Our Heritage: The Root of What Sustains Us

Co-Sponsored by EAP and the Office of Environmental Sustainability

The annual UAlbany Earth and Wellness Day is just around the corner. And what sparked this year’s theme? The newly established campus Heritage Garden! The “Our Heritage: The Root of What Sustains Us” theme offers students, faculty, and staff the chance to explore how connecting to our roots, culture, environment, and community can help support our overall health and well-being. A unique collection of exhibitors highlighting local and New York history will be in attendance at this year’s event. Our hope is that you’ll gain some new insight into what heritage means to you as well as tap into your sense of history, community, and connection.

This year’s event will have a different feel to it. Due to the Campus Center renovations, the fair will take place on the Lecture Center Concourse. We’re looking forward to experiencing an alternative campus venue which will give us an opportunity to change things up a bit.

In addition to an array of exhibitors, several students and faculty from different departments will present projects on this year’s theme as it relates to sustainability and wellness. And, attendees will have the chance to vote on the winners of the photo contest. There will be one winner from each category: student/alumni and faculty/staff.

Since our theme is inspired by the campus Heritage Garden, the Albany County Cornell Cooperative Extension master gardeners will be available to answer questions about gardening. Take advantage of the opportunity to have a free soil analysis*, too! Prior to the Earth and Wellness Day, on April 10 EAP will sponsor a lunchtime wellness program titled “Planting Your Vegetable Garden.” Growing your own vegetables is a great way to produce healthy food, and gardening can be a wonderful way to de-stress.

EAP has a lot planned for you in April to support your health and well-being. Check the calendar on the EAP website for more details about events. http://www.albany.edu/eap

*See page 15 for a list of exhibitors and for soil analysis instructions.
Be an "Active Listener" to Improve Relationships

“Active listening” is a critical skill for professional counselors. It’s used to help clients feel they are being truly heard. The term “active listening” actually originated in business literature to help managers communicate more effectively. You can benefit from these skills, too. Here’s how:

- When listening to another person, show your interest by changing your emotions appropriately to react to the speaker’s point, concern, or idea. Emotionally participate in the story.
- React to any good news like it is part of your own life.
- When a story gets lengthy or complicated, pause to paraphrase what you’ve heard in your own words to show interest. Retention is the highest form of flattery in conversation, so demonstrating recall rather than mindless listening can make a huge impact.

As humans we have the basic need of being understood. Working on our listening skills to enhance our ability to hear and understand one another can make all the difference in improving our relationships both on the job and off!

Supporting a Friend in Grief

Offering a heartfelt “I am sorry for your loss” and showing support can be meaningful gestures to those grieving the loss of a loved one. Grief is a unique, personal experience. It is not something to fix, but rather a journey to accept. This is why attempting to “make things better” might undermine your intent to be supportive. Some statements may make you feel like you are being empathetic, but they may be words that do not comfort the bereaved person. Such comments include the following:

- “I know how you feel.”
- “Don’t cry.”
- “God never gives us more than we can handle.”
- “At least she (he) is in a better place.”
- “You’re attractive, you can always remarry.”
- “Everything happens for a reason.”
- “At least he lived a long life.”
- “God has a plan.”
- “Try to find closure.”
- “Don’t worry - it gets easier after a year.”

For more information on how to support someone who is grieving, check out the Helpguide.org website under grief and loss and/or contact UAlbany EAP for information and resources.

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

If you are finding it difficult to be as productive as you used to be, perhaps a stressor in your life is impacting your ability to feel your best at work and/or at home. The Employee Assistance Program’s Assessment & Referral Service might be the answer. Take advantage of this free voluntary confidential employee benefit. Confidential support, information, and referrals are available to assist you in finding a way to address your concerns. Help is only a phone call or email away!

