Finding the Upside of Staying at Home

How often did we find ourselves saying we wish we had more time to be at home instead of running around for one reason or another? Granted, dealing with a pandemic wasn’t exactly what we were hoping would prompt us to be able stay home. Yet, here we are. How do we find the upside of being homebound for our health and safety? How can we make the most of this experience and possibly make some permanent changes that can enhance our lives in the end? This is important to consider.

People are finding interesting and fun ways to spend their time sequestered—whether alone or with family. Here are some ideas to consider:

- Watch all the long movies you have avoided.
- Write poetry.
- Write actual letters or make cards to send to friends and family members.
- Look at pictures of puppies or kittens or both!
- Perfect one of your grandmother’s recipes.
- Clear out a drawer, a closet, a room, or the garage.
- Interview your grandparents over the phone and save the audio.
- Have a scrabble tournament.
- Create an indoor scavenger hunt.
- Learn a new language.

For 100 inspiring ideas, check out this USA Today article.

Tapping Into Your Sense of Resiliency

When we face challenging times like the one we are living through right now, it’s helpful to pause and think about our sense of resiliency. We can remind ourselves that we have dealt with other difficult times in life and have managed to make our way through them. How strong are you in these areas that support resilience?

- Have the ability to bounce back from setbacks in life
- Learn from failure or mistakes
- Motivated by challenges
- Believe in my own abilities to deal with the stress and difficulties in life
- Generally have a positive outlook
- Tend to be flexible
- Have a strong belief system
- Have a strong support system
- Have sense of humor
- Stay aware of my emotions

“Man has never made any material as resilient as the human spirit.” ~ Bernard Williams

Working Remotely: Take steps for your health and well-being while working remotely by viewing this EAP presentation titled “Managing the Stress of Social Distancing and Working”
Use EAP for Acute Stress

EAP Coordinators do more than help employees solve problems. They also possess good listening and empathy skills and provide emotional support that offers relief from the anguish an employee may be feeling caused by a life crisis, difficult time, or even grim personal circumstances. Don’t dismiss asking UAlbany EAP Coordinator Brenda Seckerson for help, even if you believe that “EAP can do nothing to help me in this situation.” Don’t live in fear, lose sleep, become physically ill, or experience a constant sense of foreboding doom by “going it alone.” Instead, partner with the EAP for support that can help you through a difficult period.

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.

NOTE: In-person appointments are not available at this time during the COVID-19 shut down. Appointments for a confidential Information, Assessment and Referral sessions are available by calling or emailing.

Brenda Seckerson, EAP Coordinator
518-442-5483
bseckerson@albany.edu

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.
Resources to Help You and Your Family Through the COVID-19 Experience

Working From Home:

- “8 Tips for Staying Productive While Working From Home” by Kelsey Libert
- “5 Tips for Staying Productive and Mentally Healthy While You’re Working From Home,” by Time

Stress Management:

- Coping With Stress During Infectious Disease Outbreaks by Substance Abuse and Mental Health Services Administration (SAMHSA)  https://www.albany.edu/eap/images/SAMHSA_Coping_With_Stress_Infectious_Disease_Outbreak.pdf
- The Ohio State University has a campaign called JustBreathe which focuses on breathing techniques. This web page guides you in syncing your breathing for relaxation and stress reduction.  https://yp4h.osu.edu/justbreathe
- Dr. Andrew Weil’s website has breathing techniques that can help to increase a sense of calm.  https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/
- Oprah Winfrey and Deepak Chopra ‘s 21 Day Meditation Challenge: Finding Hope in Uncertain Times - Free
- Article from PsychCentral website about keeping things in perspective:  https://psychcentral.com/blog/how-the-stoics-can-keep-us-calm-during-the-coronavirus-outbreak/
- DeStressMonday.org: DeStress Monday is an initiative of The Monday Campaigns, a nonprofit public health initiative associated with Columbia, Johns Hopkins and Syracuse Universities. It helps people put a positive start on each week, while reducing stress throughout the week. DeStress Monday provides helpful, evidence-based stress reduction tools and resources distributed through our website, social media and our weekly newsletters. These assets are made available for individual use as well as for companies, hospitals and schools at no charge.  https://www.destressmonday.org/
- YMCA have posted on YouTube video fitness classes to do from the comfort of your home.  https://www.youtube.com/channel/UCQOGt_IpcP_xQhhCMCrut_A

