Five Secrets to Staying Motivated

If you lack motivation, you might feel bored, unfocused, or tired. Half the day might float by before you realize you haven’t accomplished much—followed by guilt or even panic as you fall behind but can’t figure out how to catch up. Break the chain by keeping motivation high.

Try these five steps:

♦ Break down jobs. If possible, divide big tasks that can appear overwhelming into small chunks that you can accomplish in an hour or less, giving your sense of accomplishment a lift.

♦ See the big picture. Think about how your work impacts coworkers and clients. Making a difference is a great motivator.

♦ Set goals you can reach. Make them achievable and realistic.

♦ Mix it up. If possible, vary your tasks or try a new approach to routine work.

♦ Reward yourself for crossing tasks off your to-do list. Treat yourself to a social outing, a session on social media, or put a dollar in a special account.

Sometimes the best reward is the satisfaction you get from a job completed. What can you check off your list today?

EAP Wellness Calendars Are Now Available

The tradition continues! EAP is ready to offer its free wellness calendar. These popular, colorful calendars offer an array of tips for your health and well-being including tasty recipes that will help you throughout 2020 and beyond. To request a copy be sent to you via campus mail, call the EAP Office at 518.442.5483 or click on the “Special Promotions” icon on the EAP website home page.

www.albany.edu/eap

One per employee while the supply lasts

“Work for a cause not for applause. Live life to express not impress. Don’t strive to make your presence noticed, just make your absence felt.”

~Unknown
How to Be More Proactive

Are you a proactive employee? Being proactive means acting in anticipation of future problems, needs, or changes. Proactive employees naturally get more stuff done with fewer crises and less work strain. Not being proactive does not mean you don’t act or respond to critical issues, but that you may just act later on these things. This means being prompted by a crisis that includes more stress. To be proactive:

- Pay attention to your gut telling you to act now on what you’re facing.
- Resist the temptation to use procrastination as a way to manage work, causing you to respond daily to only what’s urgent.
- On the job, keep the big picture in mind. Doing so will make you to feel more energized by work tasks, rather than perceive them as burdens to avoid or postpone.

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

Toxic Personalities at Work

When many different personalities and work styles come together, it can lead to greater creativity, innovation and productivity. However, those differences can be challenging. Some aggressive personality types can become toxic, dragging down your efforts and your whole work environment. What’s toxic? Coworkers who routinely display toxic behavior might:

- Take credit for their coworkers’ ideas
- Get angry when things don’t go their way
- Criticize or embarrass others publicly
- Regularly fail to perform job duties, often at others’ expense
- Lie or gossip about coworkers
- Show disrespect for their workplace

If you work with someone who regularly exhibits behaviors such as these, you can’t necessarily change them. But, you can keep their negativity from affecting your own positive outlook and job performance. For example:

Rise above it. No matter what is going on around you, focus on your job and make the best effort you can.
Avoid blame. Recognize that you are not to blame for the toxic person’s behavior; take responsibility only for your own actions, not those of others.
Don’t join them. Negative behavior can be contagious, particularly in the workplace. Don’t add to the toxic atmosphere by gossiping, complaining or retaliating.
Reframe. Try to separate the person from the personality as it affects work. Focus on what you can do to solve the problem or change the situation, without engaging with the person.
Important: If a coworker is making verbal or physical threats, stealing from the company, or otherwise compromising safety and security at work, promptly report such activities to a supervisor or human resource personnel. Some behaviors are more than toxic — they can be dangerous and illegal.

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

Finding ways to develop a strong sense of resiliency may help you to more easily and more naturally overcome challenges when they occur. Here are some ideas from the American Psychological Association:

- Don’t be afraid to accept help and support from people who care about you and will listen.
- Accept change as a part of life. Accepting situations that you can’t change can help you focus on circumstances that you can change.
- Try looking beyond what’s happening in the difficult moment to see how the future may be better.
- Develop some realistic goals. Do something regularly—even if it is a small step—that moves you toward your goals.
- Build confidence in your ability to solve problems and trust your instincts to help build resilience.
- Put things in perspective. Avoid blowing an event out of proportion.
- Keep a positive outlook about your future. Think about what you want instead of worrying about what scares you.
- Take care of your needs and feelings. Focus on activities that you enjoy and find relaxing.

Source: Personal Best, a registered trademark of Ebix. (November 2017) TP Top Performance.

