

September 2014 GSI Benefits Newsletter (copy 02)

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



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New GSI Website Launched

View the refreshed
GSI website now: www.elcicgsi.ca

Happy Autumn



Monthly Benefit Highlight



Orthodontics: The dental plan covers 50% of the cost of orthodontics to a maximum of \$1,500 for dependent children provided the treatment commences prior to reaching age 18.

For full details visit [Group Benefits Plan Information - Dental Care](#) on the GSI website.

Wellness Calendar

Breakfast for Learning Month



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!

Ergonomics At Work and At Home

by Shona Anderson, President, Anderson Ergonomics

- Ergonomics Defined/Body Basics
- Injury Prevention through Correct Posture (Standing and Sitting)
- Setting Up Your Office Workstation

Bullying 101

by Alyson Schafer, Psychotherapist, Best Selling Author and Leading Parent Expert

- Bullying - the New Epidemic
- Characteristics of a Bully
- The Victim - What Can Parents Do?

Mobile Devices

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

Breakfast for Learning Month

Alcohol and Drug Addiction Recovery Month

National Arthritis Month

Ovarian Cancer Awareness Month

Prostate Cancer Awareness Month

September 24th - Terry Fox Run

Tips for Back to School



All the school supplies have been purchased, but did you stock up on groceries for a healthy lunch and snacks? Are you worried about your child suffering the back-to-school blues? Going back to school can be overwhelming for both a child and yourself.

Your EFAP can help. If you need to research daycare centers, after-school programs, schools, educational services, or special needs programs, connect with your EFAP and Family Support Services. The Family Support Specialists provide one-on-one telephone consultation that offers relevant information, resource referrals and educational materials for day-to-day challenges or longer-term solutions.

[Fact Sheet - Family Support Services](#)

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

Sign up for the next Ask the Expert Web Chat

When? September 18th at Noon EST

Who? Dr. Jerilynn C. Prior, Leading Endocrinologist and Expert on Women's Health

What? Women's Health: Changes Through the Life Cycle

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

How to Use a Tablet as a Teaching Tool for Your Children



There are a multitude of apps on your tablet that let your children discover music, art, the earth, the stars, and history. Whatever they're interested in, there's an app for it! In the September issue of Balance, discover the many reasons why tablets can be powerful learning tools for your kids.

Click to view this month's edition of the [Balance](#) newsletter from Shepell-fgi, our Employee and Family Assistance Program (EFAP) provider.

You may find the articles below helpful as you and your child enter the new fall school season:

[*Setting Social Media Boundaries
for your Kids*](#)

[*Bullying: Tips to Prevent and
How to Help*](#)

Monthly "Super-Food" Feature

Zoomer - June 2014



Salmon

Eating salmon appears to reduce heart failure, as long as it's served healthfully - baked, not fried. Salmon is packed with omega-3 fatty acids, an essential nutrient that we can only get from diet. It's key in lowering inflammation in the body. Other top finned friends: mackerel and bluefish. *You can take a fish out of water, but you can't take the oil out of the fish.* Research has shown that fish oil supplements don't provide the same protection against heart failure as eating actual fish.



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

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