

An informational bulletin for members of the ELCIC Group Benefits Plan



September 2015



In this Issue:

- "Watch & Win"
- Children's Use of the Internet and their Digital Pursuits
- Main Squeeze
- What's Covered Under My Group Benefits Plan?
- Over-Age Student Dependant Coverage
- Wellness Calendar
- Smooth Sailing: Adjusting to a

What's Covered Under My Group Benefits Plan?

Whether you are new to the job or have been around for awhile it's always a good idea to find out or keep up to date on what's covered under your Group Benefits Plan. For full details of your coverage visit the GSI website:

New School, Job or Routine

- September Tidbits
- September's Birth Flower

LifeSpeak "Watch & Win"

From September 15 to October 15th every time you watch a LifeSpeak video, you can complete the **Watch & Win** form below the video player and your name will be entered to win an iPod Shuffle.



**Enter as many times
as you like -
the more you watch,
the better your chances!**

New volumes have been recently added to the LifeSpeak video library. Look for the "New" bubble beside the video listing.

**LifeSpeak
On
Demand**



[Group Benefits Plan Information](#)

If you have an over-age student dependant enrolled in accredited post-secondary education for the 2015-2016 school year, you should have received a "Request for Over-Age Student Dependant Coverage" form. If you have not as yet submitted the completed form to the GSI office, please do so now to ensure uninterrupted health and dental coverage for your dependant. If you have not received your form, please contact the GSI office.

Wellness Calendar



Breakfast for Learning Month

**Childhood Cancer
Awareness Month**

**Alcohol & Drug Addiction
Recovery Month**

September 21st
World Alzheimer's Day
September 29th
World Heart Day

Access LifeSpeak On Demand
24 hours a day, 7 days a week:

[Login](#)

User name: elcic

Password: wellness

Featured Videos:

Leader as Coach

By: Ms. Nicole Bendaly
President-Kinect

- What is Coaching
- The 5 Roles of a Coach
- Creating a Foundation of Trust

Ask the Expert Web Chat: ***Children's Use of the Internet and their Digital Pursuits***

When?

September 24th at Noon EST

Who?

Jesse Miller, Media and Digital
Literacy Expert

What?

Children's Use of the Internet and
their Digital Pursuits

[Sign up Now](#)

Smooth Sailing: Adjusting to a New School, Job or Routine

Fall can be a transition time for the whole family. Perhaps you are starting at a new congregation, your children have started attending a different school, or one has just left home. Maybe you have recently moved, and now have a longer commute to work... [Read full article](#)

September Tidbits

* September is the only month with the same number of letters in its name as the number of the month

* September is the only month in which share prices have more often fallen than risen

* **"National Grandparents' Day"** is celebrated the first Sunday after the first Monday in September

* Band-Aids were invented in the month of September

* **September 1, 1830** - the poem "Mary had a Little Lamb" was published

* **September 3, 1995** - eBay was founded

* **September 7, 1915** - Babe Ruth hit his first home run ever

* **September 13** - **"International Chocolate Day"** (yummy - who doesn't like chocolate!)



Main Squeeze

from Zoomer - July/August 2014

Orange is the New Black!

Well, not so much as in the hit television drama, but certainly in fashion and now nutrition circles! According to Sunkist, growers of the popular oranges we eat in Canada, more than 74 million kilos of the company's citrus crop were consumed here. Sure, we like how citrus tastes but, more importantly, an orange a day provides all the vitamin C you need. Grapefruit can contribute to a healthier approach to losing weight due to its high fibre and water content, which triggers a feeling of fullness. A grapefruit also contains flavonoids that help fight inflammation, a natural immune response for healing infection and injury and a key part of the body's initial defense response. Too much inflammation can be toxic. It can lead to a chronic condition that could attach healthy tissue, too. Drinking water with lemon, according to Sunkist, can help soothe body aches and pains by



* **September 15, 1928** -

Alexander Fleming discovered penicillin

* **September 18, 1851** - the New York Times newspaper published its first edition

* **September 19th** is "**Talk Like A Pirate Day**" around the world...an international event!

* **September 23, 1846** - the planet Neptune was discovered

* **September 24, 1966** - 60 Minutes debuted on CBS

The **Morning Glory** is September's Birth Flower.



As its name implies, the Morning Glory is a flower that blooms in the morning hours. However, by the time the sun has fallen, the flower has died. Each morning will give birth to a brand new flower on the plant. While not all species are poisonous, some can be quite dangerous if large amounts of seeds are ingested.

reducing uric acid in our joints,
which has also been found to cause
inflammation.



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

Copyright © 2015 ELCIC Group Services Inc, All rights reserved.

You are receiving this email as the GSI contact.

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.

Our mailing address is:

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

Add us to your address book

[unsubscribe from this list](#) [update subscription preferences](#)