

EAP REACHING OUT

HELP FOR YOUR FAMILY AND YOU

518-793-9768

**We are proud to partner with the
Alzheimer's Association!**

Reach out to EAP for support and guidance.

**We have included with this newsletter
flyers containing resources for individuals, families, friends and
caregivers of those diagnosed with Alzheimer's and other dementias.**

Stress Management Tip: Don't Wait to Enrich Your Life



"I'd love to learn Italian... Volunteering at the children's hospital would be so satisfying... Someday I will learn the piano..." Start now! Pursue satisfying activities you dream of rather than waiting for the perfect time someday. These enriching activities can give fulfillment and joy and directly enhance well-being, productivity, and help prevent burnout. When you are happier and more content, your productivity increases because a positive mindset fosters creativity, better problem-solving skills, and improved focus. This causes you to be more engaged on the job. Start, if needed, in the smallest way possible and bring balance to your busy life.

Back to School: Preventing Bullying at School



Many parents worry about bullying in school. Early intervention and prevention are possible with proactive communication that encourages openness with the parent, but gentle probing might be needed because some children will resist sharing their victimization. Resistance stems from fear that the bully will retaliate, embarrassment or shame about being bullied, or fear that the parent might recommend some action that would add to the torment. Some might believe that the parent's help would be futile. And some children's desire for independence may drive them to remain silent and deal with the bullying on their own. Knowing these rationales for silence can help you be a more effective interviewer of your child so you can help prevent bullying victimization.

Resource: www.stopbullying.gov/resources/get-help-now

**Save The Date:
Warren Washington Counties Brainstorm is Back
Friday, October 18, 2024
10:00 a.m.—2:00 p.m.
Salvation Army—37 Broad Street
Glens Falls, NY 12801**

Join Us in celebrating Brain Health, Mental Wellness and Recovery!!



Tips for Managing Fear of Job Loss

One national survey last January reported 84% of employees were worried about a layoff this year. Coping with the fear of job loss can be challenging, so find strategies for managing “layoff anxiety.” Consider the following to be better prepared, feel more in control, and prepare for possibly new future opportunities:

- 1) Continuously improve your skills. Don’t appear as though you’ve “plateaued.”
- 2) Share your fears and get advice from trusted persons who can provide emotional support.
- 3) Engage in stress management activities to relieve tension, experience positive distraction, and maintain a healthy work-life balance.
- 4) Build an emergency financial cushion and combine it with reducing unnecessary expenses. (The act of doing so relieves or lessens fear.)
- 5) Talk with your supervisor. Express your concerns. They may know little, but their view or perspective may spell relief.
- 6) Keep your work quality high. When layoff decisions come employees perceived as indispensable sometimes have more opportunities presented to them.

Source: www.hrotoday.com/news (Search “84 percent worried”)

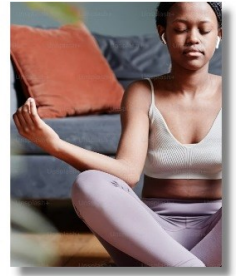


Mentally Prepare for a Better Day

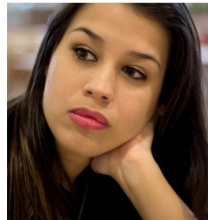
Often, our mood or emotional state is dictated by what’s happening around us at any given moment, and we react to each situation as it occurs. However, we have the power to make choices about how we feel and respond. Taking time before work and mentally preparing for the day is a perfect opportunity to practice this life skill. Doing so allows you to work as the real you with an unforced, positive frame of mind.

How to do it:

- 1) Spend 15 minutes in mindful meditation to clear your mind and visualize positive expectations and outcomes for the day.
- 2) Use deep breathing exercises. Deep breathing exercises improve focus and concentration. This calms you and helps the visualized messages sink in and feel more certain.
- 3) Listen to motivational podcasts. Motivational podcasts (or tapes) shift your focus from negative thoughts to positive ones and they can excite you about possibilities that boost your mood.
- 4) Create your own playlist of uplifting songs. This works because upbeat songs release neurotransmitters like dopamine, which lift your mood.
- 5) Reflect on gratitude—what you are thankful for? This practice has numerous payoffs, but one that will show at work is your more optimistic perspective where challenges are seen instead as opportunities. (This is called having a “growth mindset.”)
- 6) Finally, don’t let your day just simply happen. Be intentional. This means planning not just what you want to accomplish, but also how you would like to feel today, taking charge of your mood and what happens to it.



