

Employee Flu Shot Clinic

EAP will once again be sponsoring a flu shot clinic. Mark your calendar for Tuesday, October 30th. The clinic will be held in Assembly Hall—Campus Center—and operated on a **first-come, first-served basis**.

Nurses from the Department of Civil Services Health Center will be able to provide 250 employees with vaccinations during two sessions.

Session #1: 10:30-12:30
Session # 2: 1:00-3:30

Health officials recommend that high-risk individuals—infants, elderly,

those with chronic health conditions, and health-care workers—receive a flu shot. Ask your doctor for his/her recommendation on whether you are in need of one this year.

General Fee: \$19.00

CSEA & UUP Members' Fee: \$15.00

Only checks or money orders will be accepted. Make them payable to The Dept. of Civil Service. For more information about the clinic, check the EAP website.

www.albany.edu/eap



In case you haven't heard,
EAP has a new website!
www.albany.edu/eap

Our new website is chock-full of helpful information and resources—not to mention the **EAP Calendar of Events**. Our goal is to keep current with updates that will help you to enhance your health and well-being. Set up a reminder on your Outlook Calendar to check the site regularly!

Flu Season Tips:

These good health habits outlined by the Centers for Disease Control are preventive measures for you and those around you!

- ◇ Avoid close contact with those who are sick.
- ◇ Stay home when you are sick.
- ◇ Cover your mouth and nose with a tissue when coughing or sneezing.
- ◇ Wash your hands often.
- ◇ Avoid touching your eyes, nose or mouth to prevent germs from spreading.
- ◇ For overall good health—get plenty of sleep, be physically active, manage your stress, drink plenty of fluids & eat nutritious foods.



Gateways to Wellness



This fall EAP tapped into UAlbany's semester-long theme of *Gateways to China* by exploring the ancient healing modalities of Tai Chi, Qigong, and acupuncture. Over the past two decades, these and many other types of complementary and alternative practices have grown in popularity in the U.S.

On the Uptown Campus, twenty participants "quietly moved" through the four-week *Tai Chi– Qigong for Health and Healing* class with instructor Jianye Jiang. In October he will bring the Tai Chi experience to Downtown and East Campus employees with his *Introduction to Tai Chi-Qigong* class.

Tai chi (pronounced *tie chee* and also known by other names and spellings) originated as a martial art. Later, the practice evolved into a slow, meditative form of movement that promotes relaxation, balance, and health.

Chi (or *qi*) means "air" or "breath" and is considered the "vital energy" or "life force" of one's being.

Qigong (*gong* meaning "skill" or "practice") also uses meditative movements along with visualizations to enhance the body/mind connection.

Acupuncture works with *chi* as well. Described as one of the oldest forms of medical

procedures, acupuncture is part of the Traditional Chinese Medicine (TCM) system. Through the "stimulation of certain anatomical points" - most commonly with the use of hair-thin needles - the practitioner helps the patient unblock the flow of chi thus bringing the body to a more balanced, healthy state.

To learn more about acupuncture and its health benefits, join Dr. Clarence Lu for his EAP Lunchtime Wellness Program lectures being held in October at all three campus locations.

(Resource: National Center for Complementary & Alternative Medicine
www.nccam.nih.gov)

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

"Greens" Keeping Tips:

Upon purchasing, prepare greens as soon as possible. For storage, wrap in paper towels then wrap tightly in a heavy plastic bag from the store and use within one week. Steam greens lightly, add some olive oil and light seasoning such as salt and pepper or garlic for extra punch. Greens from your garden can be easily frozen for winter soups. Wash and spin-dry, chop into bite-size pieces, and zip them up in a freezer bag. On cold winter days, prepare a pot of soup and add your favorite greens. Enjoy!

~Gail Cameron



Parents of Teenagers:

Teens and young adults who are having problems at home, in school, in the community or at work because of alcohol and drugs are in need of help, hope, and support. St. Peter's Addiction Recovery Center has partnered with the Albany County Stop DWI Program and local foundations to create an innovative education program for at-risk youth called the **Youth Assistance Program**. The five-week program explores the dangers of chemical dependency and looks at how some behaviors lead to problems in a teen's personal, social, physical and emotional life. The program fosters the process of change, self-honesty and self-responsibility. For more info, contact Deb Hendron at (518) 452-6750.



Go Green!



