

KEEP HEALTH IN MIND

SPRING/SUMMER 2006

HEALTH ISSUES

NEWSLETTER



Our mental health is an important part of how we function in our daily lives. It relates to our sense of well-being, feelings of control in our lives, and our ability to interact with others in a positive manner. When we experience feelings of loneliness, stress, depression, or emotional pain, we often draw on positive coping strategies to help maintain our mental health. However, when these feelings continue, become more intense, or cause discomfort, it is possible that a mental illness may be present or developing.

Mental illnesses are on the rise in Canada. In 2002, Health Canada reported that 1 in 5 Canadians will experience a mental illness during their lifetime. Mental illness can affect anyone regardless of education, occupation, income, gender, or ethnicity. In many cases, education and career opportunities are negatively affected by mental illness, as are personal relationships. Mental illnesses can have a major impact on the family who may have to deal with health care costs, treatment, hospitalization, housing decisions, and the potential stress from added caregiver responsibilities.

Why do mental illnesses develop? Genetics plays a role, as do personality and environmental factors. As well, certain physical illnesses such as heart disease, cancer, and diabetes can also interact and contribute to mental illness. For many individuals, however, mental illness may worsen as a result of not getting properly diagnosed and treated when it is needed, in part because of the stigma that persists about mental health. When problems are kept from family, friends, and co-workers out of embarrassment or fear, diagnosis and treatment may not be sought out until the situation is more serious.

While better screening and more effective treatments are required, there is also a need for strategies to reduce the likelihood of developing mental illness. Building friendships, strong relationships, and good parenting skills are all important. Meaningful employment, adequate income, and a supportive environment in both community and the workplace is also crucial. In addition, getting regular physical activity and eating a healthy diet, can help improve or maintain our sense of mental well-being. We all have a role to play in improving our own mental health and supporting those around us.

Key References:

Health Canada. (2002). *A report on mental illness in Canada*. (Catalogue No. 0-662-32817-5. Ottawa, Canada: Health Canada Editorial Board Mental Illnesses in Canada.

Canadian Mental Health Association. (n.d.). *Seniors and mental health*. Retrieved March 20, 2006, from http://www.ontario.cmha.ca/content/about_mental_illness/seniors.asp

Special Announcement

Where can I find the Health Issues Newsletters and Brochures?
Where can I find reliable health and wellness information?
What Wellness events are happening at my worksite?
Where can I find interactive, online health tools and quizzes?

ANSWER:

www.workingtowardwellness.ca

Visit the site and enter your e-mail address for a chance to win \$1000 in prizes!

inside this issue

- Paging Dr. Fido
- Physical Activity: The "Feel Good" Prescription
- How to Achieve Positive Mental Health
- Play With Your Brain!
- Smoke-Free Ontario Act is Coming
- Examples of Mental Health Disorders
- Aging and Our Mental Health
- Help is Out There
- Coping With Mental Illness at Work
- Local Events, Profile, and more...

Working TOWARD Wellness at DCCI

TO IMPROVE THE HEALTH
AND WELL-BEING
OF DAIMLERCHRYSLER CANADA INC.
EMPLOYEES, RETIREES,
AND THEIR FAMILIES.

DaimlerChrysler
Canada

CAW  TCA
CANADA



PAGING DR. FIDO

Most pet owners in Canada consider their furry friends to be an essential part of the family. But, can pet ownership make us healthier people? There is some evidence to suggest that long-term pet ownership can actually improve cardiovascular health through activities such as walking. However, of greater importance is the companionship, unconditional loyalty, and non-judgmental behaviour they provide - especially during stressful times.

In addition to companionship, pets encourage their owners to be more socially active and to develop a greater sense of community. In a 2005 study, 41% of pet owners reported getting to know people in their neighbourhood because of their pet. Feelings of loneliness were also lower among pet owners. It is these feelings of social connection that foster a sense of well-being. Similar to diet and physical activity, having meaningful social relationships is a very important part of maintaining good health.

So should everyone adopt or buy a pet? The answer is “no”. People who don't like animals, travel often, or can't make the financial or time commitment needed for a pet, shouldn't get one. Also, be aware that pets can aggravate allergies and asthma. Consider the pros and cons carefully before making a decision. If you do decide to get a pet, do your homework first. You may want to speak to a veterinarian about the best type of pet for you and your family.

Key References:

McNicholas, J., Gilbey, A., Rennie, Ahmedzai, S., Dono, J., & Ormerod, E. (2006). *Pet ownership and human health: A brief review of evidence.* British Journal of Medicine, 331, 1252-1254.

Virués-Ortega, J., & Buela-Casal, G. (2006) *Psychological effects of human-animal interaction: Theoretical issues and long-term interaction effects.* The Journal of Nervous and Mental Disease, 194 (1), 52-57.

Wood, L., Giles-Corti, B., & Bulsara, M. (2005). *The pet connection: Pets as a conduit for social capital?* Social Science & Medicine, 61, 1159-1173.



