

University of  
Lethbridge



# WELLNESS & YOUR HEALTH

## October 2018 Newsletter



10/12

**Health Check for U is back! We are teaming up with the Health Centre to bring back this popular health screening program.**

Markin Hall 2007 Most Fridays starting Oct 12

8:00 - 10:00 AM in 15 minute increments

Register [Here](#)

Click [here](#) for more info on the program.

**10/12**

**Cannabis Information Session**

12 - 1 PM

AH 100

Register by emailing [Janice.Driver@uleth.ca](mailto:Janice.Driver@uleth.ca)

**10/17**

**Wellness Walk**

12 - 12:30 PM

Meet at the climbing wall by the south doors on the main level 1st Choice Savings Centre for Sport & Wellness

**10/17**

Naloxone Training Session

1:30 - 2:30 PM

D 610

Register by emailing [Janice.Driver@uleth.ca](mailto:Janice.Driver@uleth.ca)

**10/23**

**Flu Shot Clinic**

Sport & Rec, east side of stairs.

9:30 AM - 3 PM

**10/25**

**Blood Pressure Clinic**

Markin Hall Atrium - come get your blood pressure checked by the Lethbridge College Nursing students!

8:00 - 10:50 AM;

SRS Atrium West side

1 - 3:50 PM

**10/26**

**Blood Pressure Clinic**

SRS Atrium - come get your blood pressure checked by the Lethbridge College Nursing students!

8:00 - 10:50 AM;

SU Building South Foyer

1 - 3:50 PM

**10/30**

**Flu Shot Clinic**

UCA Atrium

9:30 AM - 3 PM

**10/30**

**Wellness sessions - Blue Cross 'Balance' Demos**

**Find out how to earn rewards while staying healthy!**

AH 100

11 - 11:45 AM & 12 - 1 PM

More info [Here](#)

Register [Here](#)

**10/31**

**Annual Life Balance Fair**

10 AM - 1:30 PM

1st Choice Savings Centre Track

For more information, click [here](#).

**11/7**

**Wellness Workshop - Using Safety as a Formula for Supervisor Success**

**Presented by Lori Weber**

AH 100

11 AM - 12 PM

Register [Here](#)

**11/9**

**Health Check for U is back! We are teaming up with the Health Centre to bring back this popular health screening program.**

Markin Hall 2007 Most Fridays

8:00 - 10:00 AM in 15 minute increments

Register [Here](#)

Click [here](#) for more info on the program.

**11/22**

**Wellness Workshop - Time Management**

**Presented by Craig Milner (Dhillon School of Business)**

AH 137

1 - 2 PM

Register [Here](#)





*Pictured above: Ami-Marie Perry*

## **October Wellness Champion**

October's Wellness Champion is biking enthusiast, Ami-Marie Perry, from Enrolment Services.

Ami-Marie is passionate about biking. She recalls the fond memories she has of learning to bike as a child and how she took those skills and continued to use biking as a form of physical activity, transportation and just pure joy over the years. Ami-Marie explained that she bikes as much as possible and wherever she can go.

Ami-Marie has been biking for the past 26 years, ever since she first learned how to as a child. What first attracted Ami-Marie to biking was growing up on a farm. Ami- Marie said that biking was the easiest form of transportation and the best way to take the dogs out for a run. It was also the best way to be able to see my friends who lived a few miles away before she could drive.

She got started like everyone else got started - with a lot of falling.

for more information!

**Click here to check our  
website for more information**

## **APP CORNER**



### **Zombies, Run!**

In the spirit of Halloween this month, we have found this running app that is Zombie themed!

Run in the Real World.

Become a Hero in Another.

Only a few have survived the zombie epidemic. You are a Runner en-route to one of humanity's last remaining outposts. They need your help to gather supplies, rescue survivors and defend their home.

And you have another mission — one they don't know about.

### **HOW IT WORKS**

Walk, jog or run anywhere in the world.

Ami-Marie says she is thankful for grass and soft landings! She described herself as very stubborn, and that was the main driving force behind her success learning to ride a bicycle. She wanted to keep up with her brother, so she powered through the falls and one day it all just clicked, and she hasn't stopped riding since. Ami-Marie says that she is thankful that her Mum was there to help her clean up the scrapes from falling. She says that trying to learn on gravel wasn't always the easiest but having grass to fall on definitely helped ease any fear I had of falling because it was a softer landing.