NOTE: If the link doesn’t work, please use the title of the resource to do a search.
Resources to Help You and Your Family Through COVID-19 Experience (con’t)

Resources/Activities for Children and Parents/Caregivers:

- Child care and information for families: Brightside Up, local child care resource and referral agency, is available to assist you with child care issues that arise due to the COVID 19 crisis. Contact them online at www.brightsideup.org or by calling one of our Family Educators at 518-426-7181. https://mailto.mp/brightsideup/covid19?mc_cid=480585beb5&mc_eid=193439068f
- New York State Child Care Resource and Referral Agencies by County: https://www.albany.edu/eap/images/NYS_Child_Care_Resource_and_Referral_Agencies(1).pdf
- Parent Teacher Association (PTA): Coronavirus Family Resources https://www.pta.org/home/family-resources/coronavirus-information
- Cincinnati Zoo "Home Safari Facebook Live" http://cincinnatizoo.org/home-safari-resources/
- Smithsonian National Museum of Natural History Virtual Tour (And check out other national museums' virtual tours!) https://naturalhistory.si.edu/visit/virtual-tour
- US National Park Service/Virtual Tours and Great Photos and History https://www.nps.gov/index.htm

“Allow nature’s peace to flow into you as sunshine flows into trees.”
~ John Muir
Get the Most Out of Webinars

You’re at a webinar — and talking on the phone, organizing your to-do list, or eating your lunch at the same time. Webinars can be a useful source of information and a valuable productivity tool. Put your lunch away, and get more out of webinars with these strategies:

- Take notes. Even though the material is being presented on your screen and you may even be able to access it later, take your own notes as the webinar progresses. This will help you stay focused, synthesize the information, and remember it better later.
- Stay focused. Attending a webinar can be an easy excuse to keep half an eye on your screen while doing something else. Give the training your undivided attention, and avoid multitasking. Perhaps set a goal at the webinar’s outset for what you hope to gain from it to help you stay on task.
- Participate. Most webinars today allow you to ask questions, make comments, raise issues, and even have discussions with other attendees. Use the technology well, and participate fully. This will help make the webinar more relevant to you, and can also provide a networking and information-sharing opportunity.

Source: Personal Best, a registered trademark of Ebix. (May 2019) TP Top Performance

Make Your Tablet Work For You

About half of U.S. adults own tablets, according to a 2018 Pew Research Center survey. If you have a tablet, are you tapping into its full potential? Try reaching beyond its e-reader and entertainment modes. For example:

- Choose apps that work for you. Apps are available that take and save notes, sync files quickly between your tablet and your computer, create multimedia presentations, and manage your calendar and to-do lists.
- Stay visually connected. The larger screen on a tablet makes it ideal for participating in webinars, attending videoconference calls, and viewing multimedia presentations.
- Get organized. Set up your tablet’s home screen so your work-related apps are front and center. That way, you’re less tempted to open the entertainment apps every time you turn it on.
- Add on. A portable keyboard, headphones, a sturdy case, and an extra charger are small investments that will have big payoffs in increased productivity, especially when you’re traveling, telecommuting, or working on multiple projects at once.

“It’s not that I’m so smart, it’s just that I stay with problems longer.”
— Albert Einstein

Source: Personal Best, a registered trademark of Ebix. (June 2019) TP Top Performance
10 Qualities of a Great Communicator

We can all improve our communication by developing these stellar qualities:

- **Listening.** Skilled communicators listen actively to others and avoid thinking ahead about how to respond while someone else is talking.
- **Understanding.** Try to empathize with your audience, so you can see things from their point of view.
- **Simplicity.** Being able to break down a complex idea and explain it in a way that makes sense to everyone is an essential asset.
- **Reliability.** Good communicators keep their promises, provide answers promptly, and avoid saying things they don’t mean.
- **Silence.** Know when to let others take the floor, and recognize when your lack of words is saying something important.
- **Interact.** Ask questions and provide feedback to check that you understand what the other person means.
- **Nonverbal cues.** Communication experts use nonverbal cues, such as gestures, facial expressions, and body posture to help convey their message and express openness.
- **“I” statements.** Phrases that start with “you” often put others on the defensive. Focus on explaining your own thoughts and feelings, rather than pointing fingers.
- **Brevity.** Good communicators respect others’ time and get to the point directly.
- **Confidence.** Trusting in your abilities and knowledge is the first step to speaking and writing well and communicating effectively.