This latest catch phrase can be given double meaning when applied to your diet. Adding greens such as chard, kale and mustard greens to your meals provides needed vitamins such as C, E, K as well as many of the B's.

The significance of Vitamin K should not be overlooked. One cup of greens a day more than meets the minimum recommended intake. And recent research provides evidence that this vitamin regulates blood clotting, protects bones from osteo-

porosis, and may prevent diabetes.

Greens also contain minerals such as iron, calcium and potassium and even contain small amounts of Omega 3. They are an excellent source of fiber and do not contain any carbohydrates.

If you like to forage, don't overlook greens from the wild! Spring, and in many cases through the summer, is the ideal time for tasty greens such as wild leeks, garlic mustard, chickweed, purslane,

and sorrel. And don't forget the dandelion—an excellent aid to keep your digestive system functioning properly.

A helpful resource for identifying these and many other wild, edible greens is *Edible Wild Plants: A North American Field Guide* by Thomas Elias and Peter Dykeman.

Either way you decide to "Go Green"—you win!



~Gail Cameron, EAP Committee Member (CSEA)

Men's Health—Prostate Cancer Awareness

September is nationally known as *Prostate Cancer Awareness Month*. The most common cancer in men, it can be cured if detected early.

Risk factors include:
AGE—40 years old and above for African-American men or for men with a family history, 50 or above for all other men

FAMILY HISTORY—

Father, brother, or any male family member with prostate cancer

RACE—African-American men are at highest risk

Early-stage cancer usually has no symptoms, so regular check-ups are essential for early detection. If you experience any of the following, con-

tact your doctor:

- ◆ Persistent hip or back pain
- ◆ Difficulty urinating
- ◆ Painful or burning urination

As with any disease, early detection is the key.

Resource: menshealthnetwork.org

The Ever-Expanding EAP Library

Thinking about financial planning for your retirement? What about learning why kids are so hooked on *MySpace.com*? Or, maybe you want to be happier at work? The EAP Library is your source for information on all of these topics and many others.

A listing of book titles is available on the EAP website:

www.albany.edu/eap/eap_library.htm.

Feel free to set up a time to stop by MSC 200 to look at over 250 books related to work and wellness.

If books don't interest you, there are also CD's and DVD's. Some of the newest titles include *Your Money or Your Life*, *The 150 Healthiest Foods on Earth*, *Pilates*, *Green Living*, *Coping with Anxiety*, *Embracing Your Inner Critic*, and *My Space, My Kids*. Also available is an

audio CD of *A Mighty Heart*, the inspirational story of Marianne Pearl whose husband, Danny, was killed while reporting for the *Wall Street Journal* in Pakistan.

We hope you'll be inspired to support your health and well-being by stopping by the EAP Library.



~Denise Hoecker, EAP Committee Co-Chair (UUP)

Women and Depression

Are you sad a lot? If you are feeling sad nearly every day, all day, for 2 weeks or longer you may want to talk to your doctor about depression.

Depression is a common occurrence. According to the National Institute of Mental Health, 1 in 10 adults experience symptoms each year. Although the reasons are not clear, women are twice as likely to experience depression as men.

Depression can be caused by a variety of reasons which include genetic and biochemical factors, environmental and other stressors (e.g., ex-

periencing a loss, financial difficulties, major life change) and various psychological and social factors (e.g., chronic pessimistic thinking, low self-esteem, pattern of worrying).

Besides an overwhelming feeling of sadness, other symptoms of depression include: losing interest or pleasure in things you used to enjoy, feeling guilty, hopeless or worthless, experiencing changes in appetite and sleep patterns, and having trouble paying attention and making decisions.

The good news is that depression is treatable.

Options for treatment include counseling, medication, and herbal remedies. Seeing a therapist even short-term can help individuals regain a sense of self and lessen the symptoms caused by depression. For support and more information, contact EAP.

October 11th was designated as National Depression Screening Day. If you think you may be depressed, take this confidential self-assessment test. (Use the above web address. It remains active beyond Oct. 11th)

~Denise Hoecker

Depression Screening Test Site:
<http://depression-screening.org/>

Recognizing the Signs of a Stroke—Act F.A.S.T.

Sometimes the symptoms of a stroke are difficult to identify. Use this quick method to help you recognize the signs:

Face—Ask the individual to smile. Does one side of the face droop?

Arms—Ask the person to raise both arms. Does one arm drift down?

