

University of  
Lethbridge



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# WELLNESS & YOUR HEALTH

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November 2018 Newsletter

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**Thank you to all our exhibitors and participants who helped make this year's Life Balance Fair a great success!**

**We had another successful year with over 500 participants and 55 exhibitors, as well as a special performance from the Lethbridge Taiko Drummers.**

**And a special thank you to all of our Sponsors, and the Wellness Committee; we could not have done this without you!**

### ***SPONSORS:***

***AUPE, Fitter First, Mercer's Consultants, Safeway West, Save-On-Foods West***



**11/9**

**Health Check for U is back! We are teaming up with the Health Centre to bring back this popular health screening program. We are now booking for the new semester. Please contact us for more info.**

Markin Hall 2007 Most Fridays

8:00 - 10:00 AM in 15 minute increments

Register [Here](#)

Click [here](#) for more info on the program.

**11/21**

**Fentanyl Information and Naloxone Training**

10:30 -11:30 am

D610

To register, email [janice.driver@uleth.ca](mailto:janice.driver@uleth.ca)

**11/21**

**Wellness Walk**

12 - 12:30 PM

Meet at the climbing wall by the south doors on the main level 1st Choice Savings Centre for Sport & Wellness

**11/21**

**Children's Active Transportation Book Launch! By Dr. Richard Larouche, Asst Professor, Public Health**

AH100 (Andy's Place)

7:00 PM

Please join us to learn more about the multiple benefits of active transportation, and what we can do to encourage more kids to walk and cycle. Light refreshments at

6:30.

Register [Here](#)

**11/22**

**Wellness Workshop - Time Management**

**Presented by Craig Milner, Dhillon School of Business**

AH 137

1 - 2 PM

Register [Here](#)

**11/22**

**National Addictions Awareness Week Conference**

8 AM - 4 PM

The Coast Hotel and Conference Centre, Lethbridge AB

For event tickets, click [here](#)

**11/29**

**Mini Massage Sessions**

10 AM - 12 PM

D 635

Register, [here](#)



*Pictured above: Bryson Duda*

**[November Wellness](#)**



*3rd Employee Health & Wellness Survey results summary posted on our website!*

## Champion

November's Wellness Champion is biking enthusiast, Bryson Duda from the Library – Information Systems department.

Bryson has been biking to and from work almost every day for the past 7 years. He says that he was first attracted to the idea of biking to work because it's much less expensive than driving and better on the environment. He started by digging out his old bicycle from high school, that he noted was much too small for him. Thankfully, he has gotten a newer bike since!

Please help us thank Bryson for sharing his story, as well as congratulate him on leading a healthy lifestyle!



For Bryson's article and past Champions, click here.

**Survey Summary**

- March 19 – extended to April 6, 2018
- 2018 Response Rate 57.7% (721/1250)
- Metrics@Work independent survey co.

Response Rates

2018	2015	2012
57.7%	49.4%	56%
721/1250	574/1162	704/1258

**WHERE WE IMPROVED:**

- 85.7% of respondents feel that the Employee and Family Assistance Program meets their needs
- 79.2% of respondents feel that their own health is good to excellent.
- 66.8% of respondents feel that they have adequate training opportunities

### WHAT WE CAN DO BETTER:

- Increasing workloads with same resources has been challenging
- Explore increased services for employees through partnerships with Sports & Rec Services
- Provide info on Health Centre services
- Explore healthy and cost-effective food partnerships
- Provide clarification to employees on Blue Cross benefits

[Click here to check our website for more information](#)

**APP CORNER**

Two Lunch & Learns took place in October. Dr. Bonnie Lee presented *Mindful Communication* on October 9th and Andrea Baker from BlueCross demonstrated how to use *Balance* October 30th.

Two exciting Wellness workshops are booked for November: Dr. Richard Larouche - Children's Active Transportation book launch and Craig Milner presenting on Time Management.

