

**July Comfort Zone** - Health and Wellness newsletter - This month's issue discusses different kinds of back pain, trampoline safety tips, the importance of injury reporting, and more! Check out the Wellness Zone section. <http://www.uleth.ca/hr/wellness/newsletters>



# July Wellness & Recognition Newsletter

Road to Rio 2016



## BEE AMAZING RACE WRAP UP PARTY

On Thursday, June 30th, about 55 people gathered to celebrate six weeks of blood, sweat and tears in the 2016 Be(e) Amazing race.

Participants were challenged to walk or run to Rio and took a journey from Lethbridge through North & South America to end in Rio.

Along the way they were met with several healthy challenges such as climbing stairs, swimming, hitting the yoga mat, or gathering their buddies for a workout.

## Staying Well at U of L

### Tracy Horne Management Co-op Program

Tracy has been participating in downhill skiing and snowboarding for 17 years.

She began cross-country skiing as a young child with her family and was drawn to downhill skiing as it offered more of a thrill! Later on, when snowboarding became popular, Tracy just had to try that too.



## Upcoming Events

7/13

### Lunch & Learn- Retiring Well

12:00 PM- 1:00 PM  
AH 100

Retirement can be overwhelming with the amount of decisions and life changes to confront. Financial decisions such as pension decisions and non-financial decisions such as health and lifestyle choices are important considerations.

In Brazilian style the party was Carnaval theme and prizes were handed out to several people in top categories.

**\*Winners who haven't collected their prizes please contact Suzanne at 5217 to arrange for pick-up.**

**Thanks to participants, the Web Team and Trevor F for their help in administering the program, Rachel R for designing this year's race and the Wellness Committee!**



### Top employee in each physical activity

**Cycling-** Lesley Brown

**Other physical activity-** Darren Christensen

**Rowing-** Linda Gilbert

**Running-** Michelle Hogue

**Team Sport-** Anamaria Turuk

**Swimming-** Sharon French

**Walking-** Julie Crowe

**Yoga-** Alyssa Di Rocco

**Weight Lifting-** Deandra Frandsen

Downhill skiing was offered as part of the physical education program when Tracy was in the fifth grade in Calgary. Later on, in middle school, Tracy took up snowboarding with a friend by taking lessons at Canada Olympic Park.

After a few ski lessons with her elementary school, Tracy continued refining ski techniques with her dad and uncle (former ski patrols). In high school, Tracy volunteered with the Canadian Association for Disabled Skiing (CADS) program at Canada Olympic Park and benefited from free ski and snowboard "professional development" lessons offered to volunteers - a great perk!

Tracy owns both ski and

Michael Kawchuk from BMO Nesbitt Burns will be present to discuss key decisions when planning for retirement.

Lunch will be provided.

[Register online](#) or email [wellness@uleth.ca](mailto:wellness@uleth.ca)

[Further event details](#)

### **Westside Farmer's Market**

Starting Thursday July 7 the Westside Farmer's Market will be held every Thursday from 3-6pm on campus in Lot R.



### **The Lunchtime Walk/Run Club is Back!**

Back in time to help you beat the heat! The Wellness Committee together with Sports & Rec will be offering university employees use of the indoor track from 11:00 a.m.- 1:30 p.m. during the months of July & August.

Employees can sign up at the Sports & Rec customer service desk and pay only \$5 a month for access.

### Participants who achieved 1 million points

- Michelle Hogue
- David Dalcanale
- Dan Koehler
- Emily Brown
- Lacie Terpstra
- Julie Crowe
- Jared Evans

### Top Badge Earner

Jared Evans- 26 badges

### Team prize for Most Average Points

**Wile E. Coyote** (2 members)

- Jared Evans - 1,102,399
- Christine Wallace - 926,971

## Team prize for Team with the Most Points

### Overall

#### **Horns Rec Roadrunners (35 members)**

- Caleb Moore
- Kendra Ferguson
- Justin Verigin
- Kevin McFadzen
- Mike Greeno
- Deandra Frandsen
- Pamela McCallum
- Scott Whiteside
- Tahsha Schabler
- Dave Adams
- Deb Marek
- Sandra Williston
- Heidi Jackson
- Stephanie Smailes
- Ken McInnes
- Shauna McLennan
- Colleen Sullivan
- Logan Gregory
- Payton Dudley
- Paige Allert
- Erikka Weisgerber
- Mariko Boulet
- Emily Braun
- Jillian Hallworth
- Paula McDonald
- Michelle Janus
- Bill Halma

snowboard equipment, as she still enjoys both sports - despite being teased by her family of all skiers! Her favourite new piece of equipment is a helmet she received as a Christmas gift; it plugs into an iPod and has speakers built into the ear flaps.

