

An informational bulletin for members of the ELCIC Group Benefits Plan



December 2016

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Meet Our New Board Members

Completing
the term

Professional Counseling Services Benefit Increasing January 1, 2017

The combined professional counseling services insured by Manulife including:

- Psychologist
- Marriage and Family Therapist (MFT)
- Master in Social Worker (MSW), and
- Registered Social Worker (RSW)

will be increased from \$500 annual reimbursement to \$5,000 effective January 1, 2017.

CEP Long Term Study Grants Available

vacated by Rev Mark Van House, who is now serving in the ELCA,



we welcome **Rev Susan Climo**, Pastor at Church of the Holy Spirit of Peace - Mississauga, Ontario. Susan has a B.Sc. (Hons) Biology from Queen's University, a Diploma in Travel and Tourism from Humber College, as well as her M. Div. from the Waterloo Lutheran Seminary. She states "(we must) have a realistic sense of our abundant God-given gifts and make a positive impact in our communities and beyond." When Susan felt "the Spirit inviting me into a new and completely different way of serving the wider church" she accepted the call to sit on the GSI Board . Susan's focus is "to help the Board ensure GSI is well positioned to serve her fellow members of the pension and benefits plans." "I am excited about this opportunity!" comments Susan.



After a seven year hiatus, we welcome back former Board President,

John Wolff. John is a member of King of Life Lutheran Church, Coquitlam, BC. He brings extensive experience in financial and retirement planning, as well as investment knowledge to the Board.

Members of the CEP Plan who are engaged in study toward an advanced degree are eligible to apply for Long Term Study grants.

Previous grant recipients have been engaged in study toward Doctor of Ministry (D.Min), Master of Theological Studies (Th.M.), Master of Arts (M.A.), PhD and certification as a Spiritual Director. All study programs are related to the member's job responsibilities. Many recent grant recipients have engaged in part-time study programs while continuing to serve in their ministry context.

Application deadline is **January 15th** for study in 2017. [Click here](#) for application.

LifeSpeak Winding Down

We regret to advise that after receiving reports from Shepell of declining utilization over the past year by our plan members, a decision was made by the GSI Board that the LifeSpeak program will no longer be included as part of your EFAP benefit effective as of December 31st, 2016.

The following information will be our last LifeSpeak feature.

LifeSpeak



**24/7 expert advice,
customized for you**

John states, "I believe I can make a positive contribution to the management of the (pension and benefits) Plan and the setting of future direction of the Board. I have long had a passion for engaging and helping with the Church and its organizations."

In his usual charming manner, John adds "Regular travel to Winnipeg will be the highlight of my year!"

Top Ten Drugs

Manulife Financial reported the following as the Top 10 Drugs by Occurrences used by our plan members within the period of June 2015 to May 2016.

1. **Teva-Furosemide*** (*high blood pressure*)
2. **Sandoz Rabeprazole** (*ulcer/reflux*)
3. **Apo-Rosuvastatin** (*high cholesterol*)
4. **Ratio-Lenoltec No 3** (*pain, narcotic analgesics*)
5. **Apo Prednisone Tab 5mg** (*steroids anti-inflammatory*)
6. **Apo-Mometasone** (*allergy*)
7. **Mylan-Bupropion XL** (*depression*)
8. **Teva-Hydrochlorothiazide** (*high blood pressure*)
9. **Apo-Omeprazole** (*ulcer/reflux*)
10. **Tecta** (*ulcer/reflux*)

*** Point of interest: Our #1 ranked drug is normally ranked #110 within the Manulife Block of Business**

You and your family members still have time to activate your own personal 100% confidential LifeSpeak accounts: [click here](#) and use Corporate ID: **wellness**

After creating your personal account, you and your family members can access and watch any video from the full LifeSpeak library until the program ends on December 31st, 2016.

Sign up now for the LifeSpeak

"Ask the Expert Web Chat"

When?

December 14th at Noon EST

What?

Happy-and not stressed out-Holidays!

A How-To Guide.

Who?

Dr Deborah Ledley,
Psychologist and
Author on Anxiety
Disorders



Winter Communication

As the colder temperatures start to set in, many of us would like nothing more than to curl up under the covers and stay there. Why not embrace the winter as an opportunity to explore all that the season has to offer?

To get you started, we have selected a few of our favourite articles to help you

Fitness Tracker Rebate

GSI has been strengthening its focus on the health and wellness of our plan members. To assist and support your personal plan GSI is offering a rebate on the purchase of a fitness tracker. There are many benefits to using a fitness tracker such as personal accountability, individually-tailored goals, sleep mapping and creating a group to bring extra fun into the activities.



Pick the fitness tracker that best suits you!

Just complete the [rebate form](#) and submit it with a copy of your receipt dated between July 1, 2015 and December 31, 2017. The rebate is up to \$200 for those enrolled in single health coverage and up to \$400 for two trackers in family health coverage. We prefer electronic submissions.

December Life Events

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Universal Human Rights Month

Dec 10th - Human Rights Day

budget for the holiday season and enhance your overall wellness. Also find our recommended EFAP services that you and your family can take advantage of this season and beyond.

Must-read list:

[*Holiday Budget Tips for You and Your Kids*](#)

[*Understanding Stress and Burnout*](#)

[*Tips for Making the Most Out Of Parent-Teacher Interviews*](#)

EFAP Services:

[*Life. Money. Let Us Help you Manage Both*](#)

[*Stress Coach Connects*](#)

[*Skip the Commute - Book An Online Session with a Therapist or Educator*](#)



From this month's

Balance Newsletter

Click to read these helpful articles from **Balance**, a monthly newsletter from Shepell, your Employee and Family Assistance Program (EFAP).

■ [*The Multitasking Season is Here: Your Survival Guide*](#)

■ [*Creating New Family Traditions*](#)

■ [*Now is the Time to Achieve a Smoke-Free Future*](#)

■ [*Advocating for Your Child at School*](#)

■ [*Faster Booking Services*](#)



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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