

May 2014 GSI Newsletter

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An informational bulletin for members of the ELCIC Group Benefits Programs

May 2014



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Wellness Calendar May is...

- **Celiac Awareness Month** - see featured gluten free recipe
- **Foot Health Awareness Month** - see monthly benefit highlight
- **Mental Health Month** - Child & Youth Mental Health Day was on May 7



LIFESPEAK

Watch & Win!

We are excited to announce the



Lemon Loaf Cake

**Moist, Delicious
& Gluten Free**

Oven: 350 F

Pan: 9 x 5 loaf pan (sprayed with non-stick cooking spray)

Dry Ingredients: 1/2 C plus 1 T white rice flour, 1/2 C cornstarch, 1 1/2 t baking powder, 1/2 t xanthan gum, 1/2 t salt

LifeSpeak Watch and Win Challenge

From May 15 to June 15, 2014, every time you watch a LifeSpeak On Demand Video and complete the Watch and Win form, your name will be automatically entered to win a **\$50 Best Buy Gift Certificate!**

The two draws will take place on June 16, 2014. Enter as many times as you like - the more you watch, the more likely you will win!
Good luck!

You can access LifeSpeak On Demand 24 hours a day, 7 days a week by logging onto:

<http://shepellfgi.lifespeak.com/>

user name: elcic

password: wellness

On Demand Video topics that may be helpful include:

- Facts About Mental Illness
- Mental Health Issues During Pregnancy
- Stress and Weight
- Conducting Your Health Risk Assessment
- How To Get Started On Your Fitness Journey

Mobile Devices

You can now stream video and listen to audio podcasts on your smartphones and tablets.

<http://ondemand.lifespeak.com/mobile/>

LifeSpeak 2.0

You can sign up for the complimentary LifeSpeak 2.0 - Ask the Expert, a monthly LifeSpeak moderated web chat with a renowned expert. This is an online tool to get your own questions answered from a subject-matter leader. Sign up by going to:

<https://us8.admin.mailchimp.com/campaigns/show?id=410821>

Wet Ingredients: 1/2 C softened butter, 2 eggs, 1/2 C sugar, 1/4 C milk

Syrup: 1/2 C sugar, 1/2 C water, peel & juice of 1 lemon

Method: Whisk dry ingredients together. Cream butter & sugar until fluffy. Add eggs, beat for 15 secs. Add dry ingredients. Mix at medium speed until combined. Add milk & vanilla extract, blend until thoroughly combined & fluffy. Spread batter evenly into pan. Bake 45 mins or until golden. Cake tester should come out clean. While cake bakes, prepare syrup.

Syrup Method: Combine sugar, water & lemon peel. Boil 5 mins. Cool syrup. Before pouring syrup over cake, stir in lemon juice. As soon as cake comes out, poke it all over with a skewer. Pour syrup over cake & allow to soak in. As cake cools, it will sink - this is normal. Serve with with berries & whipped cream.
Enjoy!

Recipe courtesy of Barb Fortier, GSI Pension & Benefits Administrator, whose 11 year old daughter, Halle, was diagnosed with Celiac Disease as an infant.

Monthly Benefit Highlight Did you know...

The benefits plan covers visits to your Podiatrist at up to \$500 per calendar year. A variety of foot care items and products are also covered. For full details and helpful claim submission guidelines visit the [Group Benefits](#) tab on the GSI website.



subject matter reader. Sign up by going to:
<http://ondemand.lifespeak.com/asktheexpert/>

Sign up for the next Ask the Expert Web Chat

When? May 27th at Noon EST
Who? Alyson Schafer, Psychotherapist
What? Raising Great Kids and the Parenting Issues Involved

Users may ask questions in either French or English and choose to view the web chat in any one of a dozen languages.



Talking to your kids at any age about your mental health

Following you will find the link for the May Balance newsletter from Shepell-fgi, our Employee and Family Assistance Program (EFAP) provider. This month's newsletter offers you helpful tips and tools for discussing mental health with your kids.

[Balance Newsletter - May 2014](#)



GSI administers pension and benefits plans that enhance the well-being of employees who



Hooray it's MAY!

The flower for the month of May is the lily of the valley. The meaning of this flower is humility, chastity, sweetness and purity. The sweet smelling, delicate flower is actually poisonous and should be kept out of the reach of children and animals.

May 7th was "World Laughter Day"

In any given year, no month ever begins or ends on the same day of the week as May does.



BC plan members are invited to visit the GSI display table at the Synod Convention May 29 - June 1, 2014

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