



LI Fights Back Against the Opioid Crisis Join us for this interdisciplinary event on October 12

In April 2017, Jeffrey Reynolds, Ph.D., delivered an eye-opening talk at TEDxAdelphiUniversity that focused on the effects of addiction on individuals and families.

Dr. Reynolds will be back at Adelphi on October 12 to moderate interdisciplinary panels of experts to discuss prevention, treatment and recovery of this addiction. Nassau County District Attorney Madeline Singas will

deliver a keynote address; Adelphi's Department of Public Safety and Transportation will supervise a drop-off for your expired medications.

Join us for this free event on October 12 at 6:00 p.m. in the University Center ballroom. RSVP to chi@adelphi.edu.

See the list of experts who will be on the panels and learn more at chi.adelphi.edu.

Food (Waste) for Thought by Diane Dembicki, Ph.D., LMT, CYT,

Clinical Associate Professor and Director, M.S. Nutrition Program, College of Nursing and Public Health

This summer I attended the annual conference of my professional Nutrition organization, the Society for Nutrition Education and Behavior (SNEB), which was celebrating its 50th anniversary, and the trend was food systems (and, yes, it is related to global warming).

We had an in-house movie night, with popcorn, and watched the award winning documentary *Just Eat It: A Food Waste Story* (Canada, 2014). It was a about a couple who spend a year trying to live only on food that would otherwise be thrown away. It was a real eye opener on how much food we waste as a society while at the same time people are going hungry.

A new documentary on the subject, *Wasted! The Story of Food Waste*, was made this year by former chef and *Parts Unknown* TV host Anthony Bourdain, and in an October TimesTalks interview, along with chef Danny Bowien, discuss this pressing issue of our time—global food waste—and they want to start a food revolution. One-third of the world's food is being thrown away even before it reaches the plate (1.3 billion tons of food), *New York Times* 9/27/17.

Start with the educational and at times entertaining *Just Eat It*, and also check out TEDx lecturer Tristram Stuart, and see what you can do to help contribute to a solution. Food for thought.



Find links at wellness.adelphi.edu/waste.

Log Off to Improve Your Mental Health

By Elizabeth Cavanaugh, LCSW, M.S.Ed. Triage Coordinator, Adelphi Student Counseling Center

Is your cell phone making you depressed?

It might be, depending on how you use it. Your daily handheld digital companion may look innocent wrapped up in its sparkly phone case, but studies regarding the effects of regular cell phone usage (and overuse) suggest that many of us would be better off with a little less Snapchat and a little more sleep.

According to 2014 study conducted by Baylor University, female college students spend an average of 10 hours a day on their cell phones, with male students following close behind with an average of almost 8 hours daily.



A 2012 study at the University of Gothenburg found that being “constantly accessible” via cellphone can negatively affect your mental health – the “heavy cell phone use” ubiquitous on college campuses worldwide can be associated with stress, sleep problems, and depressive symptoms.

In her article *Cell Phones and College Students*, Dr. Deborah Cohan discusses the concept of the “tethered self”. Feeling constantly connected, or “tethered” via cell phone, negatively impacts our ability to enjoy solitude and/or intimacy.

According to a 2013 Kent State study on cell phone usage for college students, frequent cell phone users show lower GPAs, higher levels of anxiety, and lower levels of life satisfaction than their peers who used their phones less often.

This information begs the question; how can we moderate our cell phone usage without feeling disconnected? Short of trashing our cell phone, how can we realistically cut down on overuse?

Cell Phone Self-Care

1. Be present. Do something with your hands that doesn't let you hold your phone. Paint. Draw. Play cards with your grandma. Go for a hike. Take a spin class.
2. Your phone might interfere with your circadian rhythm (sleep/wake cycle). Try reading a book before bed instead. Selfies can wait.
3. Cut down slowly. Any progress counts. Are you checking your phone every 3 minutes? Try to put it away for 10 minutes. Experience and recognize your anxiety—feel it. With practice, it will become more tolerable.
4. Erase the apps. The easier it is for you to access Facebook or Instagram, the more time you will spend checking up on your friend's posts. Ax the apps—your battery life will thank you.
5. Try Cognitive Behavioral Therapy. CBT can help you modify behaviors you'd like to stop/lessen. At the Adelphi Student Counseling Center, we can offer treatment or refer you to community resources specializing in this type of treatment.