Depression Screening

National Depression Screening Day is October 9. This free confidential program urges people to use resources that can help them identify mental health disorders and find treatment. Depression is one of the most common reasons people with employee assistance programs seek help. If you’re frequently troubled by depression, seek help. Learn more at www.HelpYourselfHelpOthers.org.

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

Domestic Violence and Job Performance

Employed domestic abuse survivors say domestic violence affects their ability to do their job. If you are a victim of domestic violence, you may be inclined to minimize the abuse, hope for the best, or hold on to a definition of abuse that perhaps doesn’t include your situation. Experiencing little or no physical abuse may contribute to this “comparing out” of the definition. The key question is: Does your partner exercise power over you and control your life, or have you seriously wondered whether you are in an abusive relationship? If so, talk to a counselor, contact UAlbany EAP Coordinator Brenda Seckerson, or the police. Take that very first step toward a happier life.

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

October is Domestic Violence Awareness Month. Every day, week, and month throughout the year it’s important to stay aware of this type of violence and remember that there is help and support available. For information on domestic violence, contact UAlbany EAP and/or access the New York State Office for the Prevention of Domestic Violence website: http://www.opdv.ny.gov/ Or, call the NYS Hotline: 1-800-942-6906, for English and Español/Multi-language Accessibility. Deaf or Hard of Hearing: Dial 7-1-1
All in the Family...

Buffering Effects of Cyberbullying

Cyberbullying has been blamed for depression, anxiety, suicidal thinking, and tragically, suicide itself among youth. The social platform most commonly associated with cyberbullying is Instagram. Research shows that the more socially connected young teens are to their parents and the more they engage in school/community events, the more resilient and resistant to the effects of cyberbullying they are. Social connectedness was shown to provide a “buffering” effect among 200 youth considered at risk for bullying. Young teens least likely to be resistant to the emotional anguish of bullying were those teens whose primary strong connections are only with peers or friends. The recommendations: Place high value on developing close relationships with young teens, reduce screen time, and keep them engaged in school-based/community activities.

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

October is Halloween Safety Month

If you and your family celebrate Halloween, consider safety precautions to make the fun of costumes, parties, parades, and candy more enjoyable. The American Academy of Pediatrics (AAP) outlines a great list of safety tips which covers costumes, pumpkin carving, home safety, the “Trick-or-Treat Trail”, and healthy treats. AAP also discusses the importance of being aware of food allergies.

Click here to access the AAP tips and make Halloween a fun, safe holiday. Have a BOO-tiful time!

Top Dollar Tip: Winterize and Save

Before winter comes, take these money-saving steps:

- Inspect your water heater. Regular maintenance keeps your water heater performing optimally.
- Change filters. As filters get clogged, these systems work harder to heat and cool. Replace dusty filters to reduce heating and cooling expenses.
- Adjust ceiling fans. Downward-facing blades push warm air from the ceiling back down so the room becomes warm evenly and quickly. Using your fan in the winter shortens the time a room takes to heat, which makes your utility bill easier on your wallet.

Source: Personal Best, a registered trademark of Ebix. (September 2019) TD Top Dollar.
Protect Your Personal Life

Feeling stressed and pulled in many directions at once has become business as usual for today’s workers. The line between work and personal lives has become more fluid. You may find you’re neglecting to make time for things that are important to you. Learn to consciously shift your focus from work to your personal life. Here’s how:

- **Review your personal goals.** Have a plan and a purpose for your personal life, just as you do for work. Do you want to be more active? Meet new people? Spend more quality time with your family? Start a garden, take a class, go fishing, or play golf? Define your personal goals and identify the means for reaching them. Once you recognize the importance of personal pursuits, you’re more likely to make time for them.

- **Limit use of productivity tools.** The line between work and personal time gets further blurred when it’s so convenient to work from your mobile device, anytime. Instead, find a method of communicating when you’re not available for work-related issues (during personal time). Hold yourself accountable; turn off your device during quality personal time.

- **Add personal health to your to-do list.** Put exercise and leisure activities on your calendar just like any other can’t-miss appointments. Schedule regular medical and dental exams and preventive screenings. You’ll have more energy for both work and play when you are refreshed, healthy, and enjoying your newfound balance.

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

Tips for Shiftworking Parents

Balancing shiftwork and family can be a challenge. However, it’s one you can meet head-on with a few parenting tips designed especially for your shiftworking lifestyle.

- Sometimes your children may just need you to listen. Hear their concerns about your schedule and their time with you.

