

# Buffalo Region Multi-Agency Employee Assistance Program Newsletter



Committed to your well-being  
Problems have solutions, let EAP help  
June 2020



EAP offers services to assist with the following challenges that may be impacting employees and their families during these unprecedented times: depression and anxiety, fear and isolation, health impairment, stress, substance use disorder, sleeplessness, grief, child-care and virtual schooling issues, elder-care issues, financial challenges, housing concerns, family issues, workplace concerns and more. We refer employees and family members to mental health and substance abuse counselors, financial advisers, attorneys, child-care providers, family and child counselors, and others as appropriate. We provide educational and informational resources as well as referrals to community services. Call your EAP for a confidential appointment at 716-878-6699. EAP is also available 24x7 at 1-800-822-0244.

## WellNYS Everyday Monthly Challenge



WellNYS Everyday is a Work-Life Services/Employee Assistance Program wellness initiative dedicated to educating, engaging, and empowering New York State employees and their families by encouraging participation in healthy behaviors. Every morning, a new WellNYS Tip of the Day, which can be emailed to employees and family members, is posted to the website. The tip provides creative suggestions, interesting facts, or inspiring quotes on the current Monthly Challenge.

The **WellNYS Everyday** Monthly Challenge for June is to go outdoors more often. Research suggests it's important to make time to get outdoors, since doing so is beneficial — maybe essential — for human health. Psychologists and health researchers are finding more and more science-backed reasons we should go outside and enjoy the natural world. If you haven't joined us for a monthly challenge yet, I encourage you to look.

Visit: <https://wellnys.goer.ny.gov/>

## Explore Buffalo – Walking Routes



Explore Buffalo is a non-profit organization providing tours and other opportunities to discover Buffalo's great architecture, history, and neighborhoods. Explore Buffalo is a 501(c)(3) non-profit organization.

They are providing walking routes based on their tours to provide some interest and variety for your walking routine. Each walking route includes architectural and historical points of interest, and is approximately 1.5-2 miles in length, or approximately 3,000-4,000 steps.

Getting outdoors to walk is a healthy way to stay active and reduce stress and anxiety while engaging in social distancing strategies.

While an Explore Buffalo walking tour typically costs \$15, these walking routes are being provided as a free community service. Visit:

<https://explorebuffalo.org/walking-routes/>

## New online financial education live webinars for the whole family



SEFCU is providing free and live financial education webinars on a wide variety of topics for both kids and adults. Attendees will be able to ask questions and interact with the instructors. There are many sessions on budgeting, saving, and more (and you don't have to be a member to attend). Use the link below that provides all the details about SEFCU's financial education webinars for kids (age 5+) and adults that are scheduled over the next few months: Visit:

<https://www.sefcu.com/sefcu-education-detail>

## Find a NYS Farmers Market!



Many farmers markets are now open. The link below contains information detailing the time and location of community farmers' markets as well as the name and phone number of the market manager.

[https://www.agriculture.ny.gov/AP/farmers\\_markets.html](https://www.agriculture.ny.gov/AP/farmers_markets.html)

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## WellNYS Everyday – I Did It!



A significant role of the WellNYS Everyday program is to recognize New York State employees and their families who have made significant lifestyle improvements, achieved personal success or have had a positive experience from participation in the Monthly Challenges. Have you had a significant improvement since the beginning of the pandemic? Are you proud of your accomplishment? Tell us briefly what you did, and we'll display it on the "I Did It!!" Wall of Fame. Visit:

[https://wellnys.goer.ny.gov/i\\_did\\_it.cfm](https://wellnys.goer.ny.gov/i_did_it.cfm)

## Flex Spending Account – Change in Status

### FLEX SPENDING ACCOUNT

Dependent Care Advantage Account — Health Care Spending Account

A State employee benefit that puts money in your pocket

If you are paying for childcare for a child under the age of 13 so that you and your spouse (if you are married) can work and you are not enrolled in the Dependent Care Advantage Account (DCAAccount), you should consider enrolling. Please visit <http://www.flexspend.ny.gov/> or call 1-800-358-7202 and select option 2 to discuss your eligibility for the Employer Contribution and how this valuable, money-saving employee benefit can help with those expenses this summer.

