



CT EAPA NEWSLETTER

CT CHAPTER OFFICERS

PRESIDENT

John Pacheco, LCSW
Personal Growth Concepts
30 Ferry Boulevard
Stratford, CT 06615
203-375-5782

VICE PRESIDENT

Orlene Weyland, CEAP
Aetna Work/Life Assistance
151 Farmington Avenue-REAG
Hartford, CT 06416
860-273-4338

TREASURER

Earl Schofield, CEAP
District 26, IAMAW - UTC
357 Main Street
East Hartford, CT 06118
860-568-3000

SECRETARY

Gerald Marci, CEAP
Pratt & Whitney
P.O. Box 405
Marion, CT 06444
860-620-1975

NEXT MEETING –

October 19, 2006

Speakers: Chuck Oakes

Topic: Aging in Place

Location: Gaylord
Hospital

(Directions enclosed)

Minutes—September 21, 2006

1. Call to Order and Introduction: John Pacheco

The meeting was called to order at 9:15 a.m.

2. Review and Approval of Minutes: Membership

The minutes of the May 2006 meeting were approved as submitted.

3. Treasurer's Report: Earl Schofield

The checkbook balance is \$12,044.37

4. President's Report: John Pacheco.

John reported that the Executive Committee met over the summer. The Chapter theme for the 2006/2007 year will focus on "Employee Assistance: Regenerating Ideas and Practices".

The Executive Committee will review the by-laws to align with National, based on direc-

tion received at the leaders conference in May, 2006.

John recommended a donation to Gaylord of \$250.00. Bud suggested \$400.00. The motion was moved and passed. We will ask Gerry to follow up with our contact at Gaylord regarding clean up.

Laurie Easton will provide refreshments for the October meeting.

MEETING SCHEDULE

8:30 Coffee &
Networking

9:00 Chapter Meeting

10:00 Speaker

11:00 Adjourn

5. Committee Reports Program Committee:

Liz Guerra. Meetings are planned through December 2006:

October: Chuck Oakes, "Aging in Place"

November: James Kalamajka, "Traditional Career Counseling for

Soon to Retire Baby Boomers"

December: Our own Gary Alger, "Positive Energy and Work, Finding It, Keeping It, Sharing It"

Outreach Committee:

Orlene Weyland. Committee met this summer to outline strategy. Committee members are working on contacts with local universities for opportu-

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Aging in Place - October Topic

Aging gracefully...with a twist! Did you know--

- ✓ That the vast majority of retirees will NOT relocate to a retirement community?
- ✓ That there is a new trend that many retirees are actually moving OUT of Florida!
- ✓ Where are they going and why are they leaving?
- ✓ People are living longer....but what about quality of life matters?
- ✓ Safety and security are key issues, especially after retirement.
- ✓ There is a difference between living and merely existing...even after we retire.

These and related matters are explored by our October meeting Special Guest, Chuck Oakes, Author and consultant in matters pertaining to "Aging in Place". Chuck's book, MAKING YOUR HOME SENIOR-FRIENDLY, will be available for sale. Chuck's a member of the Communications Coordination Committee of the United Nations and former Advisor to the President's Council on Hiring the Disabled. He comes to us with a substantial HR background.

Speaker Schedule

DATE	TOPIC	SPEAKER	LOCATION	Hours
10/19/06	Aging in Place	Chuck Oakes	Gaylord Hospital	1
11/16/06	Transitional Career Counseling for Soon To Retire Baby Boomers	James V. Kalamajka, M.Ed.	Gaylord Hospital	1
12/21/06 Holiday Breakfast	Positive Energy At Work: Finding It! Keeping It! Sharing It!	Gary Alger, M.Div., LADC, CEAP	TBA	1

Bulletin Board

JOB OPENINGS

Behavioral Health Consultants, LLC, a large group practice, is seeking to recruit full-time clinicians with strong backgrounds in CBT, or family therapy, to join our practice. Potential candidates should have current Connecticut licensure, and should anticipate working in more than one office in the greater New Haven area. We are especially interested in clinicians with child/family or adult substance abuse expertise. Applicants should send a C.V. and letter of interest to Dr. Georgann Witte at Behavioral Health Consultants in Hamden or fax materials to her attention at (203) 281-0235.

