



# WELLNESS & YOUR HEALTH

## April Newsletter



Pictured Above: Buffy Martin Tarbox, from San Francisco, CA (left), Sharon Lawson, and Brittany Hanlon, from Huddersfield, UK (right)

### April Wellness Champion

Our April Wellness Champion is trivia enthusiast Sharon Lawson from the Faculty of Health Sciences – Dean’s Office. Sharon has been a fan of Jeopardy! since it started back up in the ‘80’s. She got into it right away and describes herself as a trivia nut! Sharon lives by one of her favourite quotes from the book *Brainiac: Adventures in the Curious, Competitive, Compulsive World of Trivia Buffs* - “We did not choose trivia. Trivia chose us.”

Sharon and a friend of hers from Lethbridge College started taking the practice test for Jeopardy! years ago to prepare themselves if they were ever given the opportunity to audition for Jeopardy!. Sharon was just recently given this opportunity – which has been a dream of hers for some time now. She was invited to try out to be a contestant on Jeopardy! last month.

Sharon explained that when you take the initial online test, you select where you would want to audition from a list of closest cities to you. The Jeopardy! team contacts you via email to notify you if you have been selected for an audition or not. Sharon shared that she almost accidentally deleted the email she received inviting her for an audition! The nerve-wracking part is that you must reply to their email within 48 hours of them sending it to you! So, when Sharon got that email she called up her friend and travel partner Lisa, and they started making travel plans for Vancouver.



### 2018 Employee Health & Wellness Survey

Thank you to everyone who took the time to participate in and complete our 3rd Employee Health and Wellness Survey! Your feedback is much appreciated! Improvements can be made only with your feedback and suggestions, and we appreciate your time and cooperation.

Stay tuned for the results of this year’s survey (to come next month).

Everyone who completed the survey was entered into a draw for prizes! Names were randomly drawn from Metrics@Work. The first week’s winners are:

1. Cheryl Read - **Flowers - Save on Foods West**
2. Janet Youngdahl - **Tidy Tim’s Auto Detailing Headlight polish**
3. Cyrstal Volk – **climbing lessons for two from SRS**
4. Tara Froehlich – **30-minute massage - Rebound Health**
5. Ward Ackerman - **\$75 off a car detailing package - Tidy Tim’s**
6. Sienna Caspar – **Mini Desk Lamp**

### Week 2 Winners are:

1. Andrea Glover - **2 All Sport Passes for the Horns - SRS**
2. John Claassen - **Mini Desk Lamp**
3. Craig Loewen – **Tidy Tim’s \$75.00 off Car Detailing Package**
4. Heather Harty – **10 Visits to Fitness Centre - SRS**
5. Payton Dudley - **Foam Roller - East Meets West**
6. Pat Anderson – **Journal - Homewood Health**



It’s that time of year again! The Be(e) Amazing Race is back! This year’s theme is **Be(e) A**

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were cancelled, so making her way to Vancouver was a challenge in itself - never mind the intense 50 question test she had to complete as part of the audition. The test consisted of answering 50 questions in a short period of time. Such a short period of time in fact, that each contestant is given less than 10 seconds per question to write down their answer. Sharon explained that there is no organization to how the test is structured. Each question can skip to a new category or topic with no rhyme or reason. These tests are designed to test how fast you can think on your feet. Thankfully, (and you bet we asked) spelling does not count! However, your answers must be legible.

Sharon said that there were 25 people in her audition. She said it was very intense at first, everyone was looking around, trying to size up the competition. When the introductions rolled around she learned that about 60% of the eligible contestants were from Vancouver and the surrounding area. The rest of the contestants consisted of one from Kelowna, one from Salmon Arm, two from Edmonton, one from Calgary and herself from Lethbridge, one from Saskatoon and even one from San Francisco. Sharon explained that they participated in a sort of icebreaker quiz. The purpose of it was to calm everyone's nerves and make the environment a little more relaxed, all while preparing you for what was to come. It was designed to get participants to wait until the entire clue was read before buzzing in (this didn't go very well J). Sharon was then given the opportunity to do a trial run of a mock Jeopardy! game that consisted of 3 participants at a time with real buzzers and even a video greeting from Alex Trebek himself!

When Sharon isn't practicing trivia, she spends her time playing golf, reading, hanging out with friends and playing with her cat, Graycie - who is leash trained and even enjoys walks outdoors! Sharon is also an avid traveler, having been to England 3 times already, with another trip planned for July. She loves spending time in London and also attends the University of Cambridge, where she takes Medieval History classes. Sharon finds joy in her many interesting hobbies and we think she is an exemplary model when it comes to practicing self-care. Sharon takes the time in her life to focus on the things and places that truly make her the happiest.

Please help us in congratulating Sharon on her exemplary lifestyle.



