

April Comfort Zone - Health and Wellness newsletter - This month's issue discusses garden safety, identifying a latex allergy, managing fatigue, and more! Check out the Wellness Zone section. <http://www.uleth.ca/hr/wellness/newsletters>



April Wellness & Recognition Newsletter



How Erasmus Okine Stays Well at U of L

In October we conducted interviews with some of the University's senior leaders to see how they stay well at U of L.

Erasmus Okine, P.h.d., PAS, FICN

To read Erasmus' full interview, [go to the Wellness website.](#)

What does Wellness mean to you?



Spring into Wellness Challenge

Congratulations to those who finished last month's Spring Into Wellness Challenge. For twelve days challengers completed one or two daily challenges that were related to exercises, nutrition, mental health and kindness.

We had 51 people complete and submit their checklists (see list below). 27 participants earned 10,000 points and 24 participants earned 20,000 to go toward their individual or team score in May's Bee Amazing Race.

DRAW WINNERS

Besides earning points, five participants were awarded draw prizes. Congrats to:

Upcoming Events

4/20

Lunch and Learn- "Self Defense"

PE 255

Instructor: Brandie Lea - Advancement

12:00 pm- 1:00 pm

[Register](#)

[Click Here for Details](#)

4/25 & 4/26

Mental Health First Aid for Adults who interact with Youth

AH 177

9:00 a.m.- 4:30 p.m.

[Email for more info or to register](#)

4/28

For me, wellness is a continuum. It means being healthy (both physically and mentally), eating well, making sure you have a work life balance and taking care of yourself.

What physical activities do you do to stay well?

In recent times my knees have begun to hurt so I've begun biking; road biking, mountain biking, and the hybrid. I often bike or speed walk with my wife and I want to set up table tennis here.

The most common reason people give for not being active is that they don't have the time. As a senior leader you have a very busy schedule- how do make the time for wellness activities?

As senior leaders we need to walk the talk and make it a priority to stay healthy and to be well in everything we do, so I try to walk the talk and set a good example. ***If you take the time to get in physical activity you get a mental rest and come back to work refreshed with more energy.*** I know it sounds like a cliché but you'll find that you are more mentally aware, you think more strategically, you don't get as tired and you have lots of fun.

Do you have some tips for managing workplace stress?

The best way is through relationships and letting people know where you are at and what's stressing you out because they can help. If I'm feeling stressed I don't just close the door, I let people know and they can help me find ways to manage. You can't let stress get to you, there's always stress.

The second way is to prioritize your workload. Don't always be jumping from one thing to another. For me, multi-tasking is stressful so I set my daily priorities and I check them off as I work throughout the day. I have a time to check email, unless I know something important is coming in, so I'm not distracted.

- Patti Infanti
- Ashley Amson
- Victoria Holec
- Julie Crowe
- Cindy Matheson

CHALLENGE FINISHERS

Alyssa Di Rocco	10,000
Anamaria Turk	10,000
Ashley Amson	10,000
Bev Garnett	20,000
Cailey Basham	10,000
Christina Harsch	10,000
Cindy Matheson	20,000
Dan Kazoff	20,000
Darlene Unrau	20,000
David Dalcanale	10,000
David Scott	10,000
Devan McNeill	20,000
Donna Butterwick	20,000
Elaine Carlson	20,000
Gwen Umeris	10,000
Jean Harrowing	20,000
Jessica Goodrider	10,000
Joanne Des Roche	10,000
Joey Grace	10,000
John Kometz	10,000
Jon Kozub	20,000
Judith Kulig	20,000
Julie Crowe	20,000
Katelyn Krausher	10,000
Kelly Morris	10,000
Kim Brigitzer	20,000
Kimberley Laidlaw	10,000
Kristen Hood	20,000
Kristy Grant	10,000
Laurel Corbiere	20,000
Lenore Fikowski	20,000
Liz Piquette	10,000
Lynette Harty	20,000
Marina Lake	10,000
Mary Nugent	10,000
Michelle Janus	10,000
Nancy Walker	20,000
Nicole Eva	10,000
Nicole Freiheit	20,000
Nicole Hillary	10,000

Day of Mourning

On April 28, people across Canada stop to remember workers killed, injured or disabled on the job.

