



Matters

The Newsletter of the Office of Human Resource Services

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Special Edition on Health, Wellness, and Fun

With the arrival of spring and the approach of summer, we dedicate this special edition of *HR Matters* to health, wellness, and fun.

This issue contains information about various wellness opportunities offered by your health insurance providers and unions, how to be sure your health insurance is available to you when you are traveling, ideas for summer fun for your children, the “Buck for Your Fitness” program sponsored by the Office of Human Resource Services in partnership with the Fitness Center, starting a Weight Watchers group on campus, and much more.

Have a healthy and fun summer!

Michael T. Hewitt
*Assistant Vice-President for
Human Resource Services*

Not-So-Lazy Days of Summer

If you want to enroll your children in camp this summer, now is the time to start exploring your options. And what better place to begin than right here on campus? Brooklyn College offers some great programs that will keep your children busy. Our exciting adventures in learning are designed to provide students with intellectual stimulation as well as creative inspiration. Programs are available for youngsters entering grades one through twelve.

Youth programs include modules in such areas as:

- Chess
- Computers
- Creative writing
- Drama
- Fine arts
- Mathematics
- Puppetry
- Vocabulary enrichment

Classes meet for six weeks, Monday through Thursday, 10 a.m. to 3 p.m. Early-morning dropoff and late-day pickup are available at an additional cost. The total cost of the program is \$1,075, which includes all books and materials. Brooklyn College employees receive a 15 percent discount on the tuition portion of the program.

For more information, attend one of our open houses on Thursday, April 21, 7 p.m., or Saturday, May 21, 10 a.m. You may also contact the director of Youth Programs, Steve Radlow, 1212 Boylan Hall, (718) 951-4141, SRadlow@brooklyn.cuny.edu.

In addition to Brooklyn College’s summer programs, there are a variety of academic, arts, and athletic camps throughout the city. If you’re having trouble deciding on a summer camp after reviewing the list below, you may want to visit the following Web sites:

- www.Campspecialist.com—a free referral program that will help you pick the perfect camp for your children.
- www.summeroncampus.com—a directory of college- and university-sponsored programs throughout the state.

Beach Soccer Camp

Ages: 7–13

Rockaway Beach and Long Island City

Phone: (718) 791-7337

E-mail: southbeachsoccer@terra.com

Children participate in soccer and volleyball on sand fields.

Better Brooklyn Community Center Summer Camp

Ages: 5–15

Phone: (718) 624-1992

E-mail: info@bbccenter.org

The camp is an academic-based day program for children in kindergarten through the ninth grade and includes enrichment courses in reading, writing, and math. Other activities include instruction in swimming; basketball; martial arts; Yoga; dance; drawing, painting, and sculpture; musical drama connected to educational topics; film



production; writing and editing student newsletters and Web sites; cooking; environmental education; and poetry. There are also field trips to the Science Guild Museum, City Hall, and the New York Aquarium.

Bronx Zoo Summer Programs

Ages: 8–12

Phone: (718) 367-1010 (recorded general information)

Web: www.bronxzoo.com

This summer your child can explore the wonders of wildlife during an unforgettable week at Animal Kingdom Camp. Each day your child will embark on a new adventure of discovery. Whether setting out on an African safari to see lions, cheetahs, and giraffes; exploring tropical forests in search of rare and endangered lowland gorillas; or trekking through mountains in search of a rare spotted Himalayan cat, children will discover the amazing diversity of the animal kingdom and gain an in-depth understanding of what it takes to manage the finest zoo in the world.

Brooklyn Botanic Garden—Children's Programs

Ages: 3–18

1000 Washington Avenue, Brooklyn

Phone: (718) 623-7200

Web: www.bbg.org

Various gardening programs for a wide range of children.

Brooklyn Expansion YMCA Summer

Ages: 2–12

Phone: (877) 692-YMCA

Web: www.ymcanyc.org

Safe, structured, and fun activities. Registration for all summer camp programs begins March 1. All children are required to be members of the YMCA.

Chelsea Piers Summer Sports Camp

Ages: 3–17

Phone: (212) 336-6846

E-mail: camp@chelseapiers.com

Web: www.chelseapiers.com/sumapps.htm

A variety of programs for children, including ice hockey, gymnastics, and golf.