Technology is a part of life, and often, it is useful and convenient (Grubhub, anyone?). However, like most things in life, we have to take the good with the bad. Simply being aware of how your cell phone usage can impact your mental health is a good way to start taking better care of yourself today.

See references and additional resources at wellness.adelphi.edu/logoff.

Adelphi Employee Benefit Information

ADP has changed to WageWorks for Adelphi's Health/Dependent/HRA and Transit Accounts

What Is Changing

Your Health Reimbursement Account (HRA)/Flexible Spending Account (FSA) website is moving!

- You can access the MySpendingAccount website through its new location at myspendingaccount.wageworks.com. Your login credentials will remain the same and the website will retain all the same functionality.
- Be sure to update your internet favorites/bookmarks with the new web address.

You will continue to have full access and visibility to account information and management through the MySpendingAccount website.

- Your current Visa Debit Card will be valid through the expiration date on the card.
- If you don't yet have a user name and password, select "New Users - Register Here" at myspendingaccount.wageworks.com.
- Accessing your account online will offer pre-populated claim forms. Faxing paper claims with receipts will still be accepted for Health and Dependent Care Spending toll-free to 866.643.2219.

To request an additional Visa Debit Card visit myspendingaccount.wageworks.com or call WageWorks at 888-557-3156.

As a reminder if you have more than one FSA account, all funds will be reflected on the same Visa Debit Card.

Health Care Spending account participants are granted a 2 and 1/2 month grace period following the end of the plan year to incur expenses in order to utilize unused balances as of December 31.



How to Validate a Debit Card Transaction

If you received a Card Swipe Validation Request after using your debit card to pay for an eligible out-of-pocket expense, visit myspendingaccount.wageworks.com and log into your account to validate your card transaction online.

The validation request is to show proof that one or more of your purchases is an IRS eligible health care expense (outside of co-payments for medical and prescription). If validation is not received, WageWorks may ask for reimbursement and/or turn off your card.

Keep your receipts. You may be required to show proof that your purchases were for eligible health care expenses.

Your receipts must have all the information noted below. If it does not, ask the provider for a written receipt with the following information:

- Name of provider
- Name of patient
- Date of service or product
- Amount of service or product
- Description of service or product

Mail, fax or upload receipts online.

If you received services from United Health Care (UHC) you can log onto myuhc.com, click on "Manage your Claims", then view claim needed for validation, then click on PDF icon to save this document and upload to your HRA/FSA account.

WageWorks Contact Information:

Mail: WageWorks Spending Accounts,
P.O. Box 34700, Louisville, KY 40232

Fax #: 866.643.2219

Phone #: 888.557.3156

Web: myspendingaccount.wageworks.com

Adelphi Employee Benefit Information (continued)

Achieving Work/Life Balance: Cigna Employee Life Assistance

It's a constant challenge. If you'd like help handling life's demands, call for extra support. Cigna is just a phone call away at 800.538.3543 whenever you need—at no cost to you. You can also visit CignaBehavioral.com/CGI.

A Cigna advocate is ready to help assess your needs and develop a solution to help resolve your concerns. Cigna can direct you to an array of resources in your community: Legal Consultation, Parenting, Senior Care, Child Care, Pet Care, Temporary Back-up Care.

Health Rewards

Cigna's Healthy Rewards program can help with discounts on a wide variety of health and wellness programs and services.

Identity Theft

Cigna's Identity Theft program is available to help if this serious crime impacts you.

Will Preparation

Cigna's Will Center can help you with will preparation planning.

Find the following Summary Plan Description PDFs and additional Life Assistance information at hr.adelphi.edu/assist

- Cigna Life Assistance
- Cigna Healthy Rewards
- Cigna Identity Theft Brochure
- Cigna Will Preparation Brochure

Free Use of University Facilities

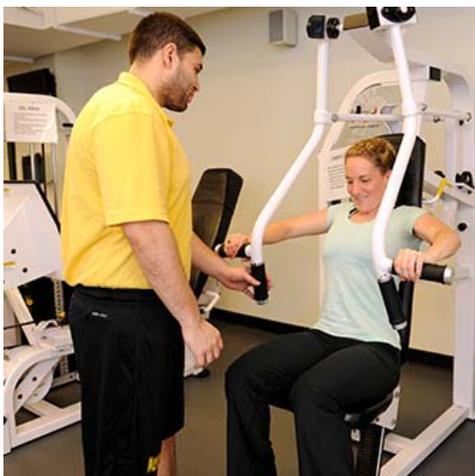
All employees of the University have free access and use of the libraries, gym and other facilities of the University. For more information, visit hr.adelphi.edu/facilities.