Victim of Sexual Harassment, But Unsure about Next Steps?



Employees who are victims of sexual harassment often feel uncertain about how to seek help. Despite clear workplace policies, victims may feel confused about their situation. For instance, you might have experienced multiple incidents of harassment but downplayed their seriousness to “keep the peace,” leaving you feeling stuck and unable to act. You may fear retaliation despite assurances to the contrary or worry that your memory of events is unclear, which could undermine your complaint. Some victims hesitate to come forward, fearing their concerns will be dismissed by someone replying “that doesn’t sound so bad.” Reach out to the employee assistance program to gain clarity on your experiences, feel support, and learn about the next steps so you feel empowered to follow your organization’s relevant policy and get the help you need.



ADIRONDACK EAP
Service to Community

Reaching Out is a publication of Adirondack Employee Assistance Program to provide relevant information you can use. EAP is an employer-sponsored benefit provided at no cost to you and your household members. EAP offers professional, qualified resources to assist you in resolving all types of personal or family related concerns. All contacts with the EAP are strictly confidential to the fullest degree allowed by law, so your complete privacy is assured.

We always welcome feedback from our members.
518-793-9768

Small Habits with Big Benefits

There’s power in performing small, routine behaviors that organize our lives and help maintain our mental health. Something as simple as making your bed each morning can be a component of preventive mental health practices. Surprisingly, however, only 38% of adults do it. Making your bed each morning sets a positive tone for the day. It gives you a quick win and the chance to experience some approving, positive self-talk. The task clears mental clutter and gives you a sense of order and control. And this can carry over to other tasks and goals in your life. Can you think of other habits that promote mental clarity, boost self-esteem, foster discipline, and reduce stress? Statistics: Sleepdoctor.com (Search “make your bed”)





Community Education Programs

Healthy Living for Your Brain & Body (1hour)

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

10 Warning Signs of Alzheimer's (30 minutes or 1 hour)

Learn the 10 Warning Signs of Alzheimer's disease, hear from people who have the disease, and find out how to recognize the signs in yourself or others.

Understanding Alzheimer's and Dementia (30 minutes or 1 hour)

Learn about detection, causes, risk factors, stages and treatment of Alzheimer's disease.

Care Partner Programs

Dementia Conversations (30 minutes or 1 hour)

When someone is showing signs of dementia, it's time to talk. The Alzheimer's Association Conversations about Dementia program is designed to help you talk with your family about some challenging and often uncomfortable topics around Alzheimer's and dementia.

Managing Money: A Caregiver's Guide to Finances (1 hour)

Through this interactive program, you will learn about important legal and financial issues, how to put plans in place, and how to access resources near you.

The Empowered Caregiver

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Supporting independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia -Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care and end of life care.

alzheimer's association

Northeastern New York Chapter

The Alzheimer's Association, a non-profit voluntary organization, is dedicated to finding prevention methods, treatments, and an eventual cure for Alzheimer's disease. The Northeastern New York (NENY) chapter was established in 1982 and today serves 17 counties in upstate New York.

Caring for someone with Alzheimer's disease or a related disorder can be very challenging. It is important to remember that you are not alone and that the Alzheimer's Association has a number of programs and services to support and assist you, including:

- **Helpline** – Families are only a phone call away from getting information, education and support related to Alzheimer's disease, caregiving and community resources through our 24 hours/day, 7 days/week Helpline. To reach a Helpline Specialist, call 800-272-3900.
- **Care Consultation** – Personalized sessions for individuals and families with Alzheimer's Association staff to help them better understand the Alzheimer's disease process and develop an action plan for the future. To set up a care consultation, please call 518-867-4999 or 800-272-3900.
- **Support Groups** – The NENY Alzheimer's Association offers more than 24 support groups throughout our region for people in the early stages of Alzheimer's disease as well as family members, friends and caregivers of those diagnosed with Alzheimer's disease and related dementias. Group members learn more about the disease, share experiences and strategies to face daily challenges, and provide support and encouragement.
- **Education Programs** – Educational programs, professional trainings and caregiver conferences are offered throughout the year to provide knowledge and practical tips for understanding and caring for persons with Alzheimer's disease. Programs are listed in our newsletter and on our website, www.alz.org/northeasternny.
- **MedicAlert** – MedicAlert® is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia that wander or who have a medical emergency.