- Don’t cut your children off from your job. In an age-appropriate way, share the challenges and joys you encounter at work.

- Schedule special time that is just for you and the kids. Turn off the smartphones, tablets, and TV. Curl up on the sofa to watch a movie and eat popcorn. Take a bike ride together before you head off to sleep.

- Team up with your partner, extended family, teachers, coaches, neighbors, and friends. Can you create a cooperative that shares shopping, errands, cooking, or transportation to ease the burden? Trying to do it all alone will only leave you exhausted and stressed.

- Remember, to do more for your kids, you need to take care of yourself. Get your sleep, eat well, and take time to relax and rejuvenate.

Source: Personal Best, a registered trademark of Ebix. (September 2018) SW Shiftworker
Do you receive EAP announcements throughout the month?
If not, would you like to?

Over the next few months, the EAP Office will be updating its email list. Three to four times during the month—between the deliveries of the monthly EAP ENews to your inbox—EAP sends out announcements that contain such things as wellness tips, community resources, EAP program registration information, and inspirational quotes. If you do NOT receive these emails and would like to, please register to have your name added to the EAP email list by contacting EAP Coordinator, Brenda Seckerson at: bseckerson@albany.edu

Take advantage of your EAP benefit and keep informed about ways to be healthy and productive!

Don’t Let Campus Parking Prevent You From Using Your EAP Benefit

Attention UAlbany and Research Foundation employees who do not need to purchase a faculty/staff parking decal because your work location is not on the Uptown and/or Downtown campuses: Here are some options for free transportation and free parking on campus to enable you to use your EAP benefit.

♦ When registering for an EAP program, mention that you need to access visitor parking on campus. EAP will be able to sponsor parking at the Collins Circle visitor lot. At least a two-day notice is needed to secure this visitor parking option.

♦ Use your UAlbany ID to ride one of the CDTA buses for FREE to get to campus. http://www.albany.edu/pmts/mass_transit.php

♦ Use your UAlbany ID to ride one of the campus shuttle buses.

“Autumn carries more gold in its pocket than all the other seasons.”
~ Jim Bishop
Are you finding yourself struggling with any of the following?

- Family, parenting, and relationship issues
- Work stress and conflict
- Substance abuse or dependency
- Elder care
- Mental health concerns (e.g., depression, anxiety)
- Legal and/or financial concerns
- Grief and loss
- Or anything else related to work or home that is causing you undue stress and affecting your ability to be as productive as you once were?

You don’t have to deal with it alone. Support is available through UAlbany’s Employee Assistance Program (EAP). 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.

“The only way to make sense of change is to plunge into it, move with it, and join the dance.” ~Alan Watts

To schedule an appointment for a confidential Information, Assessment & Referral session, contact:

**Brenda Seckerson, EAP Coordinator**

518-442-5483
bseckerson@albany.edu

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

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.
Creating a Respectful Workplace

In today's workplace we see the changing boundaries where colleagues, clients, and even vendors feel free to vent their concerns, frustrations, and outright judgment on each other resulting in an increasingly uncivil workplace. Join us for a discussion on identifying disrespectful behavior, its sources, and how to proactively address it in the workplace to create a more civilly-aware work environment that encourages respect for each employee.

Workshop Facilitator: Elaine Angelo, Performance Consultant, ProKnowledge LLC. Elaine has 25 years of experience leading human resource and staff development initiatives in a variety of organizations. She has developed and implemented programs that enhance employee engagement, promote internal advancement, build essential business and people skills, and recognize employee performance.

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu

CALL 442-5483 OR ONLINE
http://www.albany.edu/eap/event_sign-up.htm

Thursday, October 31
Offered in two different sessions
10:00 am—12:00 pm
or
1:00 pm—3:00 pm
Assembly Hall,
Campus Center

*Supervisor’s approval required to attend.
Flu Vaccines Available on Campus

The University Health Center has invited a pharmacy to come to campus to provide student, faculty, and staff with flu vaccinations. Most insurance is accepted! For questions, contact the Health Center. (518) 442-5454

Monday, October 7, 2019 – 11:00 am to 2:00 pm
Downtown Campus at Rudolf Room (Husted 110)

Thursday, October 10, 2019 – 1:00 to 4:00 pm
Uptown Campus at Campus Center
The “BEAN” (outside Starbucks)

Understanding E-Cigarettes and Vaping

As of the publication of this edition of the UAlbany EAP ENews, according to the Centers for Disease Control and Prevention (CDC), there have been 530 cases of lung injury reported from 38 states and one U.S. territory associated with the use of e-cigarettes. Eight deaths have been confirmed in six states. The New York State Department of Health has issued a health advisory on vaping-associated pulmonary illness. With this outbreak of lung injury connected to vaping, it’s important to educate yourself and your children on the risks connected to using any e-cigarette device. NOTE: E-cigarettes are not currently approved by the FDA as a smoking aid and research is still ongoing regarding the impact of vaping. To learn more about e-cigarettes, click here to review the CDC publication about the “bottom line” regarding their use.