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nities to educate the student populations about our Chapter. The Committee is also looking for a list of Chapter CEAP's as well as those members who are in the CEAP certification process. National might have a record CEAP's in our chapter. Bud will follow up.

Becky mentioned that the CEAP process is becoming very expensive. John will raise this at the National meeting.

Membership: Bud Wassell. Orlene will update the Connecticut site for upcoming meetings. Membership packets are available through Bud.

L & PP: No report submitted.

Hospitality: Covered in President's Report

6. Membership Joys and Concerns

Thank you note from Earl was passed around. Mike Morin got his CEAP. Mary McNeff's son got married last weekend.

7. Old Business None

8. New Business Earl asked that Chapter members support this year's United Way Campaign.

Bud raised the issue of free EAP's-some companies are promoting this as a "free" add-on to other insurance products. John raised the issue of vendors discouraging use of total sessions. Dan and Marcia spoke about education as a solution. Orlene and Bud will follow up with Sue Lagassee and her SHRM affiliation to get on their agenda.

9. Announcements:

✓ Liz Guerra mentioned training at Crown Plaza in White Plains. Topic is "Submission and Islam, Muslims taking the

12 Steps."

✓ Bud mentioned the account manager position at Anthem EAP Judith Brown is the contact. Apply on line at wellpoint.com

✓ Sharon Diaz mentioned Holistic pain management workshop in Waterbury on October 13 and 14.

✓ Laurie has chapstick for sale-from the DV walk in New Haven.

✓ Gerry Marcil needs a counselor in New Haven for an 11-year old.

✓ John announced that Moira McCarthy of Mass/RI Chapter has asked if we are interested in a LAP meeting in March 2007 to be held in RI. The suggestion is that we combine our March meeting with them. John will follow up.

✓ Jim Rascati's organization is seeking full time clinicians to expand their network in greater New Haven. John has contact information.

✓ Betsy had suggested a donation to the Veterans Center as a follow up to the June conference. The Chapter approved a \$1000.00 contribution. Earl will follow up with Betsy.

✓ Earl mentioned an article in the *NY Times*, which featured the late Ann Richards, former governor of Texas and her triumph over alcoholism and celebration of 26 years of sobriety.

The meeting adjourned at 10:10a.m.

Respectfully Submitted,

*Orlene A. Weyland, M.A., CEAP
on behalf of Jerry Marcil*

The CT Chapter of EAP meets on the third Thursday of the month, September through June. The CT EAPA Newsletter is published monthly before each meeting. To submit items to the newsletter, contact Bud Wassell at 1-800-526-3485 or fax, 860-704-6222 or e-mail, gwassell@abhct.com



Connecticut Chapter

DIRECTIONS TO GAYLORD

Gaylord Farm Road, Wallingford (203) 284-2800

From Hartford:

1-91 South to exit 17 (Route 15). Take exit 65, turn right onto North Turnpike Road. At traffic light, turn left onto Parker Farms Road. At stop sign, bear left to stay on Parker Farms Road. At next stop sign, turn right onto Gaylord Farm Road. ★

From New Haven via Route 15:

Route 15 to exit 64, turn left at traffic light. At second traffic light, turn right onto Cheshire Road. At stop sign, turn right onto Parker Farms Road. At next stop sign, turn left onto Gaylord Farm Road. ★

From New Haven via 1-91:

1-91 to exit 13. Turn left, then right onto Toelles Road. At stop sign turn right onto Old Hartford Turnpike. Proceed to second traffic light, turn left onto Cheshire Road. At stop sign, turn right onto Parker Farms Road. At next stop sign, turn left onto Gaylord Farm Road. ★

From Durham:

Route 68 West to Hope Hill Road, Yalesville. Turn left. At stop sign, cross over to Parker Farms Road. At next stop sign, turn right on Gaylord Farm Road. ★

From Waterbury/Cheshire:

1-84 East to exit 26 (Route 70 to Route 10 South, Cheshire). Turn left on Wallingford Road, which becomes Gaylord Farm Road at the hospital.



Go past the main entrance to Gaylord Hospital, the road curves to the left. Turn left into the next driveway. Chauncey Conference Center is a separate building on the right.

EAPA Meeting at Chauncey Conference Center. Park in Lot E.