Register by emailing [Wellness@uleth.ca](mailto:Wellness@uleth.ca) or [Online](#)

**Click here for U of L Wellness Lunch & Learn Presentations**



Mini Massage sessions are back on



## **Yoga Wake Up**

Wake up to the sounds of yoga and meditation. The Yoga Wake Up app for iPhone delivers yoga audio sequences you can do from bed for an easier transition from dreamland. Find a variety of yoga routines from the world's top yoga instructors and wellness warriors. Choose from Wakeups that feature slow, delicious morning stretches from the warmth of your covers or Wakeups that get you energized and out of bed. There are even mindful breathing meditations and Wakeups to do with kids.

Studies have consistently shown that traditional alarm clocks and snooze buttons not only disturb your sleeping patterns but can leave you feeling groggy for the rest of the day.

Discover a new wakeup routine designed by renowned yogis and never have to hit that snooze button

campus this semester. There will be two more sessions held this fall:

- November 15th, 2018 from 10 AM - 12 PM in L 1114
- November 29th, 2018 from 10 AM - 12 PM in D 635

November 15th sessions booked up, but you can try for a drop in. Still availability for Nov 19 - register to request a time slot below!

[Register here](#)

## Fentanyl Information and Naloxone Training

### NALOXONE KITS



Offered by Lethbridge Arches to:

again. Wake up more peacefully with Yoga Wake Up.



Available on the  
**App Store**

did you know?

Sports and Recreation Services offers a wide range of Community Recreation Programs/Courses?

Come and work out, learn a new skill and enjoy all the facilities and services they have to offer. Horns Recreation offers memberships for students, staff and faculty, Alumni and Community.

Visit their [webpage](#), for a full list of courses/programs offered.



- University Of Lethbridge Faculty, Staff and Students.
- November 21, 2018 10:30 -11:30 am
- Location: University Hall Room D610

Please register for the FREE Training by email-  
janice.driver@uleth.ca

Naloxone kits will be available.

# MOVEMBER



Our fathers, partners, brothers, and friends face a health crisis that isn't being talked about. Men are dying too young. We can't afford to stay silent.

Movember Canada is the leading charity changing the face of men's health. They're addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer, and mental health and

For those of you who use Outlook Calendar (we are still investigating a Mac capable calendar option), the following link will allow you to add the University's payroll deadline dates into your calendar to advise you when payroll authorization and timesheet approvals' deadlines are. This will greatly assist Human Resources in meeting our tight payroll processing deadlines.

Please use this link to select the deadlines you would like to add to your calendar, the deadlines are listed below:

- 2018 Hourly Timesheet Approval Deadlines
- 2018 Monthly Timesheet Approval Deadlines
- 2018 Payroll Authorization Form (PAF) Deadlines



suicide prevention.

Visit their [website](#) for more information on the causes they support and how you can get involved or donate.

**TO BE A MAN OF  
LESS ANXIETY, I  
HAD TO BE A MAN  
OF MORE WORDS.**



1 in 10 Canadian men will experience major depression in the course of their lives

75% of suicides are men.

What can we do?

**TALK.  
ASK.  
LISTEN.  
ENCOURAGE ACTION.  
CHECK IN.**

# LIFE IS NUTS

It's time we took action on:  
Testicular Cancer  
Prostate Cancer  
Mental Health & Suicide Prevention



MOVEMBER CAMPAIGN

## Detecting prostate cancer

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer.

Click [here](#), for signs and symptoms, treatment options, and more information.

## THE FACTS ABOUT TESTICULAR CANCER

Testicles are responsible for the production of male hormones (mostly testosterone) and sperm.

Testicular cancer starts as an abnormal growth or tumor that

[I WANT TO TALK - Get resources if you're going through a tough time.](#)

[I WANT TO ASK- Get resources to help talk to a friend, family member or co-worker who's struggling.](#)

To speak with someone immediately, contact your [local crisis support line](#).

If life is in danger, call 911 or go directly to emergency services.

develops in one or both testicles. There are several types of testicular cancer, but the most common is the germ cell tumour.

Click [here](#), for more information



Online registration now open for Winter Programs at the University of Lethbridge

Work out, learn a new skill and enjoy all the facilities and services we have to offer. Horns Recreation offers memberships for students, staff and faculty, alumni and community.