If you would like to schedule an appointment for an Assessment & Referral session with EAP Coordinator Brenda Seckerson, CALL 442-5483 or EMAIL bseckerson@albany.edu www.albany.edu/eap
New research suggests a 30-minute nap is all it takes to reverse the hormonal impact of a poor night’s sleep. This is the first study that found napping could “restore biomarkers of neuroendocrine and immune health to normal levels.” Lack of sleep is recognized as a public health problem. Insufficient sleep can contribute to reduced productivity as well as increased vehicle and industrial accidents, according to the U.S. Centers for Disease Control and Prevention. People who sleep too little are more likely to develop chronic diseases such as obesity, diabetes, high blood pressure, and depression. The findings support the development of practical strategies for addressing chronically sleep-deprived employees. Talk to your primary care physician to see if your sleep hygiene is what it should be or if there is a possibility of a sleep disorder. Quality sleep is vital to our overall health and well-being and needs to be a priority in our lives. Research source: www.endocrine.org

When a Nap Comes Knocking

New research suggests a 30-minute nap is all it takes to reverse the hormonal impact of a poor night’s sleep. This is the first study that found napping could “restore biomarkers of neuroendocrine and immune health to normal levels.” Lack of sleep is recognized as a public health problem. Insufficient sleep can contribute to reduced productivity as well as increased vehicle and industrial accidents, according to the U.S. Centers for Disease Control and Prevention. People who sleep too little are more likely to develop chronic diseases such as obesity, diabetes, high blood pressure, and depression. The findings support the development of practical strategies for addressing chronically sleep-deprived employees. Talk to your primary care physician to see if your sleep hygiene is what it should be or if there is a possibility of a sleep disorder. Quality sleep is vital to our overall health and well-being and needs to be a priority in our lives. Research source: www.endocrine.org

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

Your life will be no better than the plans you make and the action you take. You are the architect and builder of your own life, fortune, destiny.

~Alfred A. Montapert, American Author & Philosopher (1906—)
Your Heritage: It’s Part of Who You Are

Article submitted by Kathy Gurney, EAP Committee Member, CSEA Representative

The theme for this year’s Earth and Wellness Day is “Our Heritage: The Root of What Sustains Us.” When we think about our heritage, we think of things handed down by tradition from the past. There are different types of heritage, e.g., cultural, natural, and historic. We all have our own personal heritage which makes us who we are, whether we realize it or not.

In researching for this topic, I came upon an interesting online article entitled, “Why Your Heritage is Important” which can be found at [https://mccartyheritage.wordpress.com/2012/10/25/why-your-heritage-is-important/](https://mccartyheritage.wordpress.com/2012/10/25/why-your-heritage-is-important/). The article explains how we are so intrinsically connected to our heritage. You’ll notice that this website is “dedicated to the preservation and promotion of the heritage belonging to the McCarty Family.” For this family, the exploration of their heritage helps them to keep connected to their clan’s history which can be passed on to future generations. The following is an excerpt and some highlights from the article that might get you thinking about your heritage and its possible impact on who you are today.

Heritage is the history, unique knowledge, values and traditions that have developed by a combination of genes and environment over time. Heritage, whether it be national, cultural, or family is an endowment of unique sets of historical knowledge; but foremost, heritage is your history. It is responsible for how we came to be, it is a very large part of who and what we are, and it can determine what we will become. As humans, we are free moral agents; because we can determine our future to great degrees, we may delude ourselves into thinking the past has no impact on us. But choices and past events have very profound and long-lasting impacts on any decision we can possibly make; therefore all decisions or choices made now are done so in the context of the past. So heritage is a conglomeration of genes, decisions and environmental factors that have personally affected us, and continue to affect us, that we had no active part in. Since it is a part of you that you cannot disassociate yourself from, since you cannot make a decision outside of its context, it is imperative for you to know about, understand, and embrace your heritage.

A Sense of Identity and a Guide Post

- A keen sense of your heritage will help you to understand, in part, just who you are.
- Your heritage does not fully determine WHO you are. It essentially helps to determine your “starting position” in life. It can give you an idea of what you may have the potential to become and in that way it can help define where you may want to go.
- It can help you determine what you do with your life, what you may choose as a profession or a hobby.
- If your heritage displays a people of certain admirable characteristics you may more easily adopt them; a people of poor character, you have an idea of where you might start to improve your own personal character.
- This sense of identity that you gain from the study of your heritage will help to explain to others who you are, but more so it will help to explain who you are — to yourself.

