

# Benefits Newsletter - January 2015

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An informational bulletin for members of the ELCIC Group Benefits Plan



**January 2015**

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## ***GSI Board Report***

The GSI Board Meeting was held on November 3 & 4, 2014 in Winnipeg

### **Vision Statement**

The GSI Board is undertaking a review of the structure and plan design of the group benefits program. As a foundation for this work, the GSI Board adopted the following vision statement:

*"GSI supports plan members in leading healthy lives and achieving financial security. This is accomplished by providing a comprehensive health,*



## **Benefit Highlight**

### **Life Insurance**

The start of a new year is a good time to review life insurance policies. ELCIC Group Benefits Plan members are covered 24 hours a day, 365 days a year. In the event of death the designated beneficiary will be paid a lump sum benefit of three times Annual Salary. Coverage also includes provision for an advance payment of benefits should the plan member become terminally ill before age 63 and require assistance with medical or other health and welfare costs. This coverage is 50% of the life benefit to a maximum of \$50,000. Please visit the [GSI website](#) for information about dependent life insurance and additional optional life insurance benefits.

## **Be Mindful to Improve Your Mental Health**



*dental and employee assistance plan as well as a generous life and disability insurance program."*

### **Depression Care program**

Effective February 1, 2015, GSI has approved a new program through our assistance plan provider Shepell~fgi. When you or a family member meet with a counselor and show significant levels of depressive symptoms, you may be eligible for this enhanced program, which is entered voluntarily with complete confidentiality. This program offers specialized care beyond the regular short term counselling.

### **Bayshore Health Care Ltd**

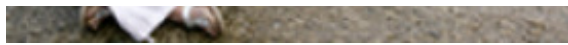
Manulife, as the provider of our healthcare benefit, has introduced a new [Specialty Drug Care program](#) effective February 1, 2015. Bayshore has developed a list of specialty drugs eligible for this program which will focus on the needs of the patient and is designed to create cost savings, improve health outcomes through best in-class case management and offer medication distribution.

### **LifeSpeak on Demand**



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

**User name:** elcic



Time seems to fly in our busy lives, as we juggle demanding jobs, parenting responsibilities, social commitments and household chores. However, taking the time to be mindful and embrace the present moment can actually benefit your mental health. In this edition of [Balance](#), learn about the five R's of mental health, and how you and your loved ones can improve your happiness—and mental health—through mindfulness.

## **Super-Food of the Month**

**Zoomer - June 2014**



### **Legumes**

Studies show that a diet high in legumes (beans, lentils and chickpeas) appears to prevent coronary heart disease and improve blood sugar.

An Australian study of seniors in four countries found they all had something in common: those who ate the most legumes were most likely to be alive seven years later.

**ARE THEY NUTS?** Well, no. Peanuts are actually legumes. But in a 2013 study showing that people who eat nuts daily live longer, the peanut was one of

**Password:** wellness

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

### **Fitness Strategies for Busy Employees**

Helen Vanderburg, Health and Fitness Writer and Speaker

- How to Get Started On Your Fitness Journey
- Removing the Barriers to Exercise
- The Realm of Non Traditional Fitness Activities

### **Sign up for the Ask the Expert Web Chat**

**When?** January 14<sup>th</sup> at Noon EST

**Who?** Dr Deborah Ledley, Psychologist and Author on Anxiety Disorders

**What?** Stress and Anxiety in Children, including issues related to homework, social pressures and being over-programmed.

### **Looking for Board Members**

Do you know someone in your 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

the "nuts" studied. Another legume for longevity!

## **ELCIC CEP Long Term Study**

Application deadline for the ELCIC Continuing Education Plan Long Term Study grants for 2015 is January 15th and may be submitted via email to: [dmendoza@elcic.ca](mailto:dmendoza@elcic.ca)



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

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 1-877-342-4247.

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You are receiving this email as a member of the ELCIC Group Benefits Plans.

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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