## MEN'S HEALTH

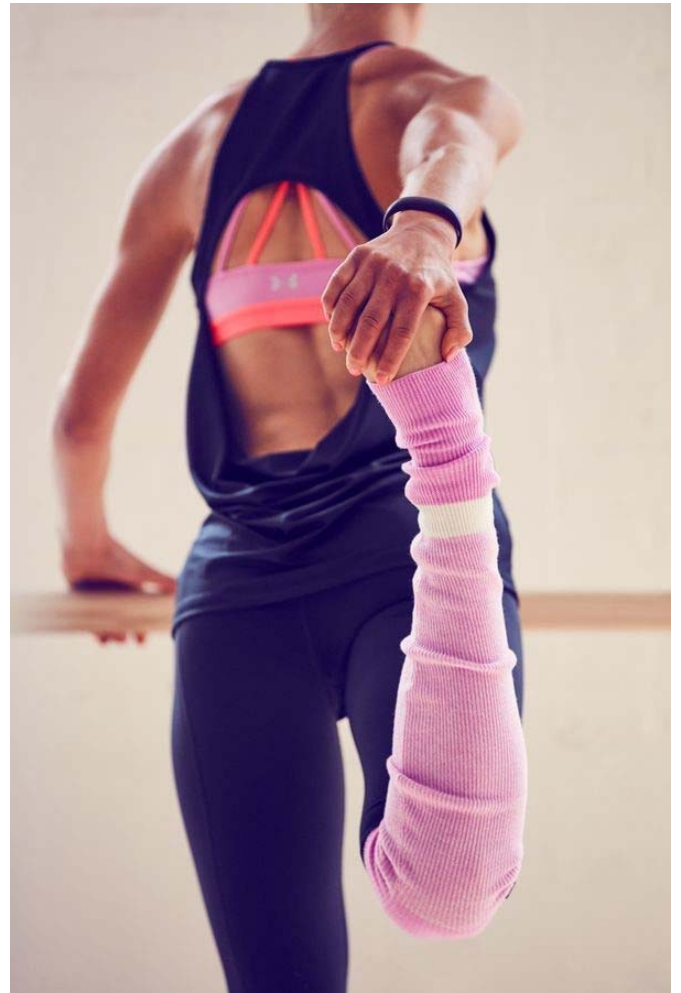
Across the world, men die an average of six years younger than women, and for reasons that are largely preventable. Which means that it doesn't have to be that way: we can all take action to live healthier, happier and longer lives.

### HOW? HERE ARE OUR TOP FIVE THINGS TO KNOW, AND DO.

1. Make Man Time
2. Have Open Conversations
3. Know the Numbers

4. Know Thy Nuts. Simple.
5. Move, More.

For more information and links on each point listed above, visit [Movember Canada's - Men's Health](#)



### Fitness & Yoga Classes

Online registration is now open for the Winter Session (January - April).

The University of Lethbridge is proud to provide a wide variety of fitness and yoga programming to all students, staff, faculty, alumni and the general public.

These programs provide everyone the opportunity to participate in everything from TRX, Barre, Zumba, Advanced Conditioning and Yoga.

**BOOK A FITNESS PROGRAM**

## 2019 Long Service Awards & Recognition Ceremony



Preparations are underway for the 2019 Long-Service Awards and Retiree Recognition Ceremony being held on May 1, 2019, in the Student Union Ballrooms starting at 1:00 p.m. All employees are invited to attend the ceremony. The Awards Ceremony is to recognize service for AUPE, APO & Faculty members.

Effective September 16, 2013, the University modified the calculations of continuous service (for the purpose of Long-Service Awards only). The 'new' calculations now include service from specific Salaried Term positions, and for Salaried positions where service was broken by periods of less than three (3) months in duration.

Please see the 'new' 'Calculation of Long Service Award' rules on the [Human Resource website](#) for more information on whether or not prior service should now be included in your Long-Service calculation.

The Long Service Awards recognize continuous service starting at 10 years,

incrementing every 5 years, to 15, 20, 25, 30, 35, 40, 45 and 50 years of service.

