



News You Can Use

Managing Financial Stress Seminar

Is the current economic situation getting you down? Are your personal finances causing you stress? Come learn about effective strategies for maintaining your emotional health during challenging economic times at the Managing Financial Stress Seminar.

Date: Monday, April 6, 2009
Time: 12:00 pm to 1:00 pm
Locations: Live presentation - EUH Auditorium
Telecast: Emory University Hospital Midtown - Glenn Auditorium
Wesley Woods Hospital - AV Conference Room
Emory University Orthopaedics & Spine Hospital - 3rd Flr Classroom

Via the Web - www.fsap.emory.edu (View the live event online that day or view it at a later date.)

For questions about the upcoming program, or if you would like to make an appointment for individual stress management, please call the Faculty Staff Assistance Program at 404-727-4328.

Metro Atlanta Financial Resources

In addition to the FSAP there are many local resources available to community members, including: (Updated as of 3/13/09)

Organization	Contact Information
Emory Alliance Credit Union : "Member Express" emergency hardship loan up to \$750	www.emoryacu.com 404-329-6415
Jewish Family & Career Services Project Connect: Offers Utilities Assistance for Fulton, City of Atlanta and DeKalb Residents only. Call to apply and for more information on their requirements.	100 Edgewood Ave NE # 805, Atlanta, GA 404-873-1345
Society of St. Vincent De Paul- Atlanta: Medical/dental/prescription, Rent and Housing, Utilities, Food, Legal Fees, Transportation, Burials	www.svdpatl.org 770-458-9607
Department of Human Resources: Food stamps, Medicaid, Child Care Assistance, Day Care and Health Care Assistance for the Elderly	www.dhr.state.ga.us 404-656-4937
Midtown Assistance Center: Financial support (past-due rent or utilities), Short-term food assistance , MARTA cards or transit tokens (must be employed or interviewing), Work shoes, tools (on occasion), Counseling and Referrals, Men's Clothing	www.midtownassistancectr.org Mon, Thurs, and Friday: 9:30 am – 12:30 pm; Tues and Wed: 1pm – 4pm
Buckhead Christian Ministries: Rent and Utilities, Holidays or school supplies Service Hours: Mon, Tues, and Friday: 10am – 2pm Wed and Thurs: 1pm – 4pm	www.buckheadchristianministry.org 404-239-0038
Resource Service Ministries, Inc.: Fulton County Residents - Call on Monday: 8.30 am – 10 am (Calls are on first call basis) DeKalb County Residents - Call on Wednesdays: 8.30 am – 10 am	Emergency Service office 404-352-3597
Affiliated with Salvation Army	Major Jim Seiler - 404-486-2900 Dir of Hope Project: Mr. Albert Frazier 770-441-6200 (ext. 233)
United Way: This is a service provider referral agency.	www.unitedwayatlanta.org
Clayton County Family Care, Inc.: Rent/ Gas/ Electricity/Water bills, Prescription. Call Between: 9 am and 11am	404-366-5527
Samaritans Together for Clayton County, Inc.	Call after 10am 404-361-8848
United Methodist Children's Home: Financial assistance. Appointments are available on the 1st Tuesday of the month (if this is a holiday make appointment on the 2nd Tuesday of the same month.) Walk ins are not accepted.	404-327-5872
Evening and Weekend shelters	Gateway Center (24 hours) - 404-215-6600 My Sister's House - 404-588-4009 Taskforce for the homeless - 404-589-9495

Tips For Coping with Financial Stress

Try to:

- Limit exposure to media
- Look for healthy ways to express frustration
- Eat healthy and exercise regularly
- Practice relaxation and meditation
- Surround yourself with positive people

Try not to:

- Procrastinate addressing financial issues
- Isolate and avoid face to face contacts
- Deprive yourself of relaxation and play
- Allow yourself to be preoccupied with negativity
- Become sleep deprived

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Procurement Shares Ways to... Spend Less

Browse Emory's "*Buying in the Marketplace*" website and take advantage of the great number of resources for your purchasing and payment needs. Utilize the special promotions offered by Emory contract suppliers and at the same time learn how to buy in-demand goods and services while receiving the best quality and best pricing.

- Always purchase from Emory's 140-plus preferred contract suppliers.
- Only order from non-contract suppliers when a product is not available from one of Emory's contract suppliers.
- Always communicate with Emory's procurement buyers before making any commitment to purchase. They are aware of the best deals available on a daily basis.
- Always use Emory's specific commodity contract suppliers for the particular product you are looking for. For example:

Office supplies, order from our contract supplier:

- Place office supply orders with Staples once a week or less (you benefit by saving on shipping).
- Consolidated orders receive a volume discount. An order of \$225 or more gives you a \$5.00 credit.

Scientific supplies, order from our contract suppliers:

- Consolidated orders receive a 2% discount on volume purchase orders of \$500 or more from Fisher Scientific.
- When purchasing for a new lab, use the discounts offered from the Marketplace link titled "Lab/Research Goods & Services."

Remanufactured toner cartridges, order from our contract supplier Southern Cross Systems.

Computer hardware, order from our contract suppliers:

- For computer hardware - Dell
- For Lenovo computer hardware - CDW-G
- For Apple computer hardware - Use Emory Express to access the Apple Store.

For a complete list of Emory's commodity contract suppliers, visit the Emory Procurement Marketplace at www.finance.emory.edu

Turning Trash Into Treasure

Emory's Office of Sustainability Initiatives in conjunction with Emory Recycles and Emory Surplus have recently initiated a number of programs geared toward making the Emory more sustainable while saving its employees and students money.

We've all heard of the three Rs—Reduce, Reuse, Recycle.

One of the best ways to reduce waste is to reuse goods from Emory Surplus. The Emory Card is now an accepted form of payment at Emory's Surplus Properties (on Briarcliff Road). Surplus Properties collects used Emory property including furniture, computers, vehicles and office equipment and offers it for sale to students, faculty and staff.



Through re-sale efforts of Emory property, Surplus Properties extends the life of furniture and electronics and decreases the Emory's landfill waste. By accepting the Emory Card, Surplus Properties hopes to make it easier for students to purchase items and keep these items out of Georgia landfills.

Emory Surplus has a great collection of desks, chairs, couches and other equipment perfect for the office, residence hall or home. To view items for sale, visit <https://www.fm.emory.edu/surplus/index.htm>.

This year as you spring clean, make sure your furniture, clothes and electronics don't end up in the local landfill. Emory Recycles and Surplus Property are teaming up to offer a "*Don't Dump It, Donate It!*" program. This collection drive is scheduled to take place from April until May and is coordinated with a local Atlanta shelter. During the collection event, boxes will be placed in residence halls where employees and students can donate their gently-used items.

To learn more about Emory's Sustainability Initiatives to help restore the global ecosystem, foster healthy living and reduce the University's impact on the local environment, visit <http://sustainability.emory.edu>.