

## GSI Newsletter April 2015

An informational bulletin for members of the ELCIC Group Benefits Plan



**April 2015**

### ***In this Issue:***

- CEP 2015 Long Term Study Grant Recipients
- Looking for Board Members
- Ergonomics At Work and At Home
- Sign up for the Ask the Expert Web Chat
- Wellness Calendar
- Benefit Highlight: Dental Care
- Raising Kids to be Smart Savers and Spenders
- Taxes and Stress - Tips to Manage Both!
- Super-Food of the Month
- Unplug to Unwind

### ***Wellness Calendar***

- **Dental Health Month**
- **Irritable Bowel Syndrome (IBS) Awareness Month**
- **Parkinson's Awareness Month**
- **Daffodil Days: Cancer Awareness**

**April 7th - World Health Day**

**April 22nd  
Earth Day**



## ***CEP 2015 Long Term Study Grant Recipients***

The Evangelical Lutheran Church in Canada (ELCIC) and Group Services Inc. (GSI) congratulate the 2015 Continuing Education Plan (CEP) Long Term Study grant recipients:

**Rev. Anne Anderson**, Eastern Synod, for study toward a Doctor of Ministry in Pastoral Leadership at Waterloo Lutheran Seminary, with a focus on "emerging faith communities connecting with youth and young adults."

**Rev. Kathleen R. Calkins**, Synod of Alberta and the Territories, for study toward a Doctor of Ministry in Rural Ministry and Community Development at Lutheran Theological Seminary, Saskatoon, with a focus on "congregational community engagement."

**Rev. Ann Elizabeth Krueger**, Eastern Synod, for study toward a Doctor of Ministry in Pastoral Leadership at Waterloo Lutheran Seminary, with a focus on "congregational transformation and vitality."

**Rev. B. Kim Sherwin**, Saskatchewan Synod, for study toward a Doctor of Ministry in Rural Ministry and Community Development at Lutheran Theological Seminary, Saskatoon, with a focus on "developing a mission plan for a full communion parish."

Active members of the ELCIC's Continuing Education Plan are eligible to apply for Long Term Study grants in order to pursue formal studies in graduate degree programs. Grants are

## ***Do Your Part to Save the Earth!***

### ***Benefit Highlight: Dental Care***

The maximum annual coverage for dental care (combined: basic, supplemental, dentures and restorative) is \$1,500.

If your proposed dental work is expected to cost more than \$500, it is recommended that a treatment plan, available from your Dentist, should be filed with Manulife Financial before treatment begins. Manulife will then advise you of the amount, if any, that is payable under this benefit.

Please note that if any two or more courses of treatment covered under this benefit would produce professionally adequate results for a given condition, Manulife will pay benefits as if the least expensive course of treatment were used. Manulife will determine the adequacy of the various courses of treatment available, through a professional dental consultant.

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

**Balance** is a monthly newsletter from Shepell that is designed to offer you helpful tips and tools for balancing your everyday work and family demands. Click to view this month's featured articles:

[\*Raising Kids to be Smart Savers and Spenders\*](#)

awarded on an annual basis with a January 15 application deadline each year. For more information visit the [GSI website](#).

## ***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 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.

## ***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***



## ***Taxes and Stress - Tips to Manage Both!***



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

from "Zoomer Magazine" - June 2014



## ***Yogurt***

We like yogurt because it gives us all the vitamin, mineral and calcium benefits of a dairy product. But it also contain *lactobacillus acidophilus*, a friendly bacteria that can wipe out disease-causing micro-organisms in our bodies. Yogurt is used to treat everything from high cholesterol to Type 2 diabetes to intestinal disorders. Eating yogurt appears to strengthen the immune system. READ YOUR LABEL - for the mot health potential, pick low-fat plain yogurt with five grams of protein or

## Ergonomics At Work and At Home

Shona Anderson, President  
Anderson Ergonomics

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

LifeSpeak is now accessible through [workhealthlife.com](http://workhealthlife.com) in addition to accessing your LifeSpeak library through the LifeSpeak website. The LifeSpeak videos will appear under the WHL categories and topical search results.

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

**When?** April 27th at Noon EST

**Who?** Dr Beth Abramson, Cardiologist and Profession

**What?** Heart disease, including its major risk factors, treatment of heart related issues and how to live a heart healthy life. [Sign up Now](#)



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

more per serving.

## Unplug to Unwind

from "Chatelaine" - March 2015



Time to give your smartphone a rest. New studies reveal that putting down your device can improve stress levels and help you sleep better. A 2014 study from the University of British Columbia shows students who checked their emails just three times a day experienced significantly less stress compared with those who checked more often. Meanwhile, Harvard researchers found reading emails before bed may postpone the moment when you drift off by 10 minutes. They also found that you'll spend less time in restorative REM sleep and will find it harder to wake up in the morning. The solution is as simple as the press of a button!

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you as required under legislation.

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