[Lethbridge Ceremony](#)

5/4

Long Service and Retiree recognition ceremony

SU Ballrooms
1:00 - 4:00 pm
All Welcome!

[Click Here for Details](#)

5/7

Annual Steps for Life 5K walk

Henderson Horseshoe Area
-\$10 per walker,
Kids under 14 free!
10:00 AM

All Welcome! [More Info](#)

[Register under](#)

[UofLethbridge team here](#)



Don't forget to join the Wellness Lunch Walk/Run Club!

Sponsored by the Wellness Committee and Sport & Rec, this program allows University employees to use the indoor track at lunchtime for only \$5 a month!

The indoor track will be open from 11 a.m. - 2 p.m. to accommodate various lunch schedules. Sign up at the Sports & Rec desk and pay \$5/month and get in a lunch time walk or run in the climate controlled indoor track.



**The mobile device
that charges you.**

10 Reasons to Bike to Work

*By: Heather MacDermid
Accounting Assistant, Financial Services*

Spring is here and everyone wants a little more outdoors time. An easy way to achieve that, for the motoring crowd, is to swap four wheels for two and pedal your way to campus every day. Several of your peers have done this already and you might want to join them because there are some great reasons to ride your bike to the U of L.

1. Bike riding is good for your body, improving strength, stamina, balance and coordination while reducing risk of chronic diseases like heart disease and diabetes.
2. Exercise is good for your brain, so you will perform better at your job or studies, especially if you run into a headwind.
3. Be happier. When studies compare the sense of well-being among different types of commuters, bicyclists usually come out on top.
4. It's a smart move. There is no more efficient means of locomotion than the bicycle and the energy it does require comes from renewable and enjoyable sources.
5. Support the University's commitment to environmental sustainability by choosing this low-impact form of travel.
6. It's fun! Tough day at the U? Be that carefree ten-year-old again as you cruise quietly along a park pathway or conquer the hill up from the

Patti Infanti	20,000
Samantha Steel	20,000
Sarah Hilliard	20,000
Sharon French	10,000
Sharon Yanicki	10,000
Shauna Haag	10,000
Sienna Caspar	20,000
Susan Hill	20,000
Susan Roth	20,000
Suzanne McIntosh	10,000
Tammy Paskuski	20,000
Tammy Rogness	20,000
Vicki Grisack	10,000
Victoria Holec	10,000

Road to Rio 2016



Heart Smart/BEE Amazing Race 2016

We're on the Road to Rio!

This summer all eyes are on Rio de Janeiro as the world's top athletes compete in the summer Olympics XXXI from August 5-21!

This year's Heart Smart Challenge is to inspire you to "walk or run" to Rio to cheer on the athletes! It's a long journey, 10,574km via air but about 16,000 via car and foot. In this challenge every 10,000 steps will equal 400km.

BEE Amazing Race is designed to take you on an inspiring journey through North and South America until you hit the sunny beaches of Rio. Each week you will travel about 2700 km and you'll be inspired by the locale.

Early bird registration starts on Monday, April 25. <http://heartsmart.ulethbridge.ca/welcome>

Every time you sign in to use the track, your name will be entered into a draw for monthly prizes! Visit the [Wellness Website for more info!](#)

CONGRATS TO SUSAN HILL

Susan was the lucky winner for March's walking club draw prize!



Mental Health First Aid for Adults who interact with Youth

Mental Health First Aid for adults who interact with youth is a 14 hour course created by the Mental Health Commission of Canada. In this course we will cover the following information:

- Explanations of mental health, mental illness and mental health problems
- Signs and symptoms of common mental health problems and crisis situations
- Information about effective interventions

river in record time.

7. Enjoy more opportunities to choose a scenic route (unless four lanes of asphalt and the rear end of a pick-up truck is your idea of scenic).
8. Get a reputation. Impress your peers with how tough you are as you pedal through winter chinooks and spring deluges. Some will never know that it's much easier than it looks.
9. Free parking at campus bike racks, or choose the low cost luxury of a bike locker (available through Sports and Recreation).
10. The Bee Amazing Race is imminent. Get ahead of the competition by racking up some beat points on your way to and from work every day.