If you would like us to check into whether you have service that meets the 'new' criteria, please contact Susan at [susan.roth@uleth.ca](mailto:susan.roth@uleth.ca) by **November 30th, 2018**. We will be happy to check our records and get back to you.

Thank you for your assistance.



## Calgary Corner

Written by Karen Ogilvie

### Hey Calgary! Are you ready to ride?

If you've been in downtown Calgary in the past week, you may have started to notice lime green bikes popping up everywhere. No, it is not the newest colour of the season—Calgary has a new bike share program! Biking is a great alternate transit option. It's good exercise, gets you outdoors and is easier on the environment. Calgary has been taking strides towards being a more bike-friendly city, with its Bikeway plan that began in 2000. And while it still has a way to go, with a new bike share program, Calgary is taking steps to be more bike accessible.

**Introducing Lime!** Lime is Calgary's newest urban mobility program in Calgary. The company has placed 372 new electric-assisted pedal bikes in the downtown area. These bikes have an integrated electric motor that gives a boost when ridden. Lime operates on a dockless system, meaning that when you're done with a bike, you just park it on the sidewalk and leave it for the next person. For the winter (November through March), Lime will be operating in the city centre, and then during the summer months (April through October) will operate citywide!

In the first week, 2,769 riders tried out the bikes. Heading into winter, this may seem like a strange time to roll out a bike program, however, Lime assures that their bikes are winter friendly and ready to take on our Calgary winter.

**What is Bike Sharing?** A bike sharing program is where bikes are made available for people to use (and share) on a short-term basis for a small fee. Members can sign up and are charged only for the time that they use the bike.

## **Interested in trying it out? Here's some helpful information:**

### **How to sign-up**

To sign up, download the Lime app on your smartphone and create an account

### **How much does it cost?**

Every ride will cost \$1 to unlock the bike, plus \$0.30 per minute you ride.

### **How to know where a bike is?**

The app will show the exact location of all of the bikes in the area.

### **Do I need a helmet?**

Yes—this is the one rule that makes you need to think about whether you want to pick up a bike. The city of Calgary states that all rides on an electric bike (including 18+) must wear a helmet.

### **Is there more information?**

The Lime website has lots of information about how to use Lime, the rules for riding in Calgary and information about the bikes. For more information, check out <https://www.lime.com/locations/calgary>



Happy riding!



# Life Lines

Improving your quality of life, one step at a time

## Issue #11;

### MEN'S MENTAL HEALTH



Men and women experience many of the same mental health disorders, but their willingness to talk about their challenges and feelings are very different. The persistent standards of masculinity and stigmas surrounding men seeking support for mental health disorders continue to present challenges. In scenarios where a lack of conversation surrounding mental health related challenges exists, the absence of communication may lead to a worsening of underlying conditions and into a more acute state of the presenting disorder.

Here are some facts about Canadian men and their mental health:

- Around 10% of Canadian men experience significant mental health challenges in their life<sup>1</sup>
- Approximately one million Canadian men suffer from major depression each year<sup>1</sup>

- On average, approximately 4,000 Canadians take their own life each year, or those suicides; 75% are men<sup>2</sup>
- Canadian Indigenous men have a suicide rate that is double that of the Canadian national average, with Inuit men being 11 times the national average<sup>3</sup>
- Gay men have a higher rate of depression, anxiety, suicidality, self-harm, and substance abuse in comparison to their heterosexual counterparts<sup>4</sup>
- In order of highest to lowest, Nunavut, Northwest Territories, Yukon, New Brunswick, Quebec, Saskatchewan and Alberta have the highest suicide rates among men in Canada<sup>5</sup>

So why is this happening? Why are so few men seeking help for mental health challenges?



**Homewood**  
Health | Santé



[For the full Life Lines article, click here.](#)



*Partnering for Prevention, Safety & Treatment*

**Thursday, November 22<sup>nd</sup>, 2018**

**8:00am – 4:00pm**

\*Registration between 8:00-8:30am

**The Coast Hotel and Conference Centre  
Lethbridge, Alberta  
526 Mayor Magrath Drive South**

**Cost: \$30.00**

\*Includes light morning snack & catered lunch

## **Community Connections for Addiction Awareness**

a National Addictions  
Awareness Week conference

### Morning Keynote:

John Thompson, Outreach & Education Supervisor at Lethbridge Family Services, presenting on Grief and Loss in Everyday Life. His presentation aims to acknowledge the impact on our lives, professional and/or personally, when we experience Grief and Loss.