Tracy is very thankful to her parents who funded early lessons and is grateful to CADS for additional lessons - it's great to get out and practice on your own and develop your own style, but learning the basics from a seasoned pro is the best way to go!

When it comes to offering tips and tricks, it's all in the shoulders! For skiing, your shoulders should always be pointed downhill and you move your lower body. For snowboarding, your shoulders guide your turns - they move first and the rest of your body follows. It can be difficult to transition from skiing to snowboarding for this reason!

The sheer cost of skiing and snowboarding can deter some people from trying it, but Tracy suggests you watch for coupons or special offers and just go out and try a lesson! Most ski hills

Email [wellness@uleth.ca](mailto:wellness@uleth.ca) if you have any questions.



### **Sign Up to Donate!**

As of Monday, June 20, The University of Lethbridge has 410 donations toward our pledge of 800 which is 51% of our pledge. Great work everyone!!!

Summer tends to be a difficult time for blood collection as our regular donors are busy with summertime plans. During the months of July and August, we need over **1050 more donors** to book appointments at the Lethbridge clinic to keep up with patient demand.

You can help us by spreading the word about the need for donors over the summer months to your friends and family and visiting [www.blood.ca](http://www.blood.ca) to book an appointment.

Please take note of the **NEW HOURS** below.

#### **New Lethbridge Clinic Hours** **Starting July 5**

Tuesday-Thursday 12:30 – 6:30 PM

Friday- Saturday 10:30 AM – 2:30 PM

- Rob Kern
- Nikki Colucci
- Jordan Moore
- Carling Welsh
- Katie Couture
- Brittney Nyrose
- Michael Whipple
- Keeley Watt

offer rentals and lessons all in one place :)

Skiing is a sport Tracy's family participates in regularly and Family Day Weekend trips to Kimberley are great for family bonding. Switching from skiing to snowboarding frequently keeps the mind and body in shape – **you really feel it after a long day on the hill!**

## Sculpture Walk III

On June 22, Wellness partnered with the University Art Gallery to offer a third Sculpture Walk. The walk gave information on various sculptures and campus and ended with a lunch in the Art Gallery.



**Share how YOU stay well at U of L! Submit your activity [HERE](#). You don't have to be participating in the Bee Amazing Race to share your wellness journey!**

## Ways to Beat the Summer Heat

(Source: [Lifehacker](#))

1. Drink More Water





You know how important it is to stay hydrated all year round. When you're sweating a lot, either because of exercise or the summer heat, drinking enough water becomes even more important. As the CDC suggests, think of your body like an air conditioner:

Whenever your body heats up from physical activity or the hot weather outside, your internal air conditioner turns on and you begin to sweat. And remember, now that your air conditioner is using its coolant (your sweat), it is important to refill the tank — by drinking lots of H<sub>2</sub>O.

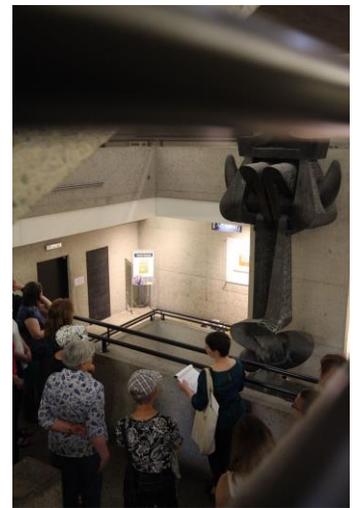
## 2. Keep Excessive Sweat at Bay

For many of us, sweat-inducing humidity is the worst part of summer. Even if you don't have excessive sweat issues, you can get the sweating under control with a few tricks, like applying antiperspirant at night so it works more effectively and wearing breathable clothing materials, such as cotton.

## 3. Optimize Your Fans



Did you know that if you face your fan out, rather than in at





To see more pictures visit our [web gallery!](#)



### The University offers staff a tuition benefit for themselves or family members!

**Staff Tuition Benefit-** Eligible Employees can waiver one hundred percent (100%) tuition, materials, and service fees for undergraduate credit courses at the University of Lethbridge, up to a maximum of 15-credit hours per semester. Co-operative courses will qualify for the Tuition Benefit.

**Family Tuition Benefit-** The spouse and dependents of eligible employees shall be entitled to a fifty percent (50%) reduction in tuition fees, including the materials and service fees, charged for the undergraduate credit courses at the University of Lethbridge, up to a maximum of 15 credit hours per student per semester.

night, your room will stay cooler and you might be able to sleep more comfortably? If you have a ceiling fan, run it counter-clockwise (the “summer” higher-speed setting) for optimum cooling.

## 4. Keep Your Food Cool and Avoid Using the Oven

Summer might be a great time to eat outdoors, but some foods and drinks aren't that enjoyable when heated by the sun. When it's too hot to cook, consider making cold soups, relying on electrical appliances like the versatile rice cooker, or try these [“no-cook” or “oven-free” recipe ideas](#).

