

# EAP Connection

Quarterly Newsletter

"To stay connected with you & workplace issues"

Spring 2011

## *In This Issue*

*Exercise for Better Mental Wellbeing*

*Senior Services*

*Spring Workshop Series*

## Family & Children's SERVICE OF ITHACA

### Exercise for Better Mental Wellbeing

"Regular exercise has been shown to have tremendous benefits for mental health," according to the director of anxiety research and treatment program at South Methodist University in Dallas. Exercise can be an important supplement to traditional forms of treatment for depression and anxiety.

A study at the Univ. of Texas Southwestern Medical Center found that exercise can be effective in reducing the symptoms of depression. Mild to moderate symptoms of depression were reduced by almost 50% in adults (age 20-45) who engaged in 30 minutes of moderate aerobic exercise (treadmills and stationary bikes) 3-5 times per week.

A recent study by the University of Georgia found a 20% decrease in anxiety with regular exercise. An exercise session lasting longer than 30 minutes was better at reducing anxiety than shorter sessions.

### **HOW DOES EXERCISE HELP WITH DEPRESSION AND ANXIETY?**

According to the Mayo Clinic, exercise:

- Releases "feel good" chemicals like endorphins and neurotransmitters in the brain
- Reduces immune system chemicals that can increase depression
- Increase body temperature which can create a calming effect
- Can help you gain confidence by meeting goals and challenges of exercise
- Can help you re-establish positive behaviors and a helpful coping strategy for dealing with stress

### **TIPS TO HELP YOU BE MORE SUCCESSFUL WITH AN EXERCISE ROUTINE:**

- Set realistic goals. Start small and work your way up to longer periods and greater intensity of exercise.
- Choose activities you enjoy doing so you stick with it.
- Change it up so you don't get bored.
- Have a buddy to keep you motivated.
- Keep a log and write it down.
- Don't look at exercise as a chore. Put it on your calendar and look at it as you would any other tool for helping with depression/anxiety, like a therapy appointment.

Always consult a physician before starting an exercise program. Exercise is not a replacement for traditional forms of treatment for depression and anxiety. If you struggle with stress, anxiety or depression, remember to contact your EAP! 607-273-7494 or 800-834-1239

## **Family and Children's Senior Services Offer Support to Aging Population**

Family and Children's Service of Ithaca is dedicated to serving individuals at any age and every stage of life. The Senior Services Program at Family and Children's Service continues to embrace this concept by offering Caregiver Counseling, Respite Care, Geriatric Care Management (GCM) and mental health counseling options through the F&CS mental health clinic. Compassionate support is provided for individuals and families caring for an older adult and individuals living with a disability or a mental health challenge. Services are offered by a committed staff with expertise in gerontology and with home-based options.

Geriatric Care Management (GCM) is truly a unique program, which offers an array of personalized services to assist older adults and their families meet long-term care needs. Services delivery often begins with a comprehensive in-home assessment and development of an individual care plan to help enhance the independence and safety of the Elder.

Geriatric Care Management may include the following, but is not limited to:

- Consultation with an experienced Geriatric Care Manager
- Assessment, care-planning, ongoing monitoring of individual needs
- Information, referral, and access to community resources
- Organization of healthcare appointments
- Assistance with placements in skilled nursing center, assisted living, or senior housing
- Support with discharge planning from hospital or skilled nursing facility
- Coordination of services for long-distance caregivers

Respite Care is a dual benefit program, which provides relief for caregivers while offering activities that promote physical, cognitive, and emotional well-being for the care receiver. A trained geriatric recreation aide is available to provide assistance for a few hours on a regular basis. In addition, geriatric recreation aides customize activities based on individual interest such as reminiscence work, legacy building, guided meditation, reading, cooking, singing, letter-writing, card-playing and more. Respite care also provides light housekeeping, meal preparation, safety, comfort and supervision.

Caregiver counseling provides a well-trained and experienced mental health professional to assist individuals experiencing various feelings and challenges associated with the caregiving role. Caregiver counseling is provided by an MSW-level counselor with specialized training in gerontology. The counselor offers ongoing education, supportive counseling, and communication strategies. Family and Children's Service has several well-trained mental health professionals with expertise in geriatrics to also offer counseling services to older adults.

**For more information on Senior Services, please contact Jessica Gosa, LMSW at (607) 273-7494 or visit [www.wheretoturnithaca.org](http://www.wheretoturnithaca.org).**

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## Spring Workshop Series

### **(Full) Coaching Skills for Supervisors by Karen Fritz, LMSW**

**When: Tues. 4/12/11 9am-12pm Fee: \$25 w/EAP or \$35 for all other organizations**

This session will help you explore traits and skills necessary to be a great coach and the benefits of using coaching skills to solve problems and bring out the best in your employees.

### **Moving at the Speed of Life, not Light by Cora Ellen Luke, MA,LMHC**

**When: Fri. 5/6/11 9am-12pm Fee:\$25 w/EAP or \$35 for all other organizations**

Hurry is one of the significant “dis-eases” of our time, pushing us to do more, have more, go faster. This training offers ways to learn to slow down, identify your deepest priorities and make more informed, clear-headed choices about how you spend one of your most precious resources-your time.

### **(Full) Dealing with Difficult People and Conflict by Karen Fritz, LMSW**

**When: Tues. 5/17/11 9:30am-12pm Fee: \$25 w/EAP or \$35 for all other organizations**

This training explores how to navigate tricky interpersonal waters in business relationships. Participants will enhance their understanding of human behavior, difficult people and personality types. Come learn key communication/listening skills for handling conflict and difficult conversations.

### **Navigating the Journey:Caregiving, Work and Family by Jessica Gosa, LMSW**

**When: Tues. 5/24/11 9:30-11am Fee: \$10 w/EAP or \$15 for all other organizations**

Finding balance in the world of elder caregiving is challenging and can even lead to depression, stress-induced illness, work burn-out, and relationship strain. This workshop will explore the multiple roles and challenges that informal caregivers face. During this class, participants will learn navigation tools, communication techniques, coping strategies and how to claim respite at work and home. If you are caring for an aging parent or older relative, this workshop is for you.

### **LOCATION OF ALL WORKSHOPS: FAMILY & CHILDREN’S SERVICE 127**

**W.STATE ST. , ITHACA. (1 block from Cayuga St. and 2 blocks from Green St. parking garages)**

Please contact Karen Fritz to register at 273-7494 or [kfritz@fcsith.org](mailto:kfritz@fcsith.org). Seating is limited. Make checks payable to Family & Children’s Service of Ithaca and mail to:

Karen Fritz, Contract Manager

Family & Children’s Service of Ithaca

127 W. State St.

Ithaca NY 14850

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## Why does my employer offer an EAP?

Supporting the well-being of employees as well as their families makes good business sense. Employers know that healthier employees help make healthier workplaces. Your employer has invested a lot in employees and offering an Employee Assistance Program (EAP) helps support employee success. Research shows that EAPs can enhance the productivity of the workplace by reducing absenteeism, healthcare claims, turnover and accidents.

There are times when stress or issues at home overwhelm us. It can be difficult to come to work and not bring these issues with us. Plus anxiety or depression can make it very difficult to function fully at work. Your EAP offers free and confidential services to help you with the challenges you and your family may face. Our caring professional counselors provide assessment, short-term counseling and referral. Help is just a phone call away.

**To make an appointment or ask questions about your EAP benefit, please call 607-273-7494 or 800-834-1239**

**Check out our website for EAP Help Topics and EAP Links for more information and resources:**

[www.wheretoturnithaca.org](http://www.wheretoturnithaca.org)

Family & Children's  
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