



THE EMPLOYEE ENHANCEMENT NEWSLETTER

CUNY Work/Life
PRESENTED BY DEER OAKS

HELPFUL RESOURCES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM

Nov.
19

November Online Seminar

*The Sandwich Generation:
Meeting the Challenges of
Multigenerational Caregiving*

Identify common family dynamics, gain insight on knowing when it's time for additional caregiving support resources, and explore self-care techniques.

Available on-demand starting
November 19th at
www.deeroakseap.com

About Your EAP

*Life Can Be Hectic. The EAP Can
Help You Find Your Balance.*

Deer Oaks, your EAP, is always available to you and your household members. If you are struggling with children, finances, or just want some practical advice on health or the mind-body connection, contact Deer Oaks by calling the Helpline. Counselors are available 24/7 to provide you with immediate care.

Tele-Health Services

Did you know that the EAP offers structured telephonic and video counseling in addition to traditional in-person counseling?

Call from the privacy of your home or office and one of our helpful counselors will help you address issues that are making it difficult to manage at work or at home.

Helpline: 855-492-3633
Web: www.deeroakseap.com
Email: eap@deeroaks.com

Caregiving: Adjusting to Your New Role

For most people, change is not easy. This may be especially apparent in the changing roles experienced by caregivers and those for whom they provide care. The role of caregiver can bring with it a variety of tasks and responsibilities that require both you and your aging family member to make adjustments. You may be a full- or part-time caregiver providing hands-on care, a long-distance caregiver, or one who is watching over the care of a loved one in a nursing home or assisted living facility. The caregiver or care-receiver relationship will continue to change as your loved one's care needs increase and more demands are placed on you.

Your aging family member is also adjusting to many changes. The loss of freedom, the transition from an active life to one of confinement, and the relinquishment of decision making power can lead to feelings of worthlessness, anger, and sadness. Aging persons are forced to accept help as their abilities begin to decline. Becoming dependent on others can be a frustrating.

The new roles you and your family member will be taking on will likely offer a new set of challenges and a variety of emotions. From the caregiver perspective, more will be expected from you and that can cause stress, guilt, depression, anger, and resentment. Your loved one may offer some resistance and may be feeling personal shame, worthlessness, and resentment toward you as the caregiver.

Don't despair! Caregiving can also bring with it feelings of accomplishment and the knowledge that you are helping your loved one. Care-receivers may feel gratitude toward their caregivers and are often relieved that they are no longer burdened with many of the chores required in daily living.

Most caregivers enter into the caregiving experience unprepared to deal with the feelings associated with these responsibilities. Watching the decline of your once active parent can be difficult. Perhaps you and your parent never had a good relationship, and now he or she must rely on you to provide daily assistance. There may also be competing demands between these new caregiving responsibilities and the needs of your own family and work.

Adjusting to Changes

- Keep a positive attitude.
- Get family members involved so responsibilities can be shared.
- Try to anticipate and prepare for changes that may be coming.
- Maintain open communication with the care-receiver and if possible, keep him or her involved in decision-making processes.
- Remember, your loved one is probably experiencing the same intense emotions as you are.
- Seek professional help from your Employee Assistance Program (EAP), financial advisors, counselors, or an elder care specialist.
- Attend a support group and encourage your loved one to do the same.
- Make yourself knowledgeable about the aging process and any disease-related information.
- Concentrate on the strengths of the care-receiver and help him or her remain as independent as possible.

Source: Workplace Options. (Reviewed 2019). Caregiving: Adjusting to your new role. Raleigh, NC: Author.

Being Happy

It's great to feel good! Did you know there are lots of ways you can help yourself feel happy? Check out some tips for feeling good about yourself and your life:

- **Get moving.** When you exercise, your body makes chemicals called endorphins that help you feel good.
- **Sleep tight.** Being tired can wreck your mood. In fact, studies show that people who don't sleep enough could be at higher risk for depression.
- **Eat right.** If your body isn't getting the fuel it needs, you can feel sluggish or grouchy. Read all about nutrition to ensure you get all the right vitamins and minerals.
- **Build positive relationships.** Connecting with people who care about you can really boost your mood. It is important to make friends and create healthy relationships.
- **Help others.** Helping other people can give you a sense of purpose and pride. It's great to do good in the world! Connect to your community, and find ways to volunteer.
- **Stay true to you.** You are someone special! Try ways to keep track of your best traits and to boost your self-esteem. Don't let anyone drag you down. How you feel about yourself affects how you feel about life overall.
- **Try something new.** Another way to feel good about yourself is to take on a new activity.

