

GSI Newsletter February 2015

An informational bulletin for members of the ELCIC Group Benefits Plan



February 2015

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Looking for Board Members

Do you know someone in your

Benefit Highlight: Vision Care



Eye examinations are an important part of preventive health care. Many eye and vision problems have no obvious signs or symptoms so we may often be unaware that problems exist. Early diagnosis and treatment of eye and vision problems are important for maintaining good vision

congregation or organization that is interested in the care of those who serve in the ELCIC? If so, then please ask them to consider a position on the ELCIC Group Services Board. We have several openings and are searching for talented, energetic and knowledgeable people. Appointments begin in the fall for a 4 year term. Meetings are held semi-annually in Winnipeg. Anyone interested should complete the [biographical data form](#) found on our website and send it to our office. For more information call the GSI office at [1-877-352-4247](tel:1-877-352-4247).

New Videos Added to LifeSpeak On Demand Library



New videos - 48 in total - have been added to your LifeSpeak library so that you and your family can get the information and support you need when and where you need it. Listed below is a sampling of the fresh new content available at your fingertips:

and eye health, and possibly prevent vision loss.

During a complete eye exam your eye doctor will not only determine your prescription for eyeglasses or contact lenses, but will also check your eyes for common eye diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health.

For full information on your Vision Care benefit visit the the GSI [website](#).

Wellness Calendar

February is "Heart Health Month"

February 25th - Pink Shirt Day

Bullying is a major problem in our schools, workplaces, homes and over the Internet. Each year on Pink Shirt Day, you are encouraged to wear pink to symbolize that we as a society will not tolerate bullying anywhere.

Super-Food of the Month

from "Zoomer Magazine" - June 2014



- How to Transform your Body by Losing Fat
- Building Engagement and Motivation in Your Team
- Finance for Everyone
- Common Personal Finance Challenges
- Stress in Children - How Can We Help?
- The Modern Family
- Managing Mechanical Body Pain
- Arthritis 101

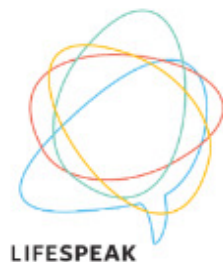
Take the time to LifeSpeak this month...Anytime, Anywhere!

Access LifeSpeak On Demand 24 hours a day, 7 days a week: [Login](#)

User name: elcic

Password: wellness

LifeSpeak on Demand



Sign up for the Ask the Expert Web Chat

When? February 19th at Noon EST

Who? Bruce Krahn, Personal Fitness Specialist

What? Transforming Your Body by Losing Fat

Dark Chocolate

Does it still count as a superfood if it tastes like a supertreat? The cacao tree originally grew in Central and South America, and its beans were used as money. Research has linked consumption of cocoa to liver and cardiovascular health and mental fitness.

HEART OF DARKNESS Take it dark (at least 65 per cent cocoa) if you want all the benefits. Milk chocolate and white chocolate don't contain as many flavonols (antioxidants), plus they are high in fat and sugar.

Equipping your Kids to Navigate their Dating Years



It is safe to say that the dating landscape has changed significantly since the time you were a teenager. Today's kids are growing up online, with active social media lives and access to an incredible amount of information and images. How can you help prepare your tweens and teens for romantic relationships?

Read this this month's edition of [Balance](#) newsletter from Shepell to find out more. Balance is a monthly newsletter designed to offer you helpful tips and tools for balancing your everyday work and family demands.



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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Our mailing address is:

ELCIC Group Services Inc
805-177 Lombard Ave
Winnipeg, MB R3B 0W5
Canada

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