If you haven't been on your bike in a while, make sure it is roadworthy, ie the brakes work, wheels are secure on the frame, tires are properly inflated, and the drive train runs smoothly. It also legally requires a bell or horn plus reflectors and a light if you are riding at night. For route suggestions, consult the [City of Lethbridge Pathways Map](#) or join the [Bikebridge Cycling Association facebook page](#) to solicit advice from other Lethbridge cyclists.



When it comes to things like budgeting, managing debt and saving for retirement—How prepared are you? According to a recent International Foundation survey, only 13% of organizations said their employees were very or extremely financially savvy. On National Employee Benefits Day, take a look at how you can increase your financial wellness.

Visit www.ifebp.org/benefitsday and you'll find lots of resources to get started, including:

- A [Financial Fitness Test](#) to assess your financial fitness level
- A [Financial Fitness Toolkit](#) to help you communicate with your participants
- [Retirement Security Strategies](#)- Five



2016 Long Service Awards & Retiree Recognition

The University is holding the annual Long Service Awards and Retiree Recognition Ceremony on Wednesday, May 4th, 2016 at 1:00 p.m. in the Student Union Ballrooms (S.U.B.). We will be honoring 138 employees who have completed 10, 15, 20, 25, 30, 35, and 40 years of service. We will also be recognizing 17 retirees.

All employees are invited to the ceremony and reception to honor the award recipients. The reception will include light refreshments. We hope you are able to attend this celebration.

Research Participants Needed

A master's thesis project is looking for female participants aged 40-60 for a study on the effects of sedentary time on c-reactive protein.

Participation involves five brief visits to the Exercise Physiology Lab.



WHO? Females, 40 – 60 years old who:

- Are not engaged in regular exercise,
- But don't consider themselves sedentary, & have

- and treatments
- Ways to access professional help

For more information on the Mental Health First Aid for Adults who Interact with Youth training please visit <http://www.mentalhealthfirstaid.ca/EN/course/descriptions/Pages/Fees.aspx>

The Mental Health Educator, on behalf of the Student Success Centre, is pleased to offer this training several times each year to the U of L community. The next workshop will take place from 9 a.m. to 4:30 p.m. on April 25th & 26th in AH177. Trainees must attend the full workshop to receive certification.

Please contact Callista Chasse for further details and/or to register at callista.chasse@uleth.ca. Registration deadline is April 21st, 2016.

Room or Area:
AH177

Registration is free. Email [Callista Chasse](mailto:Callista.Chasse) to confirm your attendance.



Reduce Fragranced Products on Campus

Fragrances can trigger medical distress in others including; asthma attacks,

practical goals that will help you ensure your plan participants are on the path to retirement security.

- [Retirement Security Strategies Checklist](#)
- [Financial Education Success Stories](#) where you can learn from your peers' success. Find inspiring stories with easy-to-implement tips for your organization.

- No history of chronic or inflammatory disease.

WHAT? Research study exploring the effects of sedentary time on inflammation.

WHERE? The University of Lethbridge

TIME COMMITMENT:

- 5 brief visits to the U of L campus over 3 weeks, plus
- 17 days of wearing a pedometer

WHAT'S IN IT FOR YOU?

- \$75 honorarium
- Fitness & lifestyle assessment, and an 8 wk training program
- The knowledge that you're contributing to SCIENCE!

To participate or for more information, please contact: Taura Willoughby at truba@uleth.ca or (403) 315-3489

allergic reactions, migraines, sore throats & coughing, eye irritation, and new cases of asthma in adults.

Fragrance chemicals can cause health problems similar to second-hand smoke.

Please consider reducing your use of fragranced personal products such as; laundry detergent, perfumes & colognes, lotions, antiperspirants and deodorants, hair spray, body spray, hand sanitizer, antibacterial hand soap, shampoos, wipes, dryer sheets and essential oils extracted with solvents

To learn more refer to the University of Lethbridge 'Guidelines on Scented Products' in the Policies & Procedures Manual. [Available online.](#)



Take the Tykes to Play!

Saturday, April 16
10:00 - 11:00 a.m.

Lethbridge Public Library
Main Branch
Theatre Gallery

Healthy Lethbridge is sponsoring a Roving Gym for preschool aged children and their caregivers.

Bring the little ones to play