

**October Comfort Zone** - Health and Wellness newsletter - This month's issue discusses Public Transit Safety; Injury Prevention Tips for Weekend Warriors; Let there be light; mindfulness tips and more! Check out the Wellness Zone section. <http://www.uleth.ca/hr/wellness/newsletters>



# October Wellness & Recognition Newsletter



## Join us at the 10th annual Life Balance Fair!

It's October and that means classes are in full swing, leaves are falling, pumpkins are being carved and it's Healthy Workplace Month! It's time for the annual Life Balance Fair, hosted by the U of L Wellness

## Candace Dueck

Information Centre



Candace has been participating in Bon Odori dancing for three years. She



## Upcoming Events

**10/4 - 11/29**

**Health Check for U**

8AM - 10:30AM

M2009, M2011

[Register here](#)

[More info here](#)

**10/13**

**Lunch & Learn- U-Hall  
Architecture Tour**

12- 1pm

E690

Committee.

The Life Balance fair will take place  
**Wednesday October 26, from 10AM – 1:30 PM** on the indoor track of the 1st Choice Centre for Sport and Wellness.

We had a very successful fair last year with 60 exhibitors and more than 350 participants and this year we are aiming to increase participation.

Mark your calendars and stop by and learn about a range of services available in Lethbridge including physiotherapy, audiology, reflexology, fire safety, local sports clubs, orthotics, massage, and so much more!

Also be sure to enter your name to win a door prize, last year we gave away more than 40 different prizes!



## Volunteers Needed!

The Wellness Committee is looking for volunteers to help run the Life Balance Fair. The fair runs from 10:00 AM- 1:30 PM and

enjoys different genres of dance and found Bon Odori dancing akin to Zumba.....only in slow motion.

A friend asked her to join and she learned with the help of the group leader Pat Sassa.

Everyone wears a yukata and obi in this dance.

What helped Candace to learn the art was to follow a momiji dancer who knew all the steps and arm movements by rote.

Candace says you need to have a sense of rhythm to pick up the dance. Anyone interested in starting is welcome to attend the Buddhist Temple as the dance instruction is held there.

[Register here](#)

**10/18**

### **Scariest Plants with Lyndon Penner**

a presentation about the scariest, most frightening, creepiest things in the plant kingdom - admission by donation

7pm

Geomatic Attic

Check out Lyndon's poster [here](#)

**10/19**

Mini Massage

1-3pm

L1114

[Register here](#)

**10/26**

### **10th Annual Life Balance Fair**

Indoor track at Centre for Sport & Wellness

[Further event details](#)

**11/9**

### **Lunch & Learn- Sleep**

12- 1pm

AH 100

[Register here](#)

**11/16**

### **Mini Massage**

1-3pm

shifts are flexible.

Jobs include set-up and take down, registration, and photographer.

Please contact [wellness@uleth.ca](mailto:wellness@uleth.ca) if you are able to help.

## Healthy Workplace Month

October is *Canada's Healthy Workplace Month*® (CHWM). The goals of this initiative are to:

1. Increase awareness of the need for a comprehensive approach to workplace health in Canada that is influenced by the four elements of a healthy workplace:

- Healthy Lifestyles
- Workplace Culture and Mental Health
- Physical Environment
- Corporate Social Responsibility

2. Provide healthy workplace tools, resources and best practice examples, through [www.healthyworkplacemonth.ca](http://www.healthyworkplacemonth.ca), to help organizations create healthy workplaces with benefits for employees and themselves



“Dancing is good for your body, soul, mood and whatever ails you.”

Share how YOU stay well at U of L! Submit your activity [HERE](#).

## Stretch & Strengthen

Wellness & Recognition partnered with Communications to create a video that leads you through a couple stretches you can do at your desk.

AH119

[Register here](#)



### Mini Massage is Back!

Book your 15 minute session at [Mini-Massage Registration](#) and add a little relaxation to your work day.

Oct. 19 1-3pm L1114

Nov.16 1-3pm AH119



### Lunch & Learns

We are currently booking and planning monthly Lunch & Learns for 2017. Have an idea or want to present? Contact [wellness@uleth.ca](mailto:wellness@uleth.ca).

A light lunch is provided.