Breathe Easy...

If you are quitting smoking or trying to limit the amount of cigarettes each day, contact EAP to receive a “Quit/Craving Kit” to support your efforts. NOTE: The kits do not contain nicotine replacement therapies (NRT); however, they do contain other helpful items and information to make those cravings subside.

bseckerson@albany.edu 518.442.5483

DEA National Drug Take-Back

October 26, 2019 10 am - 2 pm

Held each spring and fall, the National Prescription Drug Take-Back Day is designed to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. To find a local drop-off site, go to: https://takebackday.dea.gov/
October is National Book Month

In 2003 The National Book Foundation established the first National Book Month to encourage reading and to highlight the importance of writing and literature. The National Book Awards are announced in mid-October, so it’s the perfect month to focus on books. October is also designated as Emotional Wellness Month. With that said, here are three books available in the EAP Lending Library that focus on emotional well-being. As the temperatures start to cool down, it’s a great time to cozy up with a good book!

In *You Unstuck*, Libby Gill uses cases studies, client stories from her coaching work, and brain research to help readers understand the biological basis of fears that hold them back. She shows how to reframe what she calls Riskophobia, turn off the fear voices, and circumvent ancient defense systems. By combining stress-busting relaxation techniques with small action steps, the readers’ odds for realizing their vision greatly increase in this “relax, risk, repeat” cycle. Capitalizing on her business background, coaching expertise, and a personal history of risk-taking and resilience, Gill makes complex concepts relevant and accessible through immediately applicable tools, exercises, self-tests, and questionnaires that challenge readers to change.

Based on their workshops and counseling experience, psychologists Jane B. Burka and Lenora M. Yuen offer a probing, sensitive, and at times humorous look at a problem that affects everyone. In their book, *Procrastination: Why You Do It. What to Do About It*, the authors identify the reasons we put off tasks, namely due to fears of failure, success, control, separation, and attachment which have their roots in our childhood and adult experiences. The authors offer a practical, tested program to overcome procrastination by achieving set goals, managing time, enlisting support, and handling stress. Burka and Yuen even provide tips on living and working with the procrastinators you may know!

In her book *13 Things Mentally Strong People Don’t Do*, clinical social worker, college psychology instructor, and psychotherapist Amy Morin writes about the many ways to help someone become their best selves by becoming mentally strong. Morin explains that you shouldn’t waste time feeling bad for yourself or give up after the first failure. These are just two out of the 13 points she outlines in her book that will help a person manage emotions, thoughts, and behaviors in ways that can lead to success. As the subtitle says, take back your power, embrace change, face your fears, and train your brain for happiness and success.

Visit the [Library page](#) on the EAP website for a full list of topics, books, and DVDs/CDs that the EAP Lending Library has available. Contact EAP if you would like to borrow any materials. [bseckerson@albany.edu](mailto:bseckerson@albany.edu)
Halfway There: A Retirement Checkup*

Help make sure your retirement is ready when you are.

Halfway? Already? Retirement has a way of creeping up on people. Before you know it, you’ll be depending on all the money you saved and invested. But there’s still time.

It may be time to give your retirement savings a checkup. TIAA’s workshop leader will provide information to help you determine where you need to be in your retirement savings and how to get back on track if you’re behind.

✦ Find out how much you should be saving.
✦ Discover different investment vehicles and how they can work together to help you reach your retirement goals.
✦ Learn what’s competing for your retirement savings.

** Presenter:** Darryl Fiasconaro, Financial Consultant, TIAA Financial Solutions

**This program is designed for employees in their 30s and early 40s.**

**NOTE:** You don’t need to have a TIAA account to attend this program.

**To Register:**
Brenda Seckerson
EAP Coordinator

bseckerson@albany.edu
518.442.5483

Or register online:

HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN–UP.HTM

**Wednesday, October 2**
**Noon–1:00 pm**
**Room 375**
**Campus Center**
EAP LUNCHTIME WELLNESS PROGRAM

Health Sciences Campus

The Mediterranean Diet

Are you looking for a healthier way to eat to feel better and maintain a healthy weight? This program will discuss the Mediterranean Diet principles, the health benefits of the diet, and show you the Mediterranean Diet Pyramid. Participants will sample a tasty Mediterranean recipe, and go home with some great recipes and resources to use for a better you!