Source: Personal Best, a registered trademark of Ebix. (June 2019)

Smart Breaks

A study from the Draugiem Group, a social networking company, found that the top 10% of its most productive employees took regular breaks during their most intense, concentrated work. And they took these breaks away from computers and other electronic devices. While break schedules vary among workplaces, they are important regardless of when you take them. Use them to recharge — you’ll feel better and more alert. And you will accomplish more.

Source: Personal Best, a registered trademark of Ebix. (March 2020) TP Top Performance.
All in the Family...

Family Goals for Wellness

Keeping a family healthy takes time and commitment. It’s a tall order, ensuring that kids and parents alike achieve and maintain a positive lifestyle in a hectic world. Starting with goal-setting, make this a family event, prepare for it, and make it fun. Invite everybody to start with one specific health goal. Keep the focus on wellness five ways:

- Lifelong good food habits — Start each day with breakfast. Learn the benefits of eating more fruits and vegetables and avoiding processed foods. Eat fast food only occasionally. Make dinner together.
- Active pursuits — Children need at least 60 minutes of exercise every day, adults need 150 minutes per week, and you can all accumulate it in 10-minute increments. You can find the time; just unplug from electronics and head for the park or backyard.
- Safety always — For example, use helmets during sports, insist on thorough hand washing, and stay aware of potential hazards, such as falling and burns. Make sure proper equipment is used before participating in team sports.
- Health screenings — Track routine exams, pediatric visits, immunizations, and dental checkups. The American Academy of Pediatrics recommends that you ask about child health screenings for weight problems, unhealthy cholesterol, and depression.
- Sharing life together — When we take time to connect daily — working through everyday challenges, resolving conflicts, pursuing dreams, and facing the disappointments and joys of life as a family — we can build the resilience to counter stress and adversity as individuals.

Source: Personal Best, a registered trademark of Ebix. (2017)

Flip the Script to Fight Negativity

Overcome negative self-talk more effectively by “flipping the script” and transforming the moment of negativity into positive energy. Examples:

- Whether you stub your toe or are criticized on the job, be aware of the impulse to engage in negative self-talk. Instead, think “I could make myself feel worse or beat myself up about this, but I refuse. I’ll focus on preventing a similar experience.”
- If you’re dieting, don’t say, “I can’t have cake.” This is self-limiting and self-punishing. Flip the script and say, “I don’t want cake.” It’s more empowering.
- Be your own best personal coach. After a mistake, rather than say, “I am not good at this,” flip the script, and consider how to do it better. If you don’t know how, say to yourself, “if I did know how to do this better, what could I be doing?” Then try that!

Source: Frontline—Employee Wellness, Productivity & You! Frontline newsletter is courtesy of the New York State Employee Assistance Program.
What Is an Anxiety Disorder?

Feeling worried or fearful is a normal response to a stressful situation. However, worry can evolve into an anxiety disorder when it is excessive, rarely goes away, and interferes with your daily life. People who suffer from an anxiety disorder often have at least some of these symptoms:

- Feeling nervous and keyed up
- Feeling helpless or fearful that something is terribly wrong
- Having trouble focusing or concentrating
- Feeling exhausted, weak and possibly light-headed
- Having trouble falling or staying asleep
- Physical symptoms, such as a fast heartbeat, sweating, shaking or nausea

There are 3 common types of anxiety disorders:

- Generalized anxiety disorder causes people to worry excessively about everyday problems.
- Panic disorder is characterized by sudden, repeated panic attacks, which come with physical symptoms such as a pounding heart, sweating, dizziness, shortness of breath, feeling hot or cold, tingling hands and feet, and chest pain.
- Social anxiety disorder makes people feel anxious in social situations. They may have a hard time talking with others, be self-conscious and easily embarrassed, and worry too much about what others think.