Value Your Heritage

- The value of a heritage comes from its inheritors – from the living!
- Heritage is an inheritance better than money or property. Unlike money or other property, heritage cannot be stolen or taken from you as long as you are alive. It can only be lost or forgotten by a choice that you make. This would be the choice of neglect and disuse.

So, what role does your heritage play in your life? Are you more interested in exploring your familial, cultural, or national heritage? Is it time to do a little research into your own past to discover more about your roots? Are there elders you can to talk to learn about your ancestors? Knowing where we came from and what we are connected to, whether we realize it or not, can help us have a deeper understanding of where we are going. Here’s to your discoveries!
Steps to Securing Your Privacy and Data

Part III: How the University Protects Your Computer and Data and Your Role in the Process

Article contributed by Martin Manjak, UAlbany Information Security

The Threat: Crypto Ransomware

You may be familiar with an emerging threat where cyber thieves encrypt all the files on your hard drive (and network shares) and demand a ransom payment in exchange for the key that will restore your files [1]. I read recently about just such an attack that uses ads displayed on legitimate web pages. When clicked, the ads will redirect visitors to a site that attempts to exploit unpatched versions of Adobe’s Flash software, and install the encryption malware on your computer.

In such a scenario, antivirus will not protect your system or your information. There are two important lessons in this story.

- First, you cannot predict when you may be exposed to an attack from the Internet.
- Second, if your system is not fully patched, that exposure will result in successful exploitation of your system by an attacker.

UAlbany’s Patching Process

On the second Tuesday of every month, Microsoft issues security and stability updates for its software, both the operating system and applications like Word, Excel, Internet Explorer, etc. Additional security updates are released by Adobe (Flash, Reader), Oracle (Java), and browser publishers like Mozilla (Firefox) and Google (Chrome).

Updates for the campus anti-virus software (SCEP) are also released on a more frequent basis.

The University rolls all these updates into deployment packages that can be distributed to faculty and staff desktop machines by your local Technology Coordinator, e.g., CAS Computing.

Your Part

The campus has the capability of delivering these updates to your machine, but you have to complete the final step for the updates to take effect. This entails doing the following: Shutting your computer down completely and restarting it.

The timing of this action is left to your discretion. However, the sooner, the better. At the very least, you should reboot your machine within a week of the patches being deployed. Failure to do so leaves your computer, and your data, unprotected.


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.
Lower Stress by De-cluttering Your Life

We human beings love to collect STUFF! From furniture and jewelry to kitchenware and tools, over time these items can start to accumulate into one big pile of stuff. Excessive clutter can cause stress and affect every facet of your life. However, tackling the clutter can seem like an insurmountable task if you don’t know where or how to start. By devoting a little time to getting rid of the clutter in your life and maintaining things relatively clutter-free, you’ll reap the rewards of pleasing living areas, reduced stress, and a more organized and productive existence.

Here are some basic de-cluttering tips:

• According to Mindful.org, take manageable bites of a big project. Let’s say you have a huge project that you need to work on, such as renovating a part of your house like the kitchen. Don’t tear everything out all at once but piece by piece. Start with the cupboards, make your way to the counters, then to the under sink cabinet, etc. Starting a big project without having a strategy may lead you to feel overwhelmed, causing you not to finish the task. Going area by area gives you some breathing room and offers you a clearer picture of what you want to do with your project.
• Follow the “Three Year Rule.” If you haven’t used something in three years or more, throw it away or donate it! This applies to clothes, jewelry, make up, furniture, tools, pieces of art collecting dust in the garage, etc.
• Follow a three box rule, too. Gather three boxes and label them “Keep,” “Throw Away,” and “Donate.” This strategy keeps the flow of your cleaning and organizing going. Putting your items in each box helps you to determine what you really need, what you don’t need anymore, and what you think someone could benefit from.