Ami-Marie shared that if you're interested in getting into biking, the most important thing is to find a bike that actually fits you and a good seat! Ami-Marie says that biking has affected her life positively, because every place that she has moved, she has had a bike and relied on it to get around. When she was in university in Kelowna, she didn't have a vehicle so getting to work and back, getting groceries, and going to see her friends were all done on her bike. Ami-Marie used public transit as well (thanks to the U-Pass that was provided) but it was much more convenient sometimes to just hop on her bike and go.

Please help us thank Ami-Marie for sharing her story, as well as congratulate her on leading a healthy lifestyle!

Hear your mission and music through your headphones.

If you're chased by zombies, you'll have to speed up!

You'll automatically collect supplies to build up your base.



**Zombie Chases. Get your heart racing.**



**200 Missions. You'll never run out of motivation.**



**Interval Training. Create your own missions.**



**Sync Online. Track your runs and share your progress.**



For Ami-Marie's article and past Champions, click here.



Andrea Baker from Blue Cross will be here to review the Blue Cross Balance program on October 30th.

Click here for U of L Wellness Lunch & Learn Presentations



Mini Massage sessions are back on campus this semester. There will be three sessions this fall:

- October 3rd, 2018 from 1 - 3



Base Builder. Collect supplies to rebuild your town.



Walk, Jog, Run. Fun at every speed.



1 Million Players. The biggest smartphone fitness game, ever.



Run Everywhere. Outside, indoors, in gyms.



Award-Winning Story. So good you'll want to play every day.

PM in AH 137

- November 15th, 2018 from 10 AM - 12 PM in L 1114
- November 29th, 2018 from 10 AM - 12 PM in D 635

[Register here](#)



For those of you who use Outlook Calendar (we are still investigating a Mac capable calendar option), the following link will allow you to add the University's payroll deadline dates into your calendar to advise you when payroll authorization and timesheet approvals' deadlines are. This will greatly assist Human Resources in meeting our tight payroll processing deadlines.

Please use this [link](#) to select the deadlines you would like to add to your calendar, the deadlines are listed below:

- 2018 Hourly Timesheet Approval Deadlines
- 2018 Monthly Timesheet Approval Deadlines
- 2018 Payroll Authorization Form (PAF) Deadlines



OR



U of L Wellness will be teaming up with U of L Dietitian, Faye Craig, to share monthly Nutrition tips leading up to Healthy Workplace Month in October.



You can find a full list of our weekly #NutritionTips on our [website](#).



**#breakthestigma**

Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The week this year is taking place from September 30th - October 6th and was established in 1992 by the Canadian Psychiatric Association and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) in cooperation with all its member organizations and many other supporters across Canada.

To learn more about MIAW and the CAMIMH, click [here](#).

One of CAMIMH's major annual initiatives is the Faces of Mental Illness campaign, a national education campaign that operates in conjunction with Mental Illness Awareness Week (MIAW). MIAW will reach more Canadians than ever before through their annual campaigns. We hope you join the conversation and help put an end to the stigma associated with mental illness.

To meet CAMIMH's Champions of Mental Health 2018, click [here](#).



# YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD

Date: Wednesday, October 10th, 2018

Location: University of Lethbridge - UCA Atrium

Join uLethbridge Student Success Centre in the UCA Atrium from 10am - 2pm!!

- Today we wear PURPLE to raise awareness of mental health issues across campus.
- The theme for World Mental Health Day 2018 is "Young People and Mental Health in a Changing World"

---

"Our young people today face constant stressors and challenges – happening in their own lives and in the world around them. Many of the issues facing our young people today, such as, bullying, suicide, the onset of major mental illnesses, the effects of trauma, and gender identity discrimination require our time and attention, global awareness and compassion, as well as new programs and guidelines on how we can protect and empower the next generation." - WFMH President Professor Alberto Trimboli

- 
- They will be offering a space for open dialogue regarding mental health issues for students.

- They will be setting up an outreach event where we will be promoting and recruiting active listeners for the 7 Cups of Tea program, which is an online emotional support program.

- Tea will be available - while quantities last.

- Go see them and enjoy a cup of tea!

- Don't forget to wear Purple!