College for Kids at Kingsborough

Ages: 7–12

2001 Oriental Boulevard, Brooklyn

Phone: (718) 368-5052

Web: www.kbcc.cuny.edu/continuinged/index.html or www.kingsborough.edu/travel/Kcctr1st.htm

Programs include a variety of academic classes—remedial skills, enrichment classes, magic, theater, the arts, music, drawing, cartooning, fourth-grade exam prep—as well as active courses in dance, gymnastics, self defense, swimming, soccer, tennis, and baseball.



College Now

Ages: In most programs, activities are open to students in the eleventh and twelfth grades. A growing number of programs, however, offer opportunities for those in the ninth and tenth grades as well.

Web: www.collegenow.cuny.edu/info/index.html

College Now is a collaborative initiative of the City University of New York and the New York City Department of Education. Its primary goals are to improve the academic achievement of the city's public high school students and to ensure that graduating students are ready to do college-level work.

Kamp 4 Kidz

Ages: 5–14

Phone: (718) 788-0719

E-mail: office@kamp4kidz.com

Web: www.kamp4kidz.com

This program offers a variety of activities, including tennis, dance, arts and crafts, group games, trips, and indoor/outdoor play at locations in Park Slope, Bay Ridge, and Cobble Hill.

Long Island University (Brooklyn Campus)

Ages: 3 and up

175 Willoughby Street, Brooklyn

Phone: (718) 488-3480

Programs in the Summer Language Institute: Speech-Language-Hearing Clinic include peer interaction, topic

discussion, hands-on workshops, and individual and group speech and language therapy sessions.

Manhattan Beach Day Camp

Ages: 3–14

60 West End Avenue, Brooklyn

Phone: (718) 891-1111

E-mail: mdg315@aol.com

The camp features four outdoor heated swimming pools, a sports arena, a video arcade, computer rooms, arts and crafts, a gymnastics arena, karate classes, a dance studio, and more.

Mill Basin Day Camp

Ages: 3–14

5945 Strickland Avenue, Brooklyn

Phone: (718) 251-6200

E-mail: mbdaycamp@aol.com

Mill Basin Day Camp is dedicated to providing children and their families a fun, safe, and caring summer camp experience.

New York Aquarium Children's Programs

Ages: 6–14

Surf Avenue and West 8 Street, Brooklyn

Phone: (718) 265-FISH

Web: www.nyaquarium.com

Learning is fun when it includes behind-the-scenes visits; strolls on the beach; lots of make-it-and-take-it art activities; opportunities to touch whale bones, shark teeth, and living sea stars; and exhibit visits to observe our marine animals.

Park Explorers Day Camp

Ages: 4–14

611 Eighth Avenue, Brooklyn

Phone: (718) 788-3620

E-mail: parkexplorers@yahoo.com

Web: www.parkexplorers.com

A multitude of activities based around the beauty of Brooklyn's Prospect Park. Camp hours are Monday to Friday, 8:30 a.m. to 3:30 p.m.



Polytechnic University

Ages: High school students
Six Metrotech Center, Brooklyn
Phone: (718) 637-5944
Web: www.poly.edu/yes

The Mathematics Institute at Polytechnic University focuses on providing high school students real-world, problem-solving experience with an emphasis on pure and applied mathematics. The six-week program runs from July 5 through August 12, Monday to Friday, 10 a.m. to 4 p.m.

Pratt Institute

Ages: 14–18
200 Willoughby Avenue, Brooklyn
Phone: (718) 636-3453 or (718) 399-4410
E-mail: info@pratt.edu
Web: summeroncampus.com/main/ProgramDetail.asp?ID=755

The Summer in New York City Pre-College Program offers instruction in art, architecture, creative writing, cultural studies, and design.

School of Cinema and Performing Arts

Ages: 11–18
Tribeca Film Center
375 Greenwich Street, Manhattan
Phone: (212) 941-4057 or (800) 718-2787
E-mail: info@socapa.org
Web: www.socapa.org

Programs are offered in acting, filmmaking, urban dance, music video, and photography.