Check out this helpful listing provided by Habitat for Humanity which outlines where specific items can be donated right here in the Capital Region. [http://www.habitatcd.org/wp-content/uploads/Donations-Article-Final-Version.pdf](http://www.habitatcd.org/wp-content/uploads/Donations-Article-Final-Version.pdf)

The EAP Lending Library has several books which addresses the topic of organizing. Make arrangements to stop by the EAP Office to browse, or you may request materials be sent to you via campus mail. Your “spring cleaning” effort can be a great way to release the clutter in your life to gain a sense of renewal. You’ll be glad you did it!


Article contributed by Seema Mathura, EAP Office Work Study Student

“It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about.”

~ Dale Carnegie

American Author and Lecturer (1888-1955)
Looking for a way to get in shape while raising money for a good cause? Join Sodexo at UAlbany for the inaugural Mindful Mile & Fight Hunger 5K on April 18, 2015.

Both obesity and hunger are serious public health problems. While it may seem counter-intuitive, hunger and obesity can coexist in the same individual, family, or community. At Sodexo, with 125,000 employees servings millions every day, we have an opportunity to fuel a movement for a change. Join us and the University at Albany as we come together to make a positive difference in our community.

All proceeds from the event will be donated to the Northeast Regional Food Bank.

Registration includes FREE Dri-FIT shirts to the first 125 participants!

Where: University at Albany - 1400 Washington Ave. Albany, NY 12222
When: Saturday, April 18, 2015
Start Time: 5K - 9:00 am
Mindful Mile - 9:30 am

Learn more by visiting ualbanydining.com today!

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UAlbany Runners and Walkers!

It’s time for the annual Workforce Team Challenge. Registration is underway to join the team.

REGISTRATION DETAILS:
Before registering online, check out the official rules for participants and the participant’s release form. You will need to certify that you have read these and agree to their terms when you register online.

- Our team is registered under the name: UAlbany
- Go to: [http://www.cdphpwtc.com/runwalk.htm](http://www.cdphpwtc.com/runwalk.htm)
- Click on link “Register here.”
- Select company: UAlbany—Captain: Cotugno, Jason
- Check boxes to verify you’ve read rules, releases, & safety instructions. Click “Continue.”
- You will be prompted for additional information and asked to consider donating to the charities listed.
- Complete registration by entering your payment information.
- Once registered, contact Team Captain Jason Cotugno to give your t-shirt size.
- jcotugno@albany.edu or call 956-8376
Get to Know Your Campus...

UAlbany’s Heritage Garden: Our Inspiration for the 2015 Earth and Wellness Day

*Article contributed by Cassidy Drasser, Office of Environmental Sustainability*

What is a heritage garden?

A heritage garden is designed to honor and reflect the cultural and natural history of the surrounding region while utilizing sustainable gardening practices. This would include:

- Promoting the use of native plants, specifically those with cultural significance
- Creating a low-water landscape with efficient irrigation methods
- Educating the community about the history and biodiversity of the region through the garden project

In fall 2013, a cohort of UAlbany students decided it was time for our campus to join the burgeoning campus garden movement sprouting up across the country. In 2009, over 140 campuses reported that they had a garden or farm, widely ranging in size from ¼ acre to over 100 acres. Buzz about the garden began with a series of strategic monthly meetings that culminated in a decision to make UAlbany’s garden unique.

The students wanted to cultivate a food-conscious campus that not only looks to the future, but also reflects on the past. The group, officially recognized as Grow Green, created a vision for a Heritage Garden. one that honors the natural and cultural heritage of Albany. In fall 2014, the students of Grow Green transformed the area between the lacrosse field and Indian Quad into a space for growing food by building four raised beds. Each bed is patterned after one of the four quads on the uptown campus: Indian, Dutch, Colonial or State. An individual bed will showcase crops that are representative of that particular period in time.

The Heritage Garden will also model environmentally sustainable planting practices. This spring, the Heritage Garden will be planted using permaculture principles. Permaculture utilizes organic gardening methods such as sheet mulching, composting and companion planting, which were popular before industrial agriculture became the norm.

“It’s a part of a living-learning lab, which means we are trying to tie it to academics and bring in classes,” explained graduate student Lisa Cassidy.

