way to connect with nature on a regular basis. Various research has found that communing with nature can be good for the mind, body, and spirit.

Finding ways to be in nature is a way to reduce stress, relax, and restore peace and tranquility to a busy, always on-the-go life. Some easy ways to calm your mind include activities such as sitting on a park bench (or around the fountain on the podium), taking a leisurely

walk, and gardening.

Being outdoors in an unhurried manner allows you to take in the sounds and smells of nature such as the birds chirping, leaves rustling, and flowers blooming.

Spring is a time of new beginnings. There are many reminders all around us if we take a few minutes to stop and enjoy them. So, leave your I-pod and cell phone inside and get outdoors this spring to relax and take pleasure in your surroundings!

~Denise Hoecker, EAP Committee Co-Chair



"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts."

~ Rachel Carson,  
Biologist, Ecologist & Author  
(1907-1964)

## Our Sustainability - What We Do Matters

How conscious are we of how our actions affect the land, air, water and ourselves? There is a new office at UAlbany dedicated to raising awareness around this pressing issue. Lead by newly named director Mary Ellen Mallia, the Office of Environmental Sustainability will be in charge of coordinating task force activities, green initiatives, environmental education

and sustainability policies.

Sustainability is best defined as "meeting the needs of the present without compromising the ability of future generations to meet their own needs." The office strives to create a culture of awareness at UAlbany and seeks to support programs that promote better health and well-being.

Current projects include strengthening the recycling

program and hosting speakers on sustainable food practices. Look for activities during the month of April promoting Earth Day.

The Office of Environmental Sustainability is located in University Hall Room 212. To learn more, visit its booth at the EAP Wellness Fair on April 16th. For program information:

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

~Mary Ellen Mallia

### EAP Library books and DVD's on stress reduction:

*Artist's Way*

*Five Good Minutes in the Evening*

*Inner Peace for Busy People*

*Meditation as Medicine*

*Guided Relaxation for Stress (DVD)*

*Stress Relief Yoga (DVD)*

*Loretta LaRoche's Humor Your Stress (video)*

Contact the EAP Office to sign out books, videos, & DVD's.



**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.

## Symptoms of Diabetes

We've heard in the news lately that the incidence of diabetes is on the rise. Often this disease goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. **Contact your physician if you experience any of these symptoms:**

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

For more information, visit the American Diabetes Association's booth at the wellness fair.

Resource: <http://www.diabetes.org/diabetes-symptoms.jsp>

## Tapping into Your Creative Self



An artist will tell you how time flies when s/he is in the midst of creating. Being engaged in the creative process can be quite meditative and provide an opportunity to release the stress and strain of daily life.

If you have ever thought about taking a painting class, learning the art of wood-working, signing up for voice or dance lessons, or participating in any creative endeavor, why not take the leap and do it! Tapping into the creative self is life-affirming and can bring joy and inspiration. What a wonderful way to reduce stress!

Approach your "creative leap" as a means to support your health and well-being. A trip to the art supply store is so much more fun than a trip to the doctor's office!



**For More Information**

**Contact:**

**Brenda Seckerson, MA**

**EAP Coordinator**

**Upcoming Lunchtime Wellness Programs**

**April Topic**

*Caring for Our Parents: Community Resources & Support*

**May Topic**

*10 Organizing Secrets to Having a Job & a Life!*

**Email EAP with your ideas for lecture topics!**



**EAP Wishes to Thank...**

- ◆ DawnMarie Helin for volunteering to teach a Loom Knitting Lunchtime Wellness Program
- ◆ Heather Larkin, Pamela Laverty, & Anna Zendell for being "EAP Ambassadors" and helping to make the Downtown Campus Tai Chi & Yoga classes happen
- ◆ CSEA & UUP for their donation to reduce the fee for cholesterol screenings for union members
- ◆ UAS for grant funding to support the wellness fair

**We appreciate your support!**

**Employee Assistance Program (EAP)**

University at Albany  
1400 Washington Ave. MSC #200  
Albany, NY 12222

Phone: 518.442.5483

Fax: 518.442.4440

Email: [bseckerson@uamail.albany.edu](mailto:bseckerson@uamail.albany.edu)

**General Office Hours\***

Monday—Friday 8:30am—5pm

\*Accommodations can be made to fit your schedule.

**Let's Get Moving - Together!**

On **Thursday, May 15, 2008** a growing number of UAlbany employees will take to the streets of Albany to compete in the **2008 GHI Workforce Team Challenge** - a classic 3.5 mile road race. From the most recent hire, to our seasoned colleagues, co-workers and friends, we invite all of you to **join the UAlbany Team Challenge!!!**

In 2001 your UAlbany Team had a mere nine runners representing the university, but by 2007 we had swelled to fifty. We've had crowning success in the past with top-20 finishes in both the male and female division.

Just think, the race isn't until May...plenty of time to start conditioning yourself. The university perimeter (including Collins Circle) is a three-mile loop, the perfect distance to start your training. We invite everyone...walkers, joggers, casual runners and seasoned marathoners to join the UAlbany Team.

Come join us as we compete against area companies and organizations for bragging rights!

**If you are interested in joining this year's team, please contact Cathy Probst**  
[cprobst@uamail.albany.edu](mailto:cprobst@uamail.albany.edu)  
~Cathy Probst



**2007 UAlbany GHI Workforce Challenge Team**

Check out our website for more info on well-being and for upcoming EAP events!

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



**UAlbany EAP Newsletter Spring 2008**

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*"There are two ways of exerting one's strength: one is pushing down, the other is pulling up."*

~ **Booker T. Washington**,  
Educator (1856-1915)

*"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself."*

~ **Anna Quindlen**, Writer