Staten Island Academy

Ages: 3–16
715 Todt Hill Road, Staten Island
Phone: (718) 987-8100
Web: www.statenislandacademy.org

Programs are designed to allow for a wide variety of experiences for campers, with safety of children the top priority.

Sunshine Day Camp

Ages: 5–11
Henry Kaufman Campgrounds, Staten Island
Phone: (718) 813-4251
E-mail: sunshinedan@nyc.rr.com
Web: www.sunshinedaycamp.org

Sunshine Day Camp enriches children with a wide variety of resources. The campgrounds span a seventy-five-acre woodland, site of some of the most beautiful land in New York City, and includes two swimming pools, two lakes, an amphitheatre, ten ball fields, eight shelters, and many hiking trails.

Young People's Day Camp

Ages: 5–14
Phone: (800) 329-2267

Camps are located throughout the five boroughs, Long Island, Westchester County, and New Jersey. Each camp is individually operated and directed by state-licensed teachers.

Information from the Benefits Office

Stay Healthy...Cheaply

Did you know that our health plans offer discounts on health and wellness programs for you and your family? Some plans provide discounts for:

- health club memberships
- Weight Watchers
- massage therapy
- nutritional counseling

Below is a list of Web sites of the health plans that offer discounted services. Registration and a login is required for some sites.

- **www.aetna.com**—Click on “Members,” then on “Products and Programs.”
- **www.cigna.com**—Members are required to log in. Then click on “Member Discounts from Healthy Rewards.”
- **www.empireblue.com.nyc**—Members are required to log in. Then, click on the 360° logo.
- **www.ghi.com**—Click on “Good Health Incentive.”
- **www.healthnet.com**—Members are required to log in. Then click on “Health Net AlternaCare.”
- **www.hipusa.com**—Click on “My Health.”
- **www.vytra.com**—Click on “Wellness Seminars” or “Healthy Savings.”

In addition to the health plans, your union or welfare fund offers a variety of additional services.

District Council 37 offers its members a health savings program, Union Plus Health, that can help reduce out-of-pocket expenses for prescriptions, vision care, and health care services. Members can also receive health club discounts and

discounted vacation tours. Visit **www.afscme.org** and click on “Members Section” to find out more about these benefits.

DC 37 also offers classes on 35mm and digital photography, guitar, tai chi, and Yoga. To learn more about these exciting programs, call the DC 37 Education Department, (212) 815-1700.

Discounts on new computers to DC 37 members are available through IBM. To learn more, visit **www.ibm.com/shop/ibmdeals/4417**.

Teamsters Local 237 provides discounts to health clubs nationwide and a range of miscellaneous benefits. For more information, visit **www.local237.org** or **www.unionplus.org**.

Professional Staff Congress (PSC-CUNY) offers discounts on Weight Watchers. PSC-CUNY members are covered for up to eight weeks of participation in a Weight Watchers program. Claims forms must be submitted to the welfare fund office. To learn more about other benefits, go to **www.psc-cuny.org** and click on “Benefits & Services.”

The **Apple Store** offers discounts to the following groups:

- Faculty or staff members of a public or private higher education institution in the United States
 - Students currently attending or accepted into a public or private higher education institution in the United States
- Qualified individuals may choose among the following products:
- Power Mac, iMac, eMac, Powerbook, or iBook (one per academic school year, July 1–June 30)
 - Printers (one per year)
 - Displays (two per year)
 - Software (two per year)

For details, visit **www.apple.com/education/store/**.

In addition to the Apple Store, **Dell** also offers discounts on a wide variety of products. For more information, go to **www.dell.com/hied**.

Weight Watchers @ Work

This group-participation program is designed to support the special weight-loss needs and concerns of working people. Weight Watchers created the program as a convenience for employees whose busy schedules and time pressures make it difficult to enroll in a weight-loss program. If you are interested in starting a group at the College, contact a representative at (800) 8-AT-WORK. Many of our unions cover a portion of the first-time fees. All you need is twenty employees to sign up, so make bathing suit season less daunting and watch the inches disappear.