Grow Green partnered with academic classes in spring 2013 that had incorporated the Heritage Garden into their curriculum. Dr. Gary Kleppel, Professor in the Department of Biological Sciences, taught World Food Crisis. He broke his class into groups to work on site selection for the garden. The groups employed a variety of techniques to understand the physical attributes of each site that would contribute to soil health, vegetation health, and ultimately, health of the eater. Dr. Mitch Aso, Assistant Professor in the History Department, taught Advanced Topics in Asian History, and tasked his students to look into heritage crops suitable for our region that could potentially be grown in the Heritage Garden.

The garden will also serve as a gathering place for special events. On April 22, Mohawk Storyteller Kay Olan will teach about Mohawk traditions and perform a special blessing for the Heritage Garden. The event will begin at 3:00 p.m. All campus community members are welcome to attend.

Students envision the Heritage Garden will be the start of something big (Lisa Cassidy envisions a farm), but for now remain eager for the ground to thaw and to put the first seeds in the ground.

To learn more, view the video about the Heritage Garden on UAlbany TV.
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 below 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.

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)
The University at Albany EAP Committee Needs You!

Please join us for our 1st Community Service Project

UAlbany’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.

Thanks to all who have participated in the project thus far and who have donated lovely potholders like these!

Stop by the project table at the Earth & Wellness Day on April 23rd!

Instructors will be on hand to teach crocheting. Potholder donations will be accepted until the end of the spring semester. Help us exceed our goal!

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

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

pmoniz@albany.edu

Additional project information can be found on the EAP website at:
http://www.albany.edu/eap/lunchtime_programs.htm
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 wake 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
Room 110A
School of Public Health
Registration Deadline: Monday, April 6

THE WORLD WITHIN REACH
Planting Your Vegetable Garden

Healthy Eating...

It's time to get your garden ready! Two Cornell Cooperative Extension master gardeners will provide us with information and inspiration about how to go from seed to table. The program will include tips on choosing, starting, and planting seeds as well as creating gardens in raised beds and containers. Proper harvesting will also be discussed. Let’s celebrate spring by preparing for our vegetable gardens!

Presenters:
Marty Teumim and Mary Monaco, Master Gardeners from the Albany County Cornell Cooperative Extension

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

Friday, April 10
12:00 - 1:00 pm
Standish Board Room
Science Library

Registration Deadline:
Thursday, April 9

THE WORLD WITHIN REACH
Your Home: Get It, Fix It, Keep It!

Information on buying a house, repairing credit, re-financing, and saving a home!

Buying, owning, re-financing and keeping a home can be a joy and a challenge! The Affordable Housing Partnership (AHP) Homeownership Center has helped 100's of individuals and families successfully prepare for and buy a home. Housing Counselors are knowledgeable about all area housing programs and provide education and credit counseling. Bring your questions and take advantage of the expertise that AHP offers our community! Presenter: Susan Cotner, Executive Director, Affordable Housing Partnership

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
More Earth & Wellness Day Information...

Here is a sample of some of the exhibitors who will be joining us to explore the “Our Heritage: The Root of What Sustains Us” theme. Come learn about our local and New York history!

- Historic Albany Foundation
- Historic Cherry Hill
- Iroquois Museum
- Rapp Road Historical Society
- Schenectady Historical Society
- Shaker Heritage Society
- Underground Railroad Project

Soil Sample Instructions

Free Soil Analysis at UAlbany Earth and Wellness Day provided by Cornell Cooperative Extension

Dig down about four (4) inches and take a few tablespoons of dry soil and place it in a Ziploc-type bag. This can be done in a few areas and blended together to form one sample from a garden or the front lawn. The sample should be labeled with contact information and location, such as vegetable garden or rose bed, etc. At the UAlbany Earth and Wellness Day event on the Lecture Center Concourse, take your sample to the Cornell Cooperative Extension table. There you will fill out a form and submit your soil. The Cooperative will test the soil at their lab and mail you your soil’s pH level along with any recommendations for amendments. First sample is free of charge. There is a $3.00 fee for each additional sample submitted for analysis.

“Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning.”

~ Albert Einstein, Theoretical Physicist (1879–1955)