Researchers think anxiety may be hereditary, though it sometimes results from certain underlying medical conditions or as a side effect of medication. For many people, anxiety begins in childhood and is a lifelong condition they must manage. If you think you may have anxiety, talk with your health care provider. Anxiety can be treated successfully with a combination of medication, talk therapy, and self-care. Don’t let anxious feelings or panic attacks hinder your ability to work well and enjoy life.

Source: Personal Best, a registered trademark of Ebix. (March 2020) TP Top Performance.

“Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: You don’t give up.”

~ Anne Lamott
Strengthen Your Immune System

Vaccinations may boost resistance, but cures for virus-based illnesses like the flu don’t exist. So, keep your immune system “tuned”—it’s the only one you’ve got. Boost your immune system by doing the following:

- Maintaining adequate sleep
- Getting recommended vaccinations
- Eating a variety of colorful fruits and vegetables rich in antioxidants
- Getting recommended exercise
- Washing your hands and maintaining good hygiene
- Avoiding smoking and heavy alcohol use (or getting evaluated for addictive illness if you struggle with these issues)
- Maintaining a healthy weight

The immune system becomes less efficient with age. Examine gaps in your immune system maintenance plan, and talk to your medical doctor or health/wellness adviser to overcome roadblocks. It may be a first step to a longer and healthier life.

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

Health Insurance Quick Links

Should you or a family member need access to your health insurance benefits related to COVID-19, here are the quick links that outline the coverage and assistance you can get from your plan.

NYSHIP Empire Plan: https://www.empireblue.com/nys/


MVP: https://www.mvphealthcare.com/covid19 1-833-693-7669

Empire Blue Cross: https://www.empireblue.com/coronavirus/individual-and-family/

For Your Health: Increased Hand Washing Brings on Challenge of Extra Dry Skin

In the January issue of the EAP ENews, we brought you an article about how the winter season can contribute to dry skin and how best to take care of the condition. With the increased attention to the need for consistent hand washing to help prevent the spread of COVID-19, the challenge of dry skin remains a concern for many. As a reminder, the Mayo Clinic offers some home remedies that might help keep skin healthy. Suggestions include to moisturize (especially immediately after bathing), use warm water and limit bath time, avoid harsh, drying soaps, and use a humidifier just to name a few. For more detailed information, check out the Mayo Clinic’s article titled “Home Remedies: Dealing with the difficulties of dry skin.” In addition to this resource, Time has an article titled “How to Take Care of Your Hands When You’re Washing Them So Much to Prevent Coronavirus.”
Home Cooking in the Time of COVID-19 and Beyond

On March 10, Campus Dietician Donna Duffy and Sodexo Executive Chef Stephen Greely provided information on the Mediterranean Diet’s health benefits as well as a cooking demonstration accompanied by delicious samplings. As we stay at home more to fulfill the goal of social distancing for our health, we have the luxury of more time to devote to cooking. No more reasons to say you don’t have time to cook!

Donna Duffy passed on one of the recipes of the samples employees enjoyed—an olive oil cake. (Recipe from Bon Appétit magazine.)

Ingredients:
- 1¼ cups plus 2 tablespoons extra-virgin olive oil; plus more for pan
- 1 cup plus 2 tablespoons sugar; plus more
- 2 cups cake flour
- ½ cup almond flour or meal or fine-grind cornmeal
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- 1 tablespoon finely grated lemon zest
- 3 tablespoons fresh lemon juice
- 2 teaspoons vanilla extract
- 3 large eggs

Special Equipment:
A 9”-diameter springform pan

Recipe Preparation:
Preheat oven to 400°. Drizzle bottom and sides of pan with oil and use your fingers to coat. Line bottom with a round of parchment paper and smooth to eliminate air bubbles; coat parchment with more oil. Generously sprinkle pan with sugar and tilt to coat in an even layer; tap out excess. Whisk cake flour, almond flour, baking powder, baking soda, and salt in a medium bowl to combine and eliminate any lumps. Stir together lemon juice and vanilla in a small bowl.

Using an electric mixer on high speed (use whisk attachment if working with a stand mixer), beat eggs, lemon zest, and 1 cup plus 2 Tbsp. sugar in a large bowl until mixture is very light, thick, pale, and falls off the whisk or beaters in a slowly dissolving ribbon, about 3 minutes if using a stand mixer and about 5 minutes if using a hand mixer. With mixer still on high speed, gradually stream in 1¼ cups oil and beat until incorporated and mixture is even thicker. Reduce mixer speed to low and add dry ingredients in 3 additions, alternating with lemon mixture in 2 additions, beginning and ending with dry ingredients. Fold batter several times with a large rubber spatula, making sure to scrape the bottom and sides of bowl. Scrape batter into prepared pan, smooth top, and sprinkle with more sugar.

