EMPLOYEE ASSISTANCE PROGRAM

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

APRIL 2010

Save the Date!

EAP Annual

Spring into Wellness Fair

Wednesday, April 21st

2010 Theme...

"The 3 R's of Wellness: Resiliency, Relationships, & Resources"

Cholesterol/Glucose Screenings Clinic

(fasting optional, but preferred)

8:30 am — 11 am in the Fireside Lounge

provided by St. Peter's Hospital Cardiac & Vascular Center

General Fee: $9.00 **CSEA Members:** $3.00

****CASH or CHECK ONLY****

45 Fair Exhibitors Participating

11:00 am — 1:30 pm in the Ballroom

Door prizes, music, & light refreshments ~ Hope to see you there!

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

The Employee Assistance Program (EAP) Coordinator is available to provide free, confidential assistance to all UAlbany employees. EAP focuses on such concerns as work stress, family and relationship issues, interpersonal difficulties, substance abuse or dependency, aging parents, and financial concerns.

For information on the Assessment and Referral Services: http://www.albany.edu/eap/personal_assessment_referral.htm

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Thank you!

EAP acknowledges the following for their support and contributions to this year's Spring into Wellness Fair:

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

A list of fair exhibitors is available on the EAP website: Click Here

Offering Resources and Support to UAlbany Employees

FOOD FOR THOUGHT... "RULES" FOR HEALTHY EATING

Here's another "food rule" from journalist Michael Pollan's new book ***Food Rules: An Eater's Manual.*** This "handbook" outlines with simplicity and humor the steps to take to shop and eat REAL food - not what Pollan refers to as "edible foodlike substances". Two other books by Pollan are *The Omnivore's Dilemma* and *In Defense of Food.*

Food Rule # 36

"Don't eat breakfast cereals that change the color of your milk."

Pollan points out that these cereals are highly processed, made of refined carbohydrates, and contain many chemical additives. Therefore, they are not "real" food.

Pollan, Michael. *Food Rules: An Eater's Manual*. New York: Penguin Books, 2010.

EAP GOALS:

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

Oh, Spring!

I want to go out and feel you and get inspiration.

~Emily Carr, Canadian Artist (1871-1945)

UNIVERSITY AT ALBANY
State University of New York

EMPLOYEE ASSISTANCE PROGRAM

April May

FOR YOUR INFORMATION...

APRIL 30TH*

UALBANY'S DOCUMENT SHREDDING DAY

FOR STUDENTS, FACULTY, AND STAFF

It's time for spring cleaning! Collect your old UAlbany materials and personal documents to be shredded. Help prevent identity theft AND support our efforts to be green! All shredded paper will be recycled by ProShred Security.

SHREDDING DROP-OFF SITES

Uptown Campus - Science Library/Bus Circle: 9 - 11 am
MSC Parking Lot: 11:15 - 11:45 am
Downtown Campus - Corner of Robin & Washington Ave.: 1 - 2 pm
East Campus - C-Wing Parking Lot: 2:30 - 3:30 pm
***Rain Date: Friday, May 7th**

EAP

Co-sponsored by EAP and the Office of Environmental Sustainability

UAlbany Goes Green!

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

DOWNTOWN CAMPUS

Estate Planning, Wills, & Trusts

A "Legally Speaking Workshop" provided by The Legal Project

May 5th
12 noon - 1pm
Draper Room 115
Registration Deadline: April 30th

Downtown & East Campuses

~Be Your Own Health Advocate~

Presenter: CDPHP Wellness Educator

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

12 noon—1pm

Downtown Campus

Wednesday, April 14th - Draper Room 115

East Campus

Tuesday, May 4th - Conference Room A/B

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

Tuesday, May 4th ~ 12 –1pm
Terrace Lounge, Campus Center

Co-sponsored by EAP and the Office of Environmental Sustainability

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

http://www.albany.edu/eap/monthly_eap_calendar.htm

Ready to get on the path to weight-loss success?

Weight Watchers® @ Work Meetings

The next Uptown Campus 12-week program will begin on April 28th. Meetings are held on Wednesdays from 11:30 am –12: 15pm.

Join the summer session and get 8 weeks of E-tools for FREE!!

To register for EAP classes/events, call 442-5483 or go to:

http://www.albany.edu/eap/event_sign-up.htm

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