**the YWCA offers a Golf Mobility class. It is on their schedule as a drop-in class, which means that you can check it out by paying a one-time drop-in fee which is \$9.00 plus tax. You can also purchase a punch-pass (12 visits) which will bring the drop-in closer to \$6.00 each visit if you're not interested in getting a**

today's society, we are always struggling to find balance. Balance for a healthy body and a healthy mind while getting on in a fast paced-technologically driven world where many of us face sedentary hours at work.

This year, racers will do their best to become U of L Wellness Warriors- engaged in a struggle to improve their health and motivate their co-workers to do the same. Each week, you will be given inspiration and challenges related to a different type of warrior.

Each week a different warrior will inspire you throughout the challenge!

- Week 1- Viking
- Week 2- Spartan
- Week 3- First Nations
- Week 4 –Polynesians
- Week 5 – Samurai
- Week 6 – African warrior

Watch for other new challenges this year including points for volunteering and contributing to a food drive!

Heart Smart is an initiative to encourage wellness and increased physical activity among staff and faculty at the University of Lethbridge. You can count the steps from your car in the parking lot to your office. The Physical Activity Guidelines indicate that adults should accumulate at least 150 minutes of moderate to vigorous aerobic physical activity per week in bouts of 10 minutes or more (including brisk walking!) So let's get moving!

Be(e) an Early Bird and register before May 1 - Early Bird Registration open April 23 - <http://heartsmart.ulethbridge.ca/welcome>

Earn 1000 points for walking during our April 25 Wellness Walk - around Aperture Lake at noon.

Earn 10,000 bonus points by telling us how YOU Stay Well at the U of L. Submit a photo of something you do to maintain your physical and/or mental well-being to [Wellness@uleth.ca](mailto:Wellness@uleth.ca). Please note your photo and info will be displayed on the Wellness website and/or Facebook. You can also earn bonus points by attending our monthly Wellness Wednesday Walks (that happen on the third Wednesday of every month). Watch for more opportunities to earn bonus points!



Calgary Corner by Karen Ogilvie

Calgary - April Newsletter

**It's time for... wait for it... Sunshine!**

Why is April so refreshing? Because it's the light at the end of the winter tunnel! The snow is starting to melt, the flowers and trees are coming back to life, and the weather is getting warmer. And this means more sunshine! Think about wonderful feeling of the warm sun on your skin.

As I'm sure we're all aware, there are a lot of benefits to sunshine. Right? Of course, we hear all about the dangers of sun: sun burn, aging skin, cancer. But there a balance because sunshine has so many benefits too. Sunshine increases the brain's release of a hormone called serotonin. This is associated with boosting your mood, bringing calmness and focus. All the things that help us feel so refreshed in the spring and helps us to maintain our mental health. The World Health Organization recommends that we should get 5- 15 minutes of direct sunlight 2-3 times a week. This should directly touch your skin to give you the vitamin D boosting benefits of the sun.

So, while you should always take preventative measures with the sun, make sure you get outside and take in that sunlight. Here are a few suggestions for some sunlight activities in early spring:

**Head out for a walk.** Calgary has great walking paths, so why not try somewhere new?

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This class is perfect for anyone wanting to prepare for golf season.

**When: Mondays**

**Time: 6:00- 7:00 pm**

**Where: YWCA Fitness Studio**

**Instructor: Miki**



## Lunch & Learns

In March we had a Lunch & Learn presentation by Registered Dietitian, Faye Craig. Faye discussed topics such as: fueling your workday, rethink your drink, survive the mid-shift slump, and create a healthy eating environment at work. For a copy of her presentation, check out our [website!](#)



### Mini Messages

We would like to thank the Lethbridge College Massage Therapy Students for all the mini massage sessions they provided us with this past academic year. They will be back in the Fall to provide a 10 minute "mini massage" to faculty, staff and students on campus.

Check our [website](#) for updates!



**The U of L is getting a new Catering & Food Service partner! Effective May 1st, Chartwells - Compass Group will be a Catering & Food Services partner on campus.**

where you can find a circuit of the length of walk your interested in. Check it out at <http://www.mapmywalk.com/ca/calgary-alberta/>.

**Volunteer Gardening.** Gardening is a great way to get some sunshine. But if you don't have a backyard, it can be a little tricky. Why not volunteer? Grow Calgary is a Calgary's Fresh Foodbank. An urban garden where 100% of the produce is donated to food accessible programs. They have lots of volunteer events where you can give back to the community while taking in the sun! Check it out at <https://www.growcalgary.ca/>

**Hit the Mountains.** We live so close to some of the most spectacular mountains in the world! Spend a weekend or just a day and take advantage of it. April means that you can do both winter and spring activities. Do a mountain hike. Snowshoe in Kananaskis. Go shopping in Canmore and wander up and down main street. Do whatever you'd enjoy!