Presenter: Patty Wukitsch MS, RD, CDN

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

Thursday, October 17

12 noon - 1:00 pm

Café Conference Room

A Wing Building
Preserving Memories: Brain Health

Preserving memories and protecting our brain is something that all of us can do. We’ll talk about the risk factors and protective factors that impact your memory and brain. Caring for the most important part of the human body contributes to living healthy, aging well, and improving your quality of life. If you know someone who may have memory loss, tips and strategies will also be provided to help create meaningful interactions.

Presenter: Mary Moller MSW, CAS, Program Specialist from the Center of Excellence for Alzheimer’s Disease (CEAD) at the Alzheimer’s Center at Albany Medical Center

To Register:
Brenda Seckerson
EAP Coordinator
bseckerson@albany.edu
518.442.5483
Or register online:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM
EAP Lunchtime Financial Wellness Program

Understanding Your NY Health Insurance Program (NYSHIP) Retiree Benefit*

If you missed this presentation during the spring semester, here’s your 2nd chance to attend!

Did you know that to meet the current NYSHIP eligibility requirements at the time of retirement employees must have the following:

- Have at least 10 years of NYSHIP eligible service,
- Be at least 55 years old, and
- Be enrolled in a NYSHIP plan at the time of retirement.

UAlbany Health Benefits Administrator Kathy Zazarine will outline a framework for understanding how your NYSHIP benefits work within your retirement package as well as offer you a snapshot of the current benefits. You’ll walk away with a general knowledge of the NYSHIP basics to help you understand the steps you need to take when preparing for retirement. A brief Q & A period will be included. NOTE: Dental and vision benefits and individual health benefit estimates will not be included in the program.

Hmmm...What do I need to know about my retiree health insurance?

Friday, November 1
noon—1:00 pm
Assembly Hall, Campus Center

Deadline to Register:
Thursday, October 31

To Register Contact:
Brenda Seckerson
EAP Coordinator
bseckerson@albany.edu
442-5483 or online at
http://www.albany.edu/eap/event_sign-up.htm

The NYSHIP retiree benefits are for state/SUNY employees not Research Foundation employees.
Grant for income eligible student parents now available...

SUNY Early Care and Education centers provide quality care for over 5,000 children at 47 centers across the state. These centers are located on both state-operated campuses and at the community colleges. SUNY also has one child care referral program.

All SUNY centers are licensed by the NYS Office of Children & Family Services (with the exception of one center licensed by the NYC Department of Health and Mental Hygiene). 90% of SUNY childcare centers are accredited by the National Association for the Education of Young Children, the nation's highest standard of quality for early care and education programs or rated by QUALITYstarsNY.

Each SUNY Early Care and Education center is a not-for-profit entity with a relationship and contract with the campus they serve. All SUNY childcare centers serve student parents and state employees and staff. Many also serve community members. Schedules vary by campus.

New York State provides funding for SUNY childcare centers through the Operating Grant and the Child Care & Development Block Grant. Operating grant funds are used for center operating costs, including salaries, supplies, equipment and meals for children. The Child Care & Development Block Grant provides childcare tuition subsidies for children of income-eligible SUNY students.

The Block Grant is funded by the Office of Children and Family Services. It supports low-income student parents while they attend classes and obtain a degree. The Block Grant provides childcare subsidies to income eligible student parents who are New York State residents attending a SUNY college and utilizing a SUNY Early Care and Education Center. Full time students, part time students and on line students are eligible with seated full time students receiving priority. The Director at each center is responsible for enrollment and approval. Parents must verify income and work status with the Center Director. For more information contact the center or Maureen Maillard, Coordinator of Child Care and Related Services at Maureen.Maillard@suny.edu.

SUNY childcare centers provide a vital service for the campus and community in providing care for children of students, faculty, staff and community members. Of the 5,000 children served, approximately one-third are children of student parents, one-third children of faculty and staff and one-third children from the community. SUNY childcare centers allow parents to attend school and work while providing solid foundation of care and education for young children.
The UAlbany Confucius Institute will be sponsoring a free Taiji and Martial Arts Class on campus during the fall semester. Classes will run for 12 weeks on Thursdays from September 5—November 21, 2019.