## Slow Roll Buffalo



Slow Roll Buffalo, presented by Independent Health, introduces Social Distance Rides! Local parks are still open to enjoy outdoor activity, such as biking, at a safe social distance. Slow Roll Buffalo suggests riding on your own time for the benefit of your physical and mental health. There are five suggested [Social Distance Rides Routes](#) but if you can't make it out to one of these parks, you can still take a ride around your neighborhood just remember to stay at a safe social distance of at least six feet apart.

## Elder Care Resources



Are you caring for an elderly family member or close friend? Today's families face unique circumstances trying to balance the responsibilities of caring for an elderly loved one while managing other demands. Work-Life Services now offers *Caring for Your Elderly Loved One*, an educational resource packet for employees who are caring for an elderly person. The packet includes a comprehensive guide to resources for older New Yorkers as well as information about memory loss, legal and financial planning for people with Alzheimer's disease, older drivers, Medicare, long-distance caregiving, advanced care planning, end of life decisions, and much more.

To request a *Caring for Your Elderly Loved One* educational resource packet, e-mail [worklife@goer.ny.gov](mailto:worklife@goer.ny.gov) to request the educational resource packet. You will need to provide your name and home mailing address.

## The Volunteer Center of the United Way of Buffalo & Erie County



The Volunteer Center of the United Way of Buffalo & Erie County is your one-stop shop for anything and everything related to volunteerism! Whether you have a few hours a week or a few hours a year, your volunteer time is important! They have many ways you can make a difference in our community during this time. Are you healthy and able to volunteer? Visit [VolunteerWNY.org](http://VolunteerWNY.org) to sign up for available volunteer opportunities that address the COVID-19 pandemic.

## 211 WNY



Resources and support are provided for those affected by COVID-19 in WNY.

<http://www.211wny.org/resources/coronavirus-disease-2019-covid-19/>

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## Community Resource Spotlight

### Web-based defensive driving courses

Since the month of June is celebrated as National Safety Month, information is provided about web-based 6-hour defensive driving courses. The online classes are available 24/7 - 365 days a year, so you may take it at your convenience. Benefits include:

- Refresh your driving knowledge and improve your overall driving skills
- 10% reduction in the base rate of your liability & collision insurance each year for three years
- Driving record can be reduced by up to 4 points.
- Update yourself on the latest rules and regulations of the roads and highways.

For CSEA members, New York Safety Program provides an online option. If you register online, enter code CSEA for a special reduced fee of only \$23.95. They can be reached via phone at 1-800-942-6874 or online at: <http://www.nysp.com/>.

For OMCE members and their immediate families can take a web-based defensive driving classe for \$10/person though OPEIU: [http://www.opeiutristate.org/?zone=/unionactive/view\\_article.cfm&HomeID=568483](http://www.opeiutristate.org/?zone=/unionactive/view_article.cfm&HomeID=568483). Members can contact Evelyn Giarnella at OMCE at 518-456-5241 for information.

For PEF members, the web-based course is available to all active, dues-paying members and retirees, as well as immediate family members who reside in New York State. Here is information about a web-based option presented by PEF for \$18/person: [http://www.safetyserve.com/finesource/attend/New\\_student\\_pef.asp?ugid=002963E9](http://www.safetyserve.com/finesource/attend/New_student_pef.asp?ugid=002963E9).

For UUP members, the web-based course is available through NYSUT for \$21.95 for members and their immediate family members: <https://memberbenefits.nysut.org/program-service/shopping-travel/health-and-safety/defensive-driving>

Another option for employees not affiliated with a union is through a division of the National Safety Council. The cost is \$29.95. Visit them online: <https://www.drivesafe.com/new-york-online-defensive-driving-course/>

## Retirement Planning Tips for NYS Employees



### Tip of the Month

Question: Where can NYS retirement resources, checklists for New York State employees, calculators, and other information be located?

Answer: The information is provided by the Governor's Office of Employee Relations and NYS Work Life Services. It can be found online at: <https://goer.ny.gov/resources>

## Appreciation for your work



Every day you wake up and go to work in your chosen profession. Whatever position that is, you probably took time to go to school, or to get licensed, or spent hours of time studying, or took a test to get the job. Remember the very first day you started that position? Remember the excitement, the nerves, and the possibilities of what that job would bring you? Take a moment to write down who helped you along the way, who retired before you, who inspired you, and who you see every day that assists you with your work. Jot these names down in your gratitude journal and give each person a moment of appreciation for the ways they have supported and aided your career.

## CONTACT INFORMATION

Hotline: 716-878-6699

Website: <https://eap.buffalostate.edu/>