TEA - a Hug in a Cup



Taking place on October 16 each year, **World Spine Day** has become a focus in raising awareness of back pain and other spinal issues. With health professionals, exercise and rehabilitation experts, public health advocates, schoolchildren and patients all taking part, #LoveYourSpine will be celebrated on every continent.

#LoveYourSpine will highlight the importance of spinal health and wellbeing. Promotion of physical activity, good posture, responsible lifting and healthy working conditions will all feature as people are encouraged to look after their spines and stay active.

To learn more about World Spine Day and the #LoveYourSpine campaign, click [here](#).



# JOIN US FOR THE 12<sup>TH</sup> ANNUAL *LIFE BALANCE FAIR*

October 31<sup>st</sup>, 2018 from 10 AM- 1:30 PM  
1<sup>st</sup> Choice Savings Centre for Sport & Wellness Track

**Canada's Healthy Workplace Month will take place from  
October 1st – 31st, 2018.**

In celebration, the U of L Wellness Committee invites all University of Lethbridge faculty, staff and students to attend this FREE fair that features a wide variety of exhibitors that will help attendees explore ways of finding balance in their personal and professional lives.

The fair will feature door prizes, demos, Therapy Dogs, massages, Flu Shots, and more!

Alberta BlueCross Wellness Expert, Andrea Baker will be on Campus on October 30<sup>th</sup> presenting Balance Program Demos. Contact [Wellness@uleth.ca](mailto:Wellness@uleth.ca) to register or for more information\_





## Calgary Corner

Written by Karen Ogilvie

Check back next month for a new article!

---

It is that time of the year again when Albertans need to start thinking about seasonal influenza.

**What is influenza?**

Influenza is a respiratory illness - it is NOT the "stomach flu"...

Seasonal influenza causes sudden onset of fever and chills, cough, headache, muscle and joint aches, and extreme tiredness. Most people will get better within a week or two but some people will develop severe complications, including pneumonia. Some people will die from influenza. Influenza is easily spread by droplets in the air when an infected person coughs, sneezes or talks.

**Why get vaccinated?**

Immunization with the seasonal influenza vaccine remains the single most effective means to protect yourself and your family from influenza and prevent the spread to others. All Albertans (six months of age and older) are eligible for the vaccine free-of-charge. On Monday, October 15th and running into January 2019, influenza vaccine will be available at pharmacies, certain family doctor offices and through Alberta Health Services influenza clinics. Alberta Health Services will offer the seasonal influenza vaccine to the public at various immunization clinics across Alberta. Having staff off sick with influenza impacts business continuity – challenge and support your staff to get immunized to stay healthy during influenza season. Family members of staff are also encouraged to be immunized as this prevents circulation within the household.

On October 1, 2018, the Alberta Health Services immunization clinic schedules in your area will be posted on our website [www.albertahealthservices.ca/influenza](http://www.albertahealthservices.ca/influenza). Alternatively, you can call Health Link Alberta at 811 or speak to your pharmacist and/or family doctor. We would ask that you share this information with your citizens / employees / clients.

**Influenza is serious. Prevention is your protection.**

Here are some simple steps to protect yourself and your family from influenza:

- **Get immunized!**
- **Clean your hands.** Wash your hands often with soap and warm water before you eat or serve food, or after you have been in contact with a person who is ill. Hand sanitizers work very well.
- **Cover your cough.** Cough or sneeze into your elbow or sleeve, not into your hands, or use a tissue to cover your nose and mouth. Throw the tissue into the garbage and wash your hands.
- **Stay home when sick.** Stay home when you have symptoms of illness (fever, cough, headache, extreme tiredness).
- **Stay fit and healthy.** Eat a healthy diet, quit/reduce smoking; get plenty of sleep and regular exercise.

Please contact your local Public Health office if you have any questions or concerns.

Alberta Health Service's 2018/19 Influenza Immunization Program begins October 15, 2018. Plan ahead to arm yourself and your family against influenza this season!

Influenza immunizations will be available, free of charge, to all Albertans six months of age and older, through AHS clinics, pharmacies, and physicians.

Note: Pharmacists can now immunize children five years of age and older. Children, less than five years of age must be immunized at an AHS Clinic.

Find a clinic for your whole family by clicking [here](#). You can also call 811.