## 5. Exercise Comfortably, Even in the Heat

Just because it's hot out doesn't mean you have to stop exercising. You can get used to exercising in the heat and use common sense strategies such as switching to water sports, avoiding the sun when it's strongest, and exercising in short bursts. [Precooling techniques](#) can also prevent you



## July Mental Wellness Tip

### Managing emotions at work

#### Planning for them

When you know that you may become emotional, plan in advance how you will manage tears, frustration or anger in a way that preserves your dignity and well-being.

#### Writing it down

When you write down your fears, hurts or concerns, they often lose their power over you. Writing it down can put things in perspective so that you can find a way forward.

#### Talking about it

Find a trusted person or professional to share what you are feeling. Talking about things is often the first step to taking back control of your thoughts, emotions or feelings.

#### Paying attention to what works

When you have successfully dealt with a stressful situation or emotion, record what you did both as a reward for your success and to refer to when you are not sure what to do. Acknowledge when you take a step in the right direction.

#### Finding a friend

Having someone at work who understands what you are going

Read more about the cost and terms of this benefit on the [HR website](#).

from overheating when you work out in hot weather.

## 6. Optimize Your Windows

You might not need to run your air conditioner if you pay a little more attention to your windows in the summer. Close the windows and use insulated drapes to keep the sun out during the day and open them at night when the sun is down. You can also hang a damp towel in front of the window to cool the air flowing into your home and open opposing windows or windows on the top and bottom floors for maximum air flow.

## 7. Cool Your Car Down Quickly

[This Japanese trick](#) will get your oven-like car closer to bearable temperature. Roll down one window and open and close the opposite door a few times to cool that car down.

## 8. Stay Cool While You Sleep



through can be an important source of support. If this is not possible, find a friend outside of work whom you can call when you need support.

### Taking a break

Use your breaks to go for a walk, find a quiet place to sit or otherwise relax and refocus. Do not work through breaks and lunch when you are stressed.

### Breathing

When we are stressed or anxious our breathing tends to become more shallow. This sends a message to the brain that there is a risk of dying from lack of oxygen, which in turn creates a stress response. Breathing deeply and slowly goes a long way to help your body to return to a less stressful state.

[Click here](#) to learn more on strategies for managing emotions at work.

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

Summer heat is worst when you're trying to get some shuteye, because a higher body temperature makes it harder to fall asleep. If you feel like an insomniac in summer, cool your head with a special pillow like the Chillow, sleep on top of a wet sheet (aka the "Egyptian method"), or try one of these other strategies in this [cool sleeping guide](#).

## 9. Know Your Body's Best Cooling Points

Finally, if you're stuck in the heat and can't find get to a cooler place, [know your body's best cooling points](#), e.g., your wrist and neck. By applying a ice cubes wrapped in a towel (or any other cold object) to these pulse points, you'll cool down more quickly and effectively.

---

# Employee & Family Assistance Program (EFAP) offers assistance to employees

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

The EFAP is a pro-active option for helping you manage your personal health and happiness.

You and your eligible dependents can each receive up to twelve hours of counselling 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 such as:

- **Alcohol or drug dependencies**
- **Emotional or physical problems**
- **Financial and legal difficulties**
- **Marital or family problems**
- **Pre-retirement Planning**
- **Sexual harassment or abuse**
- **Work-related problems**

Everything is completely confidential. Homewood Health is contracted to provide and coordinate all services and counsellors are required by law to maintain the strictest confidentiality. No one who inquires about – or receives services – under this plan will be identified to anyone without your written approval. You won't be identified to anybody – including your employer.

## 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.

For more information on the program call please see [EFAP](#) or contact [Suzanne](#)

---

# Homemade Mojo Picon Sauce



## Ingredients

1 large dried pepper  
5 cloves of garlic  
1 chilli pepper  
1 tablespoon of cumin  
125 ml. vinegar (either  
sherry vinegar or red wine)  
100 ml. olive oil  
salt to taste

## Instructions

1. Rinse the dried pepper under water and remove all the seeds. After dried, chop the pepper and grind it up using the grinder for one minute. Once done, place it in the blender glass.
2. Repeat this same step with the chilli peppers and add them together with the dried pepper inside the blender glass or the food processor (you can also use a mortar)
3. Finally, drop the cloves of garlic (as smaller better) and put them in the blender glass.
4. Turn on the blender and start to mix all the ingredients until smooth, adding the olive oil towards the end.
5. Continue mixing all the ingredients, adding now the vinegar and the cumin.
6. The last step is to adjust the salt and voila! You already have a delicious homemade mojo picon sauce to enjoy with potatoes or some meat!

Submitted by Virginia Pavia

Share your healthy recipes with [wellness@uleth.ca](mailto:wellness@uleth.ca)

---