Place cake in oven and immediately reduce oven temperature to 350°. Bake until top is golden brown, center is firm to the touch, and a tester inserted into the center comes out clean, 40–50 minutes. Transfer pan to a wire rack and let cake cool in pan 15 minutes.

Poke holes all over top of cake with a toothpick or skewer and drizzle with remaining 2 Tbsp. oil; let it absorb. Run a thin knife around edges of cake and remove ring from pan. Slide cake onto rack and let cool completely. For the best flavor and texture, wrap cake in plastic and let sit at room temperature at least a day before serving.

Do Ahead: Cake can be baked 4 days ahead. Store tightly wrapped at room temperature.

Quick and easy pantry recipes...

In addition to the cake recipe, Donna also sent EAP a website to find some easy recipes to make from things typically found in your pantry.

https://www.budgetbytes.com/pantry-recipes/
Your Financial Well-Being...

Tax Season Update—New Deadline of July 15

The following notice is placed on the UnitedWay website in regards to the free tax preparation that has annually been available.

In accordance with the Executive Order issued by New York State Governor Andrew Cuomo, the CA$H Coalition of the Greater Capital Region is suspending in-person tax preparation services at all VITA sites until further notice.

The IRS and New York State have extended the tax filing deadlines to July 15. With the additional time to file, we will make every effort to accommodate our clients who depend on this service. Please contact your local VITA site or call 2-1-1 after April 6th for more updates.

http://www.cashgreatercapitalregion.org/

Additional Tax Preparation Resources:

- People and families who use a Simple Form may be eligible to use this free service: www.MyFreeTaxes.com
- Or, go to the NYS Tax & Finance website to see if you qualify for a FREE tax return this year: https://www.tax.ny.gov/pit/efile/default.htm
- Questions about preparing your taxes? Connect with the IRS Taxpayer Advocate Service at www.irs.gov/advocate.

“Budget is telling your money where to go instead of wondering where it went.”

~ Dave Ramsey
The EAP Lunchtime Financial Wellness Program “Understanding Your NY Health Insurance Program (NYSHIP) Retiree Benefit” was postponed.

Due to the need to postpone this session, the following information is being made available by our Human Resources Benefits Department for you to access on your own. The last item is a slide/video presentation of the PowerPoint that would have been used for the EAP Lunchtime Program. When we are all back on campus, EAP will reschedule this program. For now, please check out these resources.

Planning for Retirement

The information in this section is meant to provide tools and resources to assist you with planning for retirement. The content here should be used in conjunction with resources provided to you by your Health Benefits Administrator (HBA), your retirement system, the New York State Health Insurance Program (NYSHIP), and information from other sources such as Medicare and Social Security.

The Benefits Office holds monthly meetings on the topic of Benefits and Retirement. Please contact Benefits to schedule your attendance at one of these sessions 3-4 months prior to retiring.

*UAlbany Planning for Retirement Guide* - Includes important information on steps to take prior to retirement, retiree health insurance eligibility requirements, and more.

*NYSHIP Publications:*

- Planning for Retirement
- Medicare and NYSHIP

*Retirement and Benefit Informational Presentation* - The slide presentation with links to additional information can be found in the description section on the video page. (If you have difficulty accessing this link on YouTube, go to the HR website and scroll to the bottom of the page to access the link there. [https://www.albany.edu/hr/retire.php](https://www.albany.edu/hr/retire.php))

**WellNYS Everyday April Challenge**

Want a way to help you stay focused on your healthy behaviors during 2020? Participate in the WellNYS Everyday Monthly Challenges sponsored by New York State EAP. This self-paced program completed on an honor system provides you with a different challenge at the beginning of each month. Tracking your progress makes it easier to meet your goals. April’s challenge is timely: “Practice Managing Stress.” Invite a colleague or family member to join you in the monthly wellness challenge fun! In addition to the monthly challenges program, WellNYS Everyday also offers a wellness “Daily To-Do” which can be emailed to you. NOTE: You don’t have to participate in the monthly challenges to receive the Daily To-Do email. To learn more and to register to participate, go to: [https://wellnys.goer.ny.gov/](https://wellnys.goer.ny.gov/).
Go On a Food Adventure