There will also be a few Flu Shot Clinics on campus this month. One on October 23rd from 9:30 AM - 3 PM in the Sport and Rec Building, east side of the stairs. The next on October 30th from 9:30 AM - 3 PM in UCS Atrium. And lastly, at the Life Balance Fair on October 31st from 10:00 AM - 1:30 PM. Be sure to bring you healthcare card!

For more information on the Influenza Vaccine, read the following PDF

October 2018



# Life Lines

Improving your quality of life, one step at a time

## Issue #10:

### 360 DEGREES OF MENTAL HEALTH: A BROAD VIEW OF ITS IMPACT AND LAYING A FOUNDATION FOR BETTER MENTAL HEALTH HYGIENE



Few things have a greater impact on one's life than their mental health. With at least 1 in 5 Canadians experiencing a mental health disorder in their lifetime according to a 2015 study by the Mental Health Commission of Canada,<sup>1</sup> there's a vast spectrum of possible mental health challenges affecting just as broad a spectrum of people. Yet there remains a commonality: mental health impacts how you feel and function in some of the most significant areas of your life.

#### Impact on home and family

Precisely where and who one considers "home" and "family" varies widely. At the heart of both is a comforting place to land, decompress and bond with those dearest to you - all aspects that can boost your mental health but just as easily suffer when anxiety, depression or other mental health disorders come into play. At home, common responsibilities and chores like doing the dishes or laundry, caring for children, checking the mail, balancing a chequebook or preparing meals may become overwhelming or difficult to complete when facing a mental health disorder. This can create unwanted dysfunction such as, incomplete tasks,

resentments, broken relationships or induce feelings such as inadequacy, sadness or hopelessness.

***Approximately 11 million Canadians aged 15 and older report having a family member with a mental health disorder. Over one-third of them feel their time, energy, emotions, finances or daily activities have been affected by their family member(s) disorder.<sup>2</sup>***

Similarly, interactions with family - perhaps already fraught with sensitivities or delicate history - while dealing with mental health concerns may cause anxiety, anger, despondency or extreme discomfort in both the person dealing with the illness itself, and spouses, partners, children or other family members whose lives are also being impacted by their loved one's challenges. The possible friction, arguments, or concerns that may ensue can further irritate, alienate and isolate all parties involved. Sometimes breaking a family unit irrevocably or negatively impacting the emotional development of children - precisely when everyone needs the most support.



[FOR THE FULL ARTICLE, CLICK HERE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <ul style="list-style-type: none"> <li>• Basic Diabetes Management 1:00-4:00 (Lethbridge RN2/RD3)</li> </ul>	<b>2</b>	<b>3</b> <ul style="list-style-type: none"> <li>• Heart Chec #2 9:00-12:00</li> <li>• Getting Started 6:30-9:00 (LCMA115)</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Basic Diabetes Management (Taber) 9:00-12:00</li> <li>• Energy Management #1 10:00-12:00</li> </ul>	<b>5</b>
<b>8</b> <b>Thanksgiving</b>	<b>9</b> <ul style="list-style-type: none"> <li>• Getting Started 1:30-4:00</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Heart Chec #1 9:00-12:00</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Grocery Store Tour 1:30-4:00 South Superstore (DBRD1)</li> <li>• Energy Management #2 10:00-12:00</li> </ul>	<b>12</b>
<b>15</b>	<b>16</b> <ul style="list-style-type: none"> <li>• Stroke Sense 1:30:4:00</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Heart Chec #2 9:00-12:00</li> </ul>	<b>18</b>	<b>19</b>
<b>22</b> <ul style="list-style-type: none"> <li>• Healthy Eating for Reducing Risk 1:30-3:30 (DBRD1)</li> </ul>	<b>23</b>	<b>24</b> <ul style="list-style-type: none"> <li>• Heart Chec #1 9:00-12:00</li> </ul>	<b>25</b>	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b> <ul style="list-style-type: none"> <li>• Heart Chec #2 9:00-12:00</li> <li>• Getting Started 6:30-9:00 (LCMA117)</li> </ul>		

\*\*\*Registration is REQUIRED for these classes, please call Alberta Healthy Living at 403-388-6654 or 1-866-506-6654

[Click here to view the Class Calendar](#)



Copyright © 2018 University of Lethbridge, All rights reserved.

Want to change how you receive these emails?  
 You can [update your preferences](#) or [unsubscribe](#) from this list.

