

October 2014 GSI Benefits Newsletter (copy 03)

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An informational bulletin for members of the ELCIC Group Benefits Plan **October 2014**



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NEW! Mental Health Microsite



How to Avoid Workplace Gossip



When conversations in the lunch room involving other people are negative, inflammatory, embarrassing or hurtful, it's toxic gossip. In this month's edition of the [Balance](#) newsletter from Shepell, discover how to break the gossip cycle and focus on accomplishing your own professional goals.

This Month's "Super-Food"

Zoomer - June 2014

In conjunction with "Mental Illness Awareness Week, Shepell, your Employee and Family Assistance Program (EFAP) provider, is excited to provide you with a new online, issue-focused initiative entitled, "[Connecting Mental and Physical Health](#)". The microsite features an interactive poll and new articles, covering topics such as the mental and physical effects of weight loss and the importance of incorporating fitness and nutrition into a healthy lifestyle for your mind and body. Visit, learn and share today!

Mental Illness Awareness Week

(October 5th -11th)

World Mental Health Day

(October 10th)

LifeSpeak on Demand



Access LifeSpeak On Demand 24 hours a day, 7 days a week: [Login](#)
user name: elcic
password: wellness

Take the time to LifeSpeak this month...Anytime, Anywhere!

Addiction 101

by Dr Ray Baker, MD, FCFP, FASAM



Whole Grain Fibre

In a study that tracked more than 300,000 men and women over the age of 50, those who had the highest amount of fibre in their diets, especially from whole grains, were the least likely to die over the years that followed. (The same study revealed that they kept their looks longer, too!) Whole grains are known to help the heart, fight cancer and help ward off diabetes. *YOU DON'T NEED A WHOLE LOT.* Try a variety of whole grains like oatmeal, millet, brown rice, teff and amaranth.

ELCIC CEP Long Term Study



Members of the ELCIC Continuing Education Plan (CEP) are eligible to apply for Long Term Study grants. Maximum grants of \$5,000 are awarded on an annual basis to support the member in doing advanced studies related to the member's job responsibilities. Normally, grants apply to a recognized degree program. Click [here](#) for the

- What are Addictions - How do You Know if You Have One?
- Warning Signs of Addictions
- Risk and Prevention - Who is Likely to Become Addicted and Can it be Avoided

[Addiction in the Workplace](#)



GSI administers pension and benefits plans that enhance the well-being of employees who serve in the ELCIC and its affiliates.

Long Term Study application form. An online fillable PDF version of the Long Term Study application form will be made available on our website shortly, please check back.

Application deadline is January 15th each year and may be submitted via email to: dmendoza@elcic.ca

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This email has been sent to all GSI Board members.

In accordance with the anti-spam legislation that took place on July 1, 2014, members are able to unsubscribe from receiving communications using the unsubscribe link which can be found below. However, we may continue to send certain types of communication electronically to you as required under legislation.

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