Break a Sweat for a Buck

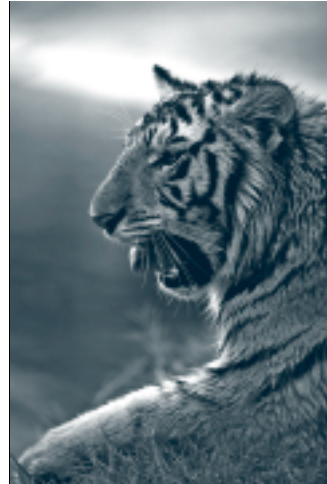


The Office of Human Resource Services is pleased to announce that, in light of the success of the Employee Wellness–Gym Pilot Program in January, we have partnered with the Fitness Center again to institute a new program—“A Buck for Your Fitness.” For the remainder of the spring

semester, faculty and staff members are invited to pump up or slim down in the Fitness Center on Tuesday, Wednesday, and Thursday evenings from 5 to 6 p.m. Each hour workout will cost only \$1. Just go to the Fitness Center, 208 Roosevelt Hall Extension, with a valid Brooklyn College ID, appropriate gym attire, and a towel to wipe down exercise equipment after use. In exchange for your dollar, you will receive a special pass to use the facility for the hour.

Additionally, prorated annual passes to the Fitness Center are now available for \$20. Annual passes provide significantly greater access to the facilities.

Fun for Free



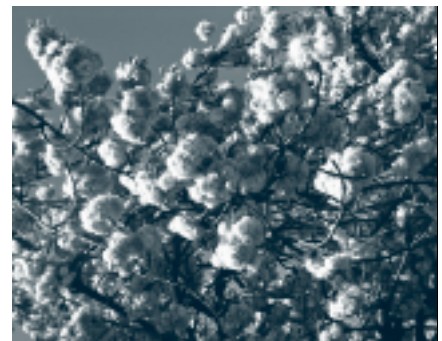
Who says you have to pay a fortune for a good time? New York offers plenty to do without your having to dip into your pocket, especially during the summer. Below are some suggestions on taking advantage of the city's best offers.

The Brooklyn Tourism Council operates a free weekend trolley from noon to 6 p.m. that stops at different locations, including

the Prospect Park Zoo, the Brooklyn Museum, the Brooklyn Public Library, and the Brooklyn Botanic Garden. A free connecting trolley provides transportation to the Brooklyn Children's Museum.

Throughout the summer, there are frequent concerts at the Central Park Summerstage, located at Rumsey Playfield. A few of these concerts ask for donations, but many of the performances are free.

Another free attraction is the Queens Botanical Garden—thirty-nine beautiful acres located in Flushing Meadows Corona Park.



Don't forget about indoor activities for those rainy days. Many museums offer free admission, including the Hispanic Society of America Museum. The museum houses a reference library and exhibits featuring the art, literature, and culture of Spain, Portugal, Latin America, and the Philippines, including works by Goya, El Greco, and Velázquez.



The following are either free or leave the fee up to you during certain times:

- American Craft Museum, Thursday, 6–8 p.m., pay what you wish
- Bronx Zoo, Wednesday, pay what you wish
- Brooklyn Botanic Garden, Tuesday, all day, and Saturday 10 a.m.–noon, free
- Brooklyn Museum of Art, first Saturday of every month, from 5 p.m., free
- Jewish Museum, Thursday, 5–8 p.m., pay what you wish
- New Museum of Contemporary Art, Thursday, 6–8 p.m., free
- New York Botanical Garden, Wednesday and Saturday, 10 a.m.–noon, free
- New York Hall of Science, Friday, 2–5 p.m., and Sunday, 10–11 a.m., through June 30, free
- Solomon R. Guggenheim Museum, Friday, 6–8 p.m., pay what you wish
- Staten Island Botanical Garden, daily, dawn–dusk, free (Note that admission is charged, however, for the Chinese Scholar's Garden and Connie Gretz's Secret Garden.)
- Studio Museum in Harlem, first Saturday of every month, free
- Wave Hill, the acclaimed public garden and cultural institution overlooking the Hudson River and Palisades, Tuesday, all day, and Saturday, 9 a.m.–noon, free
- Whitney Museum of American Art, Friday, 6–9 p.m., free

May Is Skin Cancer Prevention and Awareness Month

One in five Americans will get skin cancer in their lifetime, with more than one million being diagnosed this year alone. The key to successful treatment is early detection. During the month of May there is a national campaign to encourage early detection and teach early prevention of skin cancer, the most common form of cancer in this country.