Speech—Ask the person to repeat a simple sentence. Are the words slurred? Can s/he repeat it correctly?

Time—If the person shows any of these symptoms, time is important. Call 911 immediately. (National Stroke Association)

Holiday Budgeting Helps Relieve Stress

Does the thought of the fast approaching holiday season send you AND your wallet into a state of financial panic? Take a deep breath and put to use some of the following holiday spending ideas from *Smart Money Tips*.

***Create a holiday spending plan NOW.** Use an envelope-based budgeting system to allocate funds for holiday expense categories (gifts, decorations, parties).

***Set spending budgets with family and friends.** Use a name exchange when it's appropriate.

***Don't wander off track.** Emotions can get in the way of good judgment. While you want to give loved ones great gifts, stick to your budget.

***Use credit cards wisely.** Avoid ruining your holiday cheer by going into debt. Use cards only when you know you will be able to

pay for the purchases the following month.

***Get creative with gift giving.** Many times the best gifts require no money! Baked goods, hand-made arts/crafts, or an IOU for some thoughtful way to help out can be meaningful and money-saving.

***Shop for bargains. Shop early.** Late shopping for online purchases will increase shipping expenses.

Happy Budgeting!

EAP Library books of interest to managers, supervisors and directors:

Coaching for Improved Work Performance

Death by Meeting

Evaluating Performance: How to Appraise, Promote, & Fire

Go Team!: Take Your Team to the Next Level

Leadership Skills for Women: Achieving Impact as a Manager



"Life is what happens when you are busy making other plans." ~ John Lennon

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

For Shift Workers:

Sleepiness is the most common wellness issue—especially for those working the night shift. Here are some helpful tips:

- ◆ Keep to the same sleep schedule when your shifts are constant, even on non-work days.
- ◆ Have as much exposure to bright light as possible when you need to be alert, and avoid light exposure in the morning after a night shift.
- ◆ Protect your sleep by eliminating noise and light from your sleep environment (use eye masks and ear plugs).
- ◆ Avoid taking caffeine close to bedtime.
- ◆ Avoid drinking alcohol since it disrupts sleep, even though it may seem to help in falling asleep, initially.
- ◆ If you still have problems, contact your physician, or a Sleep Specialist.

<http://www.metrohealth.org/body.cfm?id=1857&oTopID=1857>



Upcoming Lunchtime Wellness Programs



For More Information

Contact:

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General Office Hours:

Monday—Thursday 8:30am—3pm

*Accommodations can be made to fit your schedule.

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

www.albany.edu/eap

UAlbany EAP Newsletter Fall 2007

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October Topics:

Tai Chi-Qi Gong
Acupuncture

November Topics:

Whole Grain Goodness
Smoking Cessation

December Topic:

Handling Holiday Stress

Email EAP with your ideas for lecture topics!

Be on the look-out for these offerings in 2008...

Leading a More Balanced Life
Improving Workplace Communication Skills
Arts & Crafts for Relaxation & Joy
Ballroom Dancing
De-Cluttering Your Space
Weight Management
More Tai Chi and Yoga

"Nothing happens unless first we dream."
~ Carl Sandburg, poet

Thinking of Quitting? The Butt Stops Here!

Have you been contemplating quitting smoking? Are you unsure how you would do it? Are you ready to investigate the means to do so? Are you open to getting some support? Perhaps the month of November is the month to take the leap!

November 15th is the American Cancer Society's 31st annual *Great American Smokeout*. This yearly event is designed to "educate the public on the dangers of smoking and to encourage smokers to quit for a lifetime by starting with just one day." www.cancer.org

To support your exploration on how

to take this step towards living a longer and healthier life, during the month of November EAP will bring representatives from *The Butt Stops Here!* Program and the American Cancer Society to speak on smoking cessation approaches. **Check the EAP website events calendar** for these informative and hopefully inspiring free Lunchtime Wellness Programs happening on all three campuses.

It takes just minutes for your body to start healing after you quit. It's not too late to stop to receive the benefits!

EAP Wishes to Thank...

- ◆ Renée Lucier DeCelle for volunteering to teach two *Break-Time Yoga* sessions
- ◆ June Myers for volunteering to coordinate an East Campus Defensive Driving Course
- ◆ CSEA & UUP for their donation to reduce the fee for flu shots for union members

We appreciate your support!

"Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort."

~ Franklin D. Roosevelt