Coach: Master Lucas Geller
Class location: Studio West, 1st Floor, Campus Center Expansion

For more detail and registration, go to: https://bit.ly/2ZnisJT
For questions, contact Emily Jie Wang: ejwang@albany.edu

Information regarding how to purchase a pass or other services available at Campus Recreation can be found at:
https://www.albany.edu/campusrecreation/membership.php
EAP Lunchtime Wellness Program Cooking Demo

Employees enjoyed an informative and tasty cooking demonstration on September 19 by campus dietician Donna Duffy. Donna provided five healthy recipes using a microwave. Sodexo provided samples to prove you really can make a quick, healthy dish using the microwave! Planning is in the works for a spring semester nutrition program, too. Stay tuned!

EAP Committee Co-Chair Toni Gaspary volunteers to help Campus Dietician Donna Duffy with an egg dish made in the microwave.

Donna is joined by Sodexo team members Executive Chef Stephen Greeley and Sage College dietetic intern Emily Herrington who helped provide employees with a delicious EAP Lunchtime Wellness experience!

Recipe contribution researched by: Shari Lombardoni, EAP Committee Member, Research Foundation Representative

Creamy Cauliflower and Sweet Potato Soup

- 1 1/2 pounds orange-flesh sweet potatoes, peeled and cut into 1-inch pieces (4 cups)
- 4 cups cauliflower florets
- 1 cup chopped onion
- 1/2 cup chopped carrot
- 2 cloves garlic, minced
- 6 cups vegetable broth
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- 1 cup canned unsweetened full-fat coconut milk
- Chopped fresh cilantro (optional)

**DIRECTIONS:** In a 5- to 6-qt. slow cooker combine the first 11 ingredients (through cayenne pepper). Cover and cook on low 6 to 8 hours or high 3 to 4 hours. Using a handheld immersion blender, blend soup until smooth. (Or let soup cool slightly. Transfer soup in batches to a food processor or blender. Cover and process or blend until smooth.) Stir in coconut milk. If desired, top servings with cilantro.

*Recipe Source: Food52 website*
**MAKE A GREAT PLATE.**

two recipes:

**One-Pot Pasta**

INGREDIENTS
- 12 oz. whole-grain linguine
- 4 cups no-salt-added vegetable broth
- 1 tbsp olive oil
- 3 cups frozen chopped kale
- 1 can (28 oz.) diced tomatoes
- 2 cloves garlic, minced
- 2 tsp each dried basil
- 1 tsp oregano
- 2 tsp each dried basil
- salt to taste
- ¾ cup Parmesan cheese

DIRECTIONS
In a large soup pot, add all ingredients except cheese. Ensure all ingredients are submerged in broth. Cover with lid. Heat on high until boiling, then reduce to medium heat. Simmer without lid 10-12 minutes, or until pasta is cooked and most of the liquid is absorbed. Garnish with Parmesan.

Makes 6 servings. Each: 271 cal./10g protein/5g total fat/47g carb/5g sugar/8g fiber/387mg sodium

**Scrambled Eggs and Spinach**

INGREDIENTS
- 1 tbsp extra virgin olive oil
- 1 shallot, chopped
- 2 cups spinach, chopped
- 4 eggs, beaten
- ½ tsp dried chives
- Pinch each salt and pepper

DIRECTIONS
Heat oil in nonstick pan over medium heat. Add shallot and sauté 1 minute. Add spinach and sauté until wilted, about 7 minutes. Meanwhile, in small bowl, beat eggs together with chives, salt and pepper. Pour egg mixture into pan of spinach and stir until eggs are cooked through, about 4 minutes. Serve on 2 plates.

Makes 2 servings. Each: 247 cal./15g protein/17g total fat/10g carb/2g sugar/3g fiber/251mg sodium

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**Compliments of Personal Best Publications**

**MAKE A GREAT PLATE.**

Cook linguine and sauce in one pan for lots of flavor, fewer dishes.

**One-Pot Pasta**

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- 1 tbsp olive oil
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**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.

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**EAP is a joint labor/management program and is part of the NYS Employee Assistance Program.**

Contact Info:
10B Airline Drive, Albany, NY 12235 ~ 518.486.9769

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

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**UA EAP E-News**

October/Fall 2019

Publisher/Contributor
Brenda Seckerson

Contributing Sources
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