**Train for the Calgary Marathon.** You don't have to run actually run a marathon. The Calgary marathon has all sorts of distances, including a 5 km, 10, km, 21.1 km, 42.2 km, 50 km, and (if you really love running) a 150 km. Pick a distance and spend some time training for it. Just having a goal will help to get you out more leading up to it. This event is in May, so now is a great time to start thinking about a short distance run, and getting out for some walks and runs to lead up to it! <http://www.calgarymarathon.com/>

**Calgary Ale Trail.** Once a month, RunCalgary offers a free 6km run where you can come out, run 6km and then join all the other runners for a drink at National! This is a great chance to get out, exercise and meet new people. Check out dates at <https://www.runyyc.ca/ale-trail>.



## Monthly Mental Wellness Tip

### Stress Management Techniques that work!



Self-care is care provided "for you, by you". It is important to identify your own needs and take the appropriate steps to meet those needs. Self-care is all about improving ourselves through a combination of daily routines and achieving goals we have set for ourselves, physically, mentally or spiritually. It is an important way of maintaining our well-being and allowing us to be more resilient in the face of stress and cope with the uncertainties and distress you may be experiencing.

Self-care works best as a preventive measure but can be incorporated into your routine at any time. Self-care encompasses a wide variety of core components and activities such as







## Plan for Resilience

### Employee Guide

Check out their [website](#) for an overview of the resource and more guides.



#### ***Better Choices, Better Health Workshop***

Better Choices, Better Health is a six week workshop that helps you put life back into *your* life.

- Find practical ways to deal with pain, fatigue and stress.
- Discover better nutrition and exercise choices.
- Make informed treatment decisions.
- Learn better ways to talk with your doctor and family about your health.
- Get the support you need.

There are both online and in-person workshop options.

The U of L may be hosting another workshop later this spring or summer. If you are interested please call 403-332-5217 or email [suzanne.mcintosh@uleth.ca](mailto:suzanne.mcintosh@uleth.ca)

#### Next Online Workshop:

- February 5 –March 19, 2018
- Workshops are held about once a month all year.

#### Upcoming In-Person Workshops in the South Zone:

Workshop Type	Location	Dates	Days & Times
Chronic Disease Self-Management	Medicine Hat River Heights Professional Centre	Jan 15, 22, 29, Feb 5, 12 & 26	Monday Afternoons 1:00 - 3:30pm
Chronic Disease Self-Management	Medicine Hat River Heights Professional Centre	Mar 5, 12, 19, 26, Apr 9 & 16	Monday Afternoons 1:00 - 3:30pm
Chronic Disease Self-Management	Medicine Hat Public Library	March 28, Apr 4, 11, 18, 25 & May 2	Wednesday Evenings 6:00 - 8:30pm
Chronic Disease Self-Management	Medicine Hat River Heights Professional Centre	Apr 23, 30, May 7, 14, 28 & June 4	Monday Afternoons 1:00 - 3:30pm

FOR MORE INFORMATION CHECK OUT [ALBERTA HEALTH SERVICES WEBSITE](#)



**Better Choices, Better Health®**  
Information for the Public  
Provincial Program

*The event is open to all students, staff, faculty, and community members.*

More information and a presentation line-up can be found on the [Notice Board posting](#)



### Staff, Faculty, Students Reminder to Report Work Related Injuries, Illnesses, Near Misses - including progressive injuries:

WORKERS' COMPENSATION is a type of insurance which covers any accident that arises out of, or occurs in the course of employment. All Workers' Compensation claims must be reported to the WCB, by Employee Wellness **within 72 hours of the accident** (WCB Section 28(2)). If you require a "Workers" report for submission to WCB, please see the following link: [Reporting an Injury to WCB](#)

If this happens please also complete a [Campus Accident Incident Report](#)  
Reporting early helps us meet our deadlines, but also helps YOU get the medical treatment you need!

# ATTENTION MALE SMOKERS

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**Do you currently smoke? • Are you trying to quit?**

**Come join us for a focus group!**

Alberta Health Services is conducting research with Alberta males over the age of 18 who currently smoke or are trying to quit.

**Participants will receive \$50**

To attend the focus group, please call the number below to register:

**1-866-247-6465**

**LETHBRIDGE  
FOCUS GROUP**

**Thursday,  
April 26  
6-8pm**

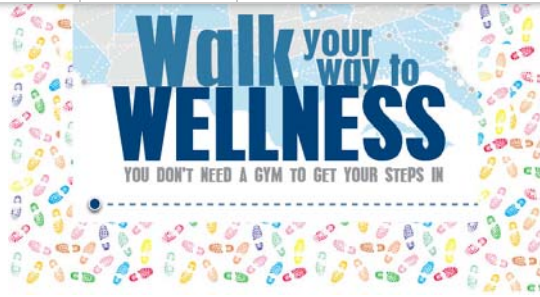
If you have any questions about the research, please contact:  
Carrie Bibik, Malatest  
1-877-665-6252 ext. 226, c.bibik@malatest.com

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**April's Wellness Wednesday Walk is being changed from Wednesday, April 18th, to Wednesday, April 25th from 12 - 12:30 PM.**

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