October is Exercise is Medicine on Campus Month



In support of national Exercise is Medicine on Campus Month, take advantage of the many physical activity opportunities at Adelphi for students, faculty and staff.

- Attend informative wellness events, demos and lectures
- Participate in intramurals leagues and team sport clubs
- Sign up for group fitness classes such as yoga, bootcamp, cycle, kickboxing, barre, HIIT, Zumba, TRX, and more
- Join the Strength and Fitness Club or Physical Education Sport and Wellness Club
- Take advantage of facilities such as the Fitness Center, swimming pool, tennis and racquetball courts, indoor track and gym court reservations
- Sign up for instructional or motivational programs such as Active Panther Partners, Learn to Swim, Personal Training, Walk Adelphi or the Adult Fitness Program.
- Register for a credit-bearing Physical Activity and Fitness course. Search for 0853 (PES) at adelphi.edu/courses.



What's Coming Up in Campus Recreation

Intramural Sports

Entries are due by Thursday, October 19.
Go to adelphi.edu/intramural for more info and to register.

- 3v3 Basketball
- Wallyball (pictured at right)

Adult Learn to Swim Classes

Classes run for five weeks, with two classes per week:

October 16-November 16.

- Beginner Level 1: Monday/Wednesday 11:00 a.m.-12:00 Noon
- Beginner Level 2: Monday/Wednesday 8:00 p.m.-9:00 p.m.

Fee: \$40.
Sign up in the Recreation Office in Woodruff Hall Room 240



Rec the Night Kicks Off the Semester with Fun Activities

The first week of the fall semester featured Campus Rec's annual Rec the Night Event on August 31.

The gym, atrium and pool were filled with lots of fun activities including table tennis, air hockey and foosball, Hungry Hippo and Gladiator Joust Inflatables, Bubble Soccer, pop up cycle class and annual pool party! Nearly 200 students came out and enjoyed the games and giveaways, food and photo booth as well.

Here are a few pictures of the night's activities. See the full gallery at recreation.adelphi.edu/photos.



Campus Recreation Member Spotlight: Ron Lipsky '77, CRS Alumni Member

Q: How long have you been a member?

A: I graduated in 1977 and have been coming here ever since.

Q: What's your favorite gym workout?

A: I like to do weight lifting, swimming, biking and running. I usually do my run outside around the campus.

Q: What was your major when you were a student?

A: Business Management.

Q: What's your job now?

A: I am a lawyer. I work with contracts and mediation in the entertainment field.

Q: How long have you been running?

A: Since my senior year of college.

Q: What are some of your hobbies?

A: I like to do triathlons.

Q: Why do you like coming to the gym at Adelphi?

A: I like the students. They are really friendly.



Upcoming Special Events

Get details at wellness.adelphi.edu/events

“Drunk” Driving Obstacle Course

October 16, 12:00 p.m.-2:00 p.m., Levermore Lawn
Sign-up at UC Outdoor Plaza (rain date: October 18)

Drug Abuse Prevention Workshop

October 19, 7:00 p.m. - 9:00 p.m.; UC 203

Anchor Bowl Flag Football Fundraiser for Service for Sight

October 20, 1:00 p.m., Levermore Lawn

Cycle-thon for Suicide Prevention and Awareness

October 25, 4:00 p.m -6:00 p.m., Woodruff Half Court

rUndead (Zombie Run event) Fundraiser for Special Olympics

October 27, 3:00 p.m., Quad

National Prescription Drug Take Back Day

October 28, 10:00 a.m. - 2:00 p.m. UC Lobby

Basketball Tournament

October 29, 10:00 a.m., CRS Gym

Fight or Flight Self Defense Workshop

November 16, 7:30 p.m., Woodruff Half Court