Source: U.S. Department of Health and Human Services, Office on Women's Health (OWH), *GirlsHealth*. (Updated 2015, February 11). *Your feelings: Being happy*. Retrieved July 31, 2019, from <https://www.girlshealth.gov>

Helpful Hints for Healthy Holiday Eating

It's that time of year again. Holiday parties and family gatherings can present a special challenge when it comes to eating healthily—especially for people who are trying to prevent or control diabetes. The key to a diabetes friendly gathering is having a variety of healthy food selections, and this doesn't mean that you'll have to completely sacrifice all of your favorites!

The National Diabetes Education Program (NDEP) has a few tips to help you stay healthy and enjoy the holidays:

- **Eat a healthy snack before leaving home.** This will reduce the risk of overeating at the party.
- **Go to the party with a plan.** Check out the buffet first, and then decide what and how much you will eat. The foods you select should fit into your meal plan.
- **Bring a dish.** Contribute your favorite healthy dish to the holiday buffet.
- **Savor every bite.** Eating slowly reduces your chances of eating too much.
- **Drink water.** Water is a healthy, no-calorie beverage (compared to 1 cup of eggnog that has 342 calories!).
- **Trim the fat from the meat.** Each tablespoon of fat you trim off contains 100 calories.
- **Be the life of the party.** Stay active by focusing on party activities instead of the buffet table.

If you're throwing the party, here are a few additional ways to be a healthy holiday host:

- **Offer a variety of low-fat, high-fiber foods.** There are lots of healthier options; consider fresh fruits and vegetables, nuts, grilled or broiled lean meats, fish, turkey, and chicken without the skin. Reduce the use of mayonnaise, oil, and butter. Increase fiber with whole-grain breads, peas, and beans.
- **Serve healthy alternatives to traditional holiday dishes.** Transform traditionally high-fat and high-calorie foods into low-fat, healthier versions. You can use nonfat or 1% milk instead of whole milk or cream. Try to bake or broil foods when possible instead of frying. Skip cream cheese and try low-fat cottage cheese or plain yogurt.
- **Be a support system for your family members and friends.** If you see them slipping, keep encouraging them to eat healthily during the holiday season, and throughout the year.

Source: National Diabetes Education Program. (Revised 2016, June 7 [Ed.]). *Helpful hints for healthy holiday eating* (B. Schuette, Ed.). Retrieved June 7, 2016, from http://www.ndep.nih.gov/media/Healthy_Holiday_Eating.pdf



Healthy Winter Travel

Whether traveling to warmer weather or a snow-filled adventure, make sure the flu is not your travel companion. Get your flu vaccine before you go to reduce your risk of catching and spreading the flu.

Wherever you may be going this winter, protecting yourself and others from the flu is important. Here are some useful tips for staying healthy during the winter months.

Before Your Trip

Get vaccinated. Vaccines are the most important tool we have for preventing the flu. If you have not gotten your vaccine already, it's important to get it before you travel. Flu vaccine is available in many places, including doctors' offices, health departments, and pharmacies. Getting vaccinated now is a great way to protect yourself against the flu.

Are you traveling outside of the United States this winter?

- Learn about health information for your destination.
- Before you travel, see a doctor familiar with travel medicine to get any vaccines, medicines, and information you need to stay healthy.
- Talk to your doctor if you are at high risk for flu complications. Depending on your situation, your doctor may advise you to take antiviral medications with you when you travel, especially if appropriate medical care is not available at your destination.
- Know what to do if you become sick or injured on your trip.
- Are you visiting an area where there is a risk of malaria? If so, then seek medical care right away if you have a fever. The first symptoms of malaria usually include fever and chills, similar to the symptoms of the flu. However, if malaria is left untreated, the disease can quickly become serious and even life threatening.

Prepare a travel health kit. Remember that prevention can be travel-sized! Include items in your kit that might be helpful if you get sick, such as tissues, pain or fever medicine, soap, and an alcohol-based hand rub to use in case soap and water are not available.

Travel only when you feel well. Watch out for symptoms of flu before your trip. If you think you have the flu or otherwise feel ill, delay your travel plans until your fever has been gone for at least 24 hours, without the use of fever-reducing medicines. Even if it means missing out on your plans, staying away from others when you're sick can help protect everyone's health. If you have worrisome signs or symptoms, seek medical care.

During Your Trip

Take these everyday steps to protect your health and the health of others:

- Remember to travel only when you feel well.
- Cover your coughs or sneezes with a tissue. No tissue? Then cough or sneeze into your sleeve, not your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with sick people.

Source: Centers for Disease Control and Prevention. (Updated 2011, December 19). Flu-free, healthy travel this winter. Retrieved September 8, 2016, from <http://www.cdc.gov/>