This presentation will include myths and facts about grief, the cycle of grief, responding to loss with self-care, and more.

The afternoon of the conference will be focused on cannabis. The start of the afternoon will include presentations in the areas of youth prevention (Chris Windle-Alberta Health Services), lower-risk use guidelines (Katie Wieler-Alberta Health Services), medical marijuana (Natural Health Services-Lethbridge), and cannabis regulation and framework (AGLC). The last part of the day will include a Cannabis Let's Talk session, which is a program that encourages dialog among individuals aiming at creating empathy in order to understand the different opinions and positions on cannabis in the community.

[For event tickets, please click here.](#)

It is that time of the year again when Albertans need to start thinking about seasonal influenza.

**What is influenza?**

Influenza is a respiratory illness - it is NOT the "stomach flu"...

Seasonal influenza causes sudden onset of fever and chills, cough, headache, muscle and joint aches, and extreme tiredness. Most people will get better within a week or two but some people will develop severe complications, including pneumonia. Some people will die from influenza. Influenza is easily spread by droplets in the air when an infected person coughs, sneezes or talks.

**Why get vaccinated?**

Immunization with the seasonal influenza vaccine remains the single most effective means to protect yourself and your family from influenza and prevent the spread to others. All Albertans (six months of age and older) are eligible for the vaccine free-of-charge. On Monday, October 15th and running into January 2019, influenza vaccine will be available at pharmacies, certain family doctor offices and through Alberta Health Services influenza clinics. Alberta Health Services will offer the seasonal influenza vaccine to the public at various immunization clinics across Alberta. Having staff off sick with influenza impacts business continuity -- challenge and support your staff to get immunized to stay healthy during influenza season. Family members of staff are also encouraged to be immunized as this prevents circulation within the household.

On October 1, 2018, the Alberta Health Services immunization clinic schedules in your area will be posted on our website [www.albertahealthservices.ca/influenza](http://www.albertahealthservices.ca/influenza). Alternatively, you can call Health Link Alberta at 811 or speak to your pharmacist and/or family doctor. We would ask that you share this information with your citizens / employees / clients.

**Influenza is serious. Prevention is your protection.**

Here are some simple steps to protect yourself and your family from influenza:

- **Get immunized!**
- **Clean your hands.** Wash your hands often with soap and warm water before you eat or serve food, or after you have been in contact with a person who is ill. Hand sanitizers work very well.
- **Cover your cough.** Cough or sneeze into your elbow or sleeve, not into your hands, or use a tissue to cover your nose and mouth. Throw the tissue into the garbage and wash your hands.
- **Stay home when sick.** Stay home when you have symptoms of illness (fever, cough, headache, extreme tiredness).
- **Stay fit and healthy.** Eat a healthy diet, quit/reduce smoking; get plenty of sleep and regular exercise.

Please contact your local Public Health office if you have any questions or concerns.

Alberta Health Service's 2018/19 Influenza Immunization Program begins October 15, 2018. Plan ahead to arm yourself and your family against influenza this season!

Influenza immunizations will be available, free of charge, to all Albertans six months of age and older, through AHS clinics, pharmacies, and physicians.

Note: Pharmacists can now immunize children five years of age and older. Children, less than five years of age must be immunized at an AHS Clinic.

Find a clinic for your whole family by clicking [here](#). You can also call 811.

There will also be a few Flu Shot Clinics on campus this month. One on October 23rd from 9:30 AM - 3 PM in the Sport and Rec Building, east side of the stairs. The next on October 30th from 9:30 AM - 3 PM in UCS Atrium. And lastly, at the Life Balance Fair on October 31st from 10:00 AM - 1:30 PM. Be sure to bring you healthcare card!

For more information on the Influenza Vaccine, read the following PDF

[hi-flu-influenza-vaccine-information-sheet.pdf](#)



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