



Niagara EAP News

Employee Assistance Program

The Employee Assistance Program (EAP) is a confidential service for employees which provides referrals for a variety of issues including alcohol & substance abuse, domestic violence, health & wellness, mental health issues, child care, finance, and more. This is a completely confidential program. The two numbers listed below are private numbers, not accessed by anyone but the person listed; voicemail is available if the coordinators are not immediately available.

Niagara Region EAP Coordinators:

Mary Glenn 826 – 0390 Mary K Dugan 278-1763

Green Apple-Lime Sorbet

Ingredients

<http://hubpages.com/hub/greendesserts>

- 4 tart green apples (1 pound total)
- 2 cups unsweetened apple juice
- 1 tablespoon fresh lime juice
- 1 tablespoon minced candied ginger
- 4 sprigs fresh mint

Preparation

1. Peel, core, and thinly slice 3 of the apples. Set the other aside to use as garnish.
2. In a blender, mix the apples, apple juice and lime juice, and process until smooth. Add the ginger and pulse just to mix.
3. Transfer to an ice cream maker and freeze according to the manufacturer's directions.
4. Garnish with the apple slices and mint sprigs.



PACK A LUNCH AND SAVE :

from www.eHow.com

Everyone knows you save money by taking a lunch to work everyday. You can easily save hundreds of dollars a month by preparing your own lunches. If you spend \$10 each day for lunch this adds up to \$50 a week, \$200 a month and \$2400 a year.

There are several things you can do to make packing a lunch less of a chore and more fun.

One of the most important suggestions for packing a lunch is great variety. Most of us just can't stick to it when we are eating the same thing every day. So, put some thought into different ideas for good lunches.

When you compare the price of a purchased deli sandwich to the number of sandwiches you could make if you bought the ingredients from the grocery store you'd be amazed. You could easily make 10 sandwiches for about \$10.

Invest in a quality lunch cooler and food containers. Another way to save (and help the environment) is to take your own reusable and recyclable water container and avoid the soda and other empty calories at work.

Get into the habit of making your lunches the night before.

Healthy wraps, salads, fruits and vegetables are all good options.

Be creative !

Your food and physical activity choices each day affect your health – how you feel today, tomorrow, and in the future. These tips are a starting point. You will find a wealth of information and suggestions at www.mypyramid.gov

Make changes today and move toward a healthier new you.

- Make half your grains whole
- Choose a harvest of colorful, fresh vegetables
- Focus on fruit
- Get your calcium rich foods
- Go lean with protein
- Cut back on salt and sodium
- Be a healthy role model for children
- Cut back on sweets
- Replace white bread with whole grain bread
- Choose brown rice instead of white rice.
- Substitute air popped popcorn for another snack
- Try oatmeal for breakfast
- Read the ingredient labels on food packages



NYS Employee Assistance Program
Practical help ... from people you trust
Healthy Directions

The start of a New Year often brings with it New Year's resolutions. It is a time when many of us reflect on the changes we want to make and the steps we need to take to make those changes. Many of us resolve to lose weight, to exercise more, or to eat healthier.

In 2011, instead of creating a long list of resolutions, make it easy by moving in a healthier direction a little each day. Making small changes can lead to a healthier you. Once you've practiced moving in a new direction for three weeks, the changes you make won't be new any longer but will part of a healthy lifestyle. Here are a few suggestions for moving in a healthier direction:

Take a walk around the block instead of heading in the direction of the local coffee or doughnut shop.

Start your day by eating breakfast. Choose some yogurt, fruit, or whole grain cereal with low fat milk.

Several times a day, get out of your chair and get a drink of water.

When serving yourself lunch or dinner, eat from a smaller plate and take a smaller portion.

Take the long way to the water cooler or wherever you are going. Look for opportunities to get extra steps and more walking into your day.

Take the stairs instead of waiting for the elevator. You will get more physical activity and you may even save time.

Choose a parking spot at the end of the lot and walk the extra steps to the office or store.

Stock your refrigerator with fruits and vegetables and choose at least one every meal.

Make soup! Soup is mostly liquid; therefore it will fill you more quickly and signal your brain that you are full.

Contact your EAP Coordinator for additional assistance:

So why is the Concord grape so special? Isn't it just like any other fruit?

Actually, the Concord grape is far from ordinary. This little purple fruit (and its cousin the white Niagara grape) packs quite a nutrition punch to help fuel healthy, vibrant lifestyles.

What's behind the nutrition power of Concord grapes? Here's where it gets a little technical. Concord grapes have natural **plant nutrients** called **polyphenols** – including many of the same ones found in red wine. Not only do polyphenols give Concord grapes their vibrant color, these plant nutrients also act as [antioxidants](#) and deliver benefits to help promote overall health.