Although skin cancer can strike anyone, Caucasians are ten times more likely to be diagnosed than other races. You are at higher risk if you:

- have already had one melanoma;
- have parents, children, or siblings who have had melanoma;
- are a Caucasian with fair skin—redheads and blonds have a twofold and fourfold increased risk of developing melanoma, respectively; or
- have had excessive sun exposure.

The New York Harbor Healthcare System (formerly Brooklyn VA Medical Center) is sponsoring a free skin screening on Saturday, May 14, 9 a.m. to 1 p.m. For information, call (718) 630 3725.

Caring for Parents

More and more of us who are entering middle-age must confront the prospect of caring for our elderly parents. If you are among the many people facing this situation, join us for a reading and discussion of *Doing the Right Thing: Taking Care of Your Elderly Parents Even If They Didn't Take Care of You*, the new book by Professor of Sociology Roberta Satow.

Sponsored by the Women's Center, the Women's Studies Program, the Office of Human Resource Services, the Ethyle Wolfe Institute for Humanities, and the Center for Diversity, the event will be held on Thursday, April 21, 12:15–1:30 p.m., in 227 Ingersoll Hall. Light refreshments will be served.

Bon Voyage!

To make sure your summer *voyage* is truly *bon*, take time to plan ahead for your family's healthcare needs.

Nobody wants to be sick on vacation, but if you should become ill you need to know what to do. Every health plan provider has different policies regarding how to use their benefits when you travel outside of New York. Ask your health benefits provider:

- What benefits are available for emergency care, and what does your plan consider an emergency?
- What benefits are available for non-emergency but urgent medical care?
- Does the health plan have participating providers in the area you're going?
- What procedure should you follow if you need medical care while on vacation? Who must be notified and how soon?

Of course, prevention is the best medicine. Below are tips that can help you fend off sickness so that you won't need to contact your health provider at all.

- Ensure that you have enough prescribed medication for the time you'll be away by carrying twice the normal supply—half on your person and half in your luggage.
- Avoid climate or altitude changes that could worsen an existing condition. Higher altitudes can aggravate certain chronic lung or congestive-heart conditions and cause altitude sickness, and many medications can increase your sensitivity to the sun.
- Make sure local cuisine doesn't adversely affect your condition or react with your medication; know how foods are prepared and what ingredients are used.
- Depending on where you're headed, you may want to avoid salad, ice, rare meat, and raw shellfish. Carry bottled water and/or water-purification products if water quality is questionable.
- Get all the required immunizations for your travel destination. Be sure to allow enough time to receive all of them and to develop effective immunity.
- Pack your family's health-plan ID card(s) and important

phone numbers, including your doctors' names and phone numbers.

- Pack medical information your doctor advises you to take, such as a brief history of your medical condition and treatment, or a list of your food and drug allergies.
- Pack a first-aid kit.

Call your doctor before you leave if you:

- are going out of the country for an extended time;
- were recently hospitalized for a serious condition or had major surgery;
- have a chronic medical condition or are taking prescription medicine; or
- have a minor ailment such as a sore throat or earache.

Helping Others to See



People who wear eyeglasses always seem to have an old pair lying around—one they can't use anymore because their prescription has changed, or one

whose style predates the advent of contact lenses.

Through its Give the Gift of Sight program, LensCrafters take old pairs of glasses, clean them, make minor repairs, and match them with people in developing countries who can't afford to buy their own glasses. The Gift of Sight program has had resounding success since its inception in 1988—last year in New York City alone, LensCrafters recycled 3,653 pairs of glasses that went on to help 834 people, just a small portion of national donations that benefited an eye-popping 545,000 people.

Other major eyeglass companies, including Pearle Vision, have similar programs. You may also donate your old glasses to the Salvation Army Thrift Store. For more information or to find a location, visit <http://newyork.earth911.org/usa/master.asp> and click on "Recycling Services."