

An informational bulletin for members of the ELCIC Group Benefits Plan



**May 2015**

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

***Wellness Calendar***

**Mental Health Month**

The Canadian Mental Health Association kicks off its annual Mental Health Week on May 4th running through to May 10th. Take this opportunity to talk, reflect and engage with others on all issues relating to mental health. Click to visit [Improve your Mental Health](#) Shepell's worklifehealth microsite which features several articles on mental health related topics.

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

**User name:** elcic

**Password:** wellness

## LifeSpeak on Demand



### Addiction 101

Dr Ray Baker, MD, FCFP, FASAM

- 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

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?** May 13th at Noon EST

**Who?** Dr Simon Rego, Psychologist and Associate Professor

**What?** Managing Mental Illness, including Depression and Anxiety as well as Less Common Issues Such as Obsessive Compulsive Disorder and



### Foot Health Awareness Month

KEEPING FEET FIT Regular stretches and exercises can strengthen muscles and help prevent some common foot problems.

- Before getting out of bed, wake up the foot muscles. Sit with your feet extended and angle the toes toward your head and then away from it. This works the Achilles tendon and fascial band.
- Rolling your foot over a tennis ball stimulates nerve endings and protects from injury. Picking up small objects like marbles strengthens muscles in the toes and foot.
- Calf stretches strengthen major muscles in the lower leg that affect the foot.
- Wrapping a rubber band around the toes and then expanding the toes outward supports foot muscles.

### The Surprising Health Benefits of Walking

## **Visit us at the 2015 ELCIC National Convention**

**July 9-12th, 2015 Shaw Conference Centre - Edmonton AB** Lisa Thiessen and Barb Fortier, GSI's Executive Director and Pension & Benefits Administrator, will be on site to answer your pension and benefits questions.

GSI will host a Wellness Fair during convention breaks and has planned a scenic morning walk through Louise McKinney Riverfront Park on Friday, July 10th. Check your inbox for more details. We look forward to seeing you at national convention!

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

**from "Zoomer Magazine" - June 2014**

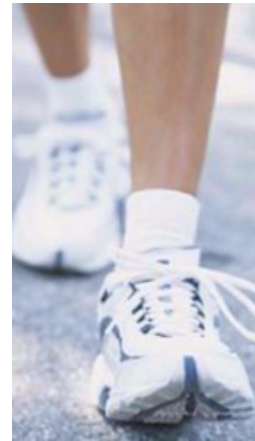


### **Olive Oil**

Several studies have linked this versatile oil-the cornerstone of the oft-touted Mediterranean diet-to longevity. Olive oil is high in mono-unsaturated fats and is known to

**from "Chatelaine" - May 2015**

Sure, walking improves heart health, boosts bone density and lifts energy levels, but new research shows it does much more...



### **1. It Bulks up Your Brain**

Something as simple as going for a stroll can actually increase the size of your brain. A 2014 study shows that your creative output increases by an average of 60 percent when you're walking, while research on men and women aged 55 to 80 found that taking a short walk (40 minutes a day, three times a week) increased the size of brain regions linked to planning and memory.

### **2. It Reverses the Damage of Sitting**

Sitting has been linked to obesity, which in turn is linked to heart disease, cancer and early death. Not only is walking an effective calorie burner-for a 160-pound person, an hour of moderate walking burns 200 calories-it also lowers blood sugar, strengthens muscles and helps maintain a healthy weight. Researchers found that three five-minute walks a day can reverse the harm caused by three hours of sitting by increasing muscle activity and improving blood flow.

### **3. It Combats Depression**

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lower the risk of cardiovascular disease, diabetes and high blood pressure. It may also offer some protection from Alzheimer's disease. **GIMME SOME SKIN** If you're going to live long, might as well have great skin! Olive oil can be applied as a moisturizer. Choose good-quality extra-virgin oil and use it sparingly.



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

study found that women in their 50's and 60's with depression who walked 200 minutes per week had more energy, socialized more and were less limited by their mood disorder. People with anxiety may also benefit from walking: Cortisol, a hormone that provokes a stress response, is lower in those who walk regularly than in those who are sedentary.

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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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