What's more, Concord grapes appear to make one heart-healthy juice. Welch's 100% Grape Juice is made with whole Concord grapes – skin, seeds and all – and contains no added sugar, color, or flavor. And, Welch's 100% Grape Juice is certified by the **American Heart Association (AHA)** to carry the AHA's heart-check mark, indicating that it meets AHA standards for a heart-healthy beverage. Available in stores across the country and in single-serve and family-sized containers, Welch's 100% Grape Juice makes it easy to squeeze in more purple fruit each day as part of a healthy diet for the whole family.

Getting enough fruits and vegetables each day is important for overall health^{1, 2}—but everyday life often gets in the way. In particular, most people fall short on getting enough vibrantly colored, blue and purple fruits and vegetables, which only account for about 3% of total fruit and vegetable intake.³ That's not great news because a diet rich in a wide variety of colorful fruits and vegetables ensures the broadest range of vitamins, minerals and beneficial plant nutrients.

Dark-skinned blue and purple fruits, like the Concord grape, tend to have more natural antioxidant power than their lighter-skinned counterparts, as measured by **ORAC**, and provide plant nutrients not found in many other colors of fruits and vegetables.^{4, 5, 6} In fact, according to a national survey, drinking and eating purple and blue fruits and vegetables is associated with healthier eating patterns in children and adults, and overall better health in adults.⁷

Drinking the right amount of 100% juice made with Concord grapes can be a smart way to add purple fruit to the diet and to liven up your day. And it's never too soon to focus on fueling your body to feel great and live well ... a [heart-healthy lifestyle](#) (including a diet rich in a rainbow of colorful produce) at a young age can go a long way to keeping your heart healthy well into the future.⁸

But it's important to remember that many purple grape juices aren't made with Concord grapes, which means they may not have the same amount of plant nutrients and therefore have less natural polyphenol power. Welch's 100% Grape Juice is always made with our family-farmers' Concord grapes—making it one special juice!

Live healthy, be vibrant ... enjoy Concord grapes! For more about the science and health benefits of Concord and Niagara grapes, visit www.grapescience.com

Vegan Irish Soda Bread

from <http://www.pcrm.org/health/index.html>

(Makes 10 slices)

1 cup low-fat soymilk
1 tablespoon white vinegar
3/4 cup plus 1 teaspoon whole wheat flour
3/4 cup plus 2 tablespoons white flour
1/2 teaspoon baking powder
1 tablespoon baking soda
1-1/2 teaspoon Ener-G® egg replacer
2 tablespoons water
1-1/2 tablespoons soy margarine
1 tablespoon caraway seeds
1/2 cup raisins

Preheat oven to 375°F.

Combine soymilk and vinegar, set aside.

Combine Ener-G® egg replacer with water and mix until frothy, set aside.

Combine whole wheat flour, minus 1 teaspoon, white flour, baking powder, and baking soda in a large mixing bowl. Cut in soy margarine. Add egg replacer mixture and then slowly mix in soymilk mixture. Coat raisins with remaining 1 teaspoon of whole wheat flour. Add raisins and caraway seeds to mixture. Pour into a nonstick 9" x 5" x 3" loaf pan. Bake for 45 minutes. Tastes delicious served warm!

Nutrition information per slice: 122 calories, 3.2 g protein, 22.7 g carbohydrate, 2.4 g fat, 17.6% of calories from fat, 0 mg cholesterol, 401 mg sodium.

History of EAP



Since 1917, employee assistance programs (EAPs) have provided support and assistance to employees who have work performance problems that result from some type of personal problem.

R.M. Macy and Co. and the Northern State Power Company were the first to recognize the need and to establish EAPs. Most EAPs began in the 1940s with employer concerns about alcoholism among white-collar workers. Gradually these programs evolved and began treating mental, emotional, and financial problems, and those problems caused by alcohol and drug use.

The tremendous growth in EAPs, however, began in the early 1970s. In 1972, the Occupational Programs Office of the Federal Institute on Alcohol Abuse and Alcoholism offered federal grants to help increase the number of programs (BNA Special Report - 1987).

The first EAP in New York State was initiated in April 1976 at nine worksites within the Mid-Hudson region of the New York State Department of Mental Hygiene. Funding for this pilot project was provided by a grant from the New York State Division of Alcoholism and Alcohol Abuse to the Civil Service Employees Association (CSEA). The program provided referral, education, training, and follow-up activities for employees. During its first 15 months of operation, 1,800 individuals were served.

During the next five years, the EAP concept spread rapidly to many other departments and agencies, including: Correctional Services, Law, Audit and Control, Office of General Services, Labor, and the State University. By 1982, more than 12,000 State employees and their families had received referrals from local EAP Coordinators. At that time, it was estimated that more than 15,000 would be assisted annually once the EAP network was fully operating in all State agencies. In fact, as of the end of 1996, more than 35,000 referrals per year were occurring, plus an additional 60,000 contacts for information and follow up.

A commitment to the program was solidified in 1983 when New York State, CSEA, PEF, UUP, and Council 82 of AF-