### Upcoming Lunch & Learns

October 13

#### U-Hall Architecture Tour with Mike Perry

Learn about the unique and distinctive architecture and history of U-hall on a guided

3. Increase the number of healthy workplaces in Canada

## Living Well at U of L

The U of L recognizes that our people are our greatest asset and that the balance of individual health and well-being is critical to overall University success.

The U of L is committed to being a healthy workplace and offers wellness related events, training, resources, and services including;

- health spending account for fitness equipment of health services
- free office ergonomic assessments
- monthly Lunch & Learn's on wellness related topics
- the annual Life Balance Fair
- the Long Service Awards
- Bee Amazing Race workplace fitness challenge
- Employee & Family Assistance Program services
- monthly wellness newsletter



[Visit the link](#) to see the short video with an upper and lower body stretch you can do once an hour to stretch out your body.



To download a copy of the Stretch & Strengthen program, visit the [Wellness website](#).



## October Mental Wellness Tip

### Check Up from the Neck Up

Provided by the [Mood Disorders Association of Ontario](#), Check Up from

tour. Meeting location to be announced.

[Register here](#)

November 9

### All About Sleep with Dawn Filewych

With over 80 specific sleep disorders, many of the disorders have INSOMNIA as the key or presenting symptom. This session will investigate this symptom and look for possible causes and possible solutions.

**Let's investigate how to get a good night's sleep!**

[Register here](#)



**MAKE SCHEDULING ALTERNATIVE CHILDCARE EASY WITH ON-CAMPUS PROGRAMMING!**

Destination Exploration is an engaging, fun-filled day and a great way for students to enjoy their day off school and experience various aspects of the University of





# Calgary Corner

## Health Check for U & Mini Health Fair

Monday, October 17

Mark your calendars, Calgary Campus- because Wellness is coming to you! On Monday, October 17th nursing students and the Wellness Manager will be coming to your campus to conduct 'Health Check for U' and run a mini health fair.

### Health Check for U

U of L Wellness, Health Centre and Nursing Students will be on campus to provide **free confidential** Cardiovascular screening to all **staff and faculty** of the University of Lethbridge.

### The 15 minute screening includes:

- Measuring your height, weight, & waist circumference
- Taking your blood pressure
- A finger poke to obtain a blood sample for cholesterol and blood sugar levels

### After the screening:

the Neck Up is a simple, online, private, mental health check-up that can identify some symptoms of depression, anxiety or bipolar disorder so you can get help if you need it.

You can also learn more about mood disorders and find resources to help yourself, your family members, or friends.

## Get started

## today!

Visit the [Wellness Page](#) to find more mental health resources.



## U of L Staff get a discounted ONE Pass at the Sport & Wellness facilities?

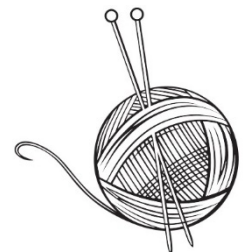
U of L Staff can purchase a one year One Pass for only \$386 (community

Lethbridge.



Friday, October 21  
Friday, November 25  
8:30 a.m.- 4:30 p.m.  
Ages 6-12  
\$40/day/child

Visit the [SRS registration](#) page to register your child now!



### Knit 'n' Knatter/Crochet 'n' Chatter

The U of L Art Gallery is pleased to continue our new programs for grown-up art fans with "Knit 'n' Knatter/ Crochet 'n'

-You'll come back for a 20 min session where we will review your results with you and work with you to develop a health lifestyle plan.

### **Health Fair**

Alongside the screenings, a mini health fair will take place highlighting local resources to better your health and wellness.

Contact [Suzanne McIntosh](#) for more details.

members pay \$572). This entitles members to access the fitness centre, indoor track, gym floors, pool and climbing wall (times permitting for all).

**A membership also includes drop in fitness classes, use of the locker rooms and steam rooms and discounts on Group Programs and Services.**

**Visit the friendly staff at Customer Service for more information!**



### **Wellness Study Participants Wanted!**

Erin Davis is a fourth year Psychology and Religious Studies student doing a double major in religious studies and psychology. She is currently working on her Undergraduate Honours Thesis under the supervision of Dr. Jennifer Mather and Dr. Jean-Baptiste Leca of the Psychology department. In the summer of 2015 Erin was fortunate to work with the Bhutanese community of Lethbridge as part of an applied study. She focused her research on immigration and multiculturalism in Canada, specifically looking at how immigration and refugee experiences affect an individual's mental and physical health. Erin's undergraduate thesis is a continuation of these

Chatter" one **Monday** each month from **12 – 1 pm**.