There’s no single food that contains all of the nutrients you need for optimal health. That’s why you’ll notice that healthy plate models always have proportions of different foods, such as ½ vegetables and fruits, ¼ grains and ¼ protein-rich options (e.g., lean poultry and meat, fish, and beans). When eaten daily, the right proportion of these foods can help ensure you get the nutrients your body requires.

Some people use a plate model and fill it with the same choices day after day. That’s fine, as long as you get the nutrients you need. Others are more adventurous eaters and love to experiment with different flavors from around the world. Neither is right or wrong. What counts are balance, variety, and your personal taste. And don’t shy away from being adventurous. Here are five food trends to keep on your must-try radar:

- Fermented drinks, such as kombucha and kefir, contain healthy probiotic bacteria that are good for overall health. Experiment with different brands, or make your own at home.
- Puffed snacks are a modern take on the cheese variety but are made with whole grains and vegetables, such as quinoa and kale, and flavors, such as curry. They are still ultra-processed snacks but with less salt and fat than chips.
- New nut butters beyond peanut or almond butter are gaining momentum. Look for macadamia butter and roasted pumpkin seed butter.
- At-home meal kits allow you to bring global flavors into your kitchen. Your local supermarket now likely stocks pre-prepped ingredient kits (think chicken, vegetables, noodles, and sauce) to make a delicious dinner at home. Or check for other delivery services in your area.
- Burger blends allow consumers to choose burgers that blend beef with plant-based foods, such as mushrooms or black beans. You get the same meaty taste with a new approach to a classic comfort food.

— Cara Rosenbloom, RD

Source: Personal Best, a registered trademark of Ebix. (April 2020) TH TopHealth

Rethinking Drinking

Do you use alcohol or medication to cope with negative emotions and stress? “Self-medicating” is a widespread practice. If you have persistent stress or depression, talk to a professional counselor, your health care provider, or contact EAP Coordinator Brenda Seckerson for confidential resources and referrals. Here are some wellness strategies:

- Spend time with nondrinkers.
- Rid your environment of alcoholic beverages.
- Make your best choice when you feel the need to drink. Call a friend, go for a walk, or play with the dog. Know what situations trigger an urge to drink so you can avoid them.
- Join others. Alcoholics Anonymous or another mutual support group is a way to have a network of friends who have found ways to live without alcohol. Many people also enter inpatient treatment programs or seek outpatient counseling (group, individual, or both).
- Resources to help: Call the Substance Abuse and Mental Health Services Administration Treatment Referral Service (SAMSHA) at 800-662-HELP (4357) or the New York State Office of Addiction Services and Supports (OASAS) 1-877-8-HOPENY | Text 467369.

Source: Alcohol and Drug Abuse: How to Recognize It (brochure). Personal Best, a registered trademark of Ebix. (2012)
Compliments of Personal Best Publications

MAKE A GREAT PLATE.
High in protein, full of vegetables and ready in 20 minutes.

**Spinach and Feta Mini Frittatas**

**INGREDIENTS**
- 6 large eggs
- ¼ tsp each salt and pepper
- 1 cup baby spinach, shredded
- ¼ tsp each salt and black pepper
- 12 grape tomatoes, halved
- ¼ cup feta cheese, crumbled

**DIRECTIONS**
Preheat oven to 350°F and line 6-cup muffin tin with liners. In large measuring cup with a spout, whisk together eggs, salt and pepper; set aside. Distribute spinach, tomatoes and feta equally into muffin cups. Pour egg mixture carefully into muffin cups. Bake 20 minutes. Serve, and freeze leftovers.

Makes 6 Servings.

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

**Disclaimer:** Material presented in this newsletter is intended for educational or informational purposes only. It is not intended to replace the advice of a qualified health professional.

EAP is a joint labor/management program and is part of the NYS Employee Assistance Program. Contact Info: 2 Empire State Plaza, 11th Floor Albany, NY 12223 ~ 518.486.9769

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