Open to all, experienced crafty folk can bring their own projects or newcomers can come and try making a granny square with the assistance of gallery staff and volunteers. The program will provide an opportunity for an informal social event to view the exhibitions, swap knitting tips, and enjoy the public space of the gallery. As a day time event, we know that it is easier for on-campus people to attend, but everyone is welcome.

studies focusing on immigration and its effects on perceived wellness. She would like to **invite faculty and staff** to participate as control group participants. Erin sends her thanks in advance for participation in this study. **Click [here](#) to start this 10 minute survey, or for more info.**

## EFAP Frequently Asked Questions



The University of Lethbridge Employee and Family Assistance Program is a confidential resource provided to help faculty, staff and family members (who are enrolled in the benefits plans) enhance their personal and workplace functioning.

You and your eligible dependents can each receive up to twelve hours of counseling services per benefit year provided through the EFAP. Counselling services are provided either in person, over the phone or through a secure Internet site.

The EFAP offers confidential, professional counseling (and referrals, when required) for you or your family's personal difficulties.

Everything is completely confidential. You won't be identified to anybody – including your employer.

### **Who is our provider?**

Homewood Health: 1-800-663-1142 [www.homewoodhealth.com](http://www.homewoodhealth.com)

### **Who may use the services of the EFAP?**

Faculty and staff who are enrolled in U of L Benefits plans, and their dependents who are covered under their benefit plan.

### **How long are appointments and how are they conducted?**

Appointments are usually an hour but may vary in length depending on individual needs. The allowed maximum of up to twelve (12) hours per participant, for each benefit year, (January-December) are conducted in a variety of ways (Face-to-Face, E-counselling or Telephonic Counselling).

---

**Are EFAP appointments confidential?**

Yes. The EFAP carefully adheres to professional standards of ethics and confidentiality. Records maintained by the EFAP are not part of or accessible to any other University record system. Except for danger to self or others, child or elder abuse or neglect, or authorized legal access, no information is released without consent of the client.

**What does it cost to use the EFAP?**

There is no cost to you for up to twelve, 1-hour long appointments with the EFAP.

**What if the issues concerning me cannot be dealt with by the provider?**

If this is the case you will be referred to other professional services in the community with expertise in your area of concern. You would be responsible for any applicable fees charged by these other professionals.

**My supervisor (or spouse/co-worker) wants me to come for counselling. Do I have to?**

Use of the EFAP is voluntary. This said, if someone is suggesting the EFAP, they must be worried about you and it may be a good idea to talk with a professional. When you think about it, an hour with a trained professional who listens carefully to your concerns is a supportive event.

**I think my co-worker (or spouse/child) should come to see you. How do I talk to them about this?**

It's best to bring this up in a relaxed way. I recommend saying something simple like, "I am concerned about you. What do you think about talking to someone trained to work with what you are faced with right now."

Teenagers and children often respond positively when parents ask them in a friendly way if they would like someone to talk to.

If the person you are concerned about is reluctant to come for counselling, it may also help to offer to come with them to the first appointment.

**Is it true that most people who come to the EFAP have alcohol or substance abuse issues?**

No, this is not true. Most people who use the EFAP come to discuss relationship issues or personal development. People also come for help with managing anxiety or for assistance in adjusting to a new community.

In the past there has been stigma attached to seeking counselling but this is changing and people are realizing that counselling is a place where we can enhance our personal growth and effectiveness. Seeking counselling is not something to be ashamed of.

**I'm a supervisor/ manager and I need some direction in handling an employee mental health situation,**

---



### **where can I get assistance?**

Contact Homewood Health by telephone (1-800-663-1142) and ask for the “Key Person Advice Line”.

## **Contact Numbers:**

**Toll Free English** 1 (800) 663 1142

**Toll Free French** 1 (866) 398 9505

**TTY (Hearing Assistance)** 1 (888) 384 1152

**International (Call Collect)** 1 (604) 689 1717

There is no cost to you for accessing Homewood Health; however there may be a cost to you for accessing the community services. If fees are assessed, the claim is eligible under the Health Spending Account. Need more info?

Click [EFAP](#).

---