WORKING TOWARD WELLNESS AT DCCI PROGRAM CONTACTS

- Barb Butler DCCI.....519-973-2038
- National Wellness Coordinator CAW.....519-258-6400
- Dave Reeder WECHU.....519-258-2146 x 3486
- John Filice WECHU.....519-258-2146 x 3130
- Marianne Kingsley WECHU519-258-2146 x 3162



PHYSICAL ACTIVITY

THE “FEEL GOOD” PRESCRIPTION

The benefits of physical activity for our bodies are well known – a reduction in risk factors associated with high blood pressure, diabetes, obesity, heart disease, certain cancers, and more. We know that leading an active lifestyle is good for our bodies – but what about our minds?

The Canadian Mental Health Association reports that symptoms associated with mental health conditions, such as anxiety and depression, can be improved through regular physical activity.

During physical activity, our brain produces endorphins, which are chemicals that provide relief from stress and pain. High intensity exercise is not required to experience this relief. For some people, a brisk walk is all that is needed. Physical activity can also release muscle tension and improve sleep, both of which can contribute to better mental health.

Psychologically, being active can:

- Give a sense of accomplishment and a boost in self-confidence.
- Improve self-esteem and body image.
- Provide positive social interactions.
- Help reduce feelings of anger, fatigue, and stress.

Knowing that an active lifestyle is good for you doesn't necessarily make it easier to do. Dealing with depression and anxiety can make it even more difficult to get started. To increase your odds of success, be sure to:

- Find a convenient activity that you enjoy and will be more likely to do.
- Set reasonable and realistic goals for yourself.
- Ask a friend, co-worker, or family member to join you. You can help each other stay motivated and stick to an active lifestyle.



The good news is that you do not have to be an elite athlete or member of a gym to experience these benefits. Try walking, cycling, in-line skating, jogging, curling, swimming, cross country skiing, or joining a house league sport at your local community centre. With very little planning, money, and time, you can experience the physical and mental benefits of being physically active.

Key References:

Canadian Mental Health Association (n.d.) *Exercise for well-being.* Retrieved March 6, 2006, from http://www.cmha.ca/bins/content_page.asp?cid=2-267-354&lang=1

MayoClinic.com (n.d.) *Depression and anxiety: Exercise eases symptoms.* Retrieved March 16, 2006, from <http://www.mayoclinic.com/print/depression-and-exercise/MH00043/METHOD=print>



HOW TO ACHIEVE POSITIVE MENTAL HEALTH

Mental health is just as important to your quality of life as is your physical health. Just like physical health is not only the absence of disease, mental health is much more than just the absence of a mental illness. The World Health Organization defines health as: “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” However, the challenge of achieving mental health is to actively engage in activities that promote positive mental well-being. While many people are active to improve their physical well-being, often they wait until they develop a mental illness before taking steps to improve their state of mental health. In other words, positive mental health is feeling good about yourself, feeling in control, being able to face life’s challenges without becoming overwhelmed, and feeling that your life is meaningful and worthwhile. Here are some tips to help you practice positive mental health.

- Build a healthy self-esteem. Be positive about yourself and avoid harsh self-criticism.
- Take a daily break from your worries and concerns. It helps you relax.
- Manage stress effectively. Delegate and learn to say “no”. Be polite but firm.
- Acknowledge and express your emotions. Try not to “bottle-up” things inside.
- Develop positive relationships with family and friends. Respect, support, and stay in touch with one another.
- Create a reasonable budget and live within your means. Plan ahead and set goals.
- Enjoy nutritious foods and regular physical activity. They fuel your body, mind, and spirit.
- Create strategies to cope with changes. Control what you can.
- Volunteer. Helping others makes us feel good about ourselves, broadens our social contacts, provides new experiences, and can help us balance our lives.
- Laugh more. Enjoy life’s humorous moments and share them with a friend.
- Have a spirituality to call your own.

Key References:

World Health Organization. (2001). *Mental health: strengthening mental health promotion*. (Fact Sheet No. 220). Geneva, Switzerland: Author.

B.C. Partners for Mental Health and Addictions Information. (2004). *Achieving positive mental health* [Electronic version]. Retrieved March 22, 2006, from <http://www.heretohelp.bc.ca/publications/factsheets/positivementalhealth.shtml#top>

Canadian Mental Health Association. (2001). *The 2001 Canadian Mental Health Survey COMPAS Inc.* [Electronic version]. Retrieved March 22, 2006, from http://www.cmha.ca/bins/content_page.asp?cid=5-34-212-213&lang=1#_Toc512618117

Play

with your brain!

We need our minds to complete daily tasks, enjoy activities, and carry us safely into old age. As you age, you may notice changes in your mental sharpness and memory. This is a normal part of aging, but there are ways to prevent decline and improve brain power. When you use your brain in new or challenging ways, more neural pathways become established in the brain which improves memory, mental fitness, and concentration.

Learn a new language, pick up a new hobby or engage in friendly debate – all of these help to stimulate your brain. Other ideas include: read a challenging book, use your other hand to comb your hair or brush your teeth, or take a different route to work.

Puzzles are also a good way to exercise your brain. Crosswords, logic puzzles and math puzzles are all great! Here are a few brain teasers to get you started.

Questions

1. How much dirt is in a hole that is 3'x 2'x 1'?
2. What is the beginning of eternity and the end of space and time?
3. If you count from 1 to 100, how many 7's will you pass on the way?
10 11 19 20 21
4. The same three-letter word can be placed in front of the following words to make a new word:

LIGHT BREAK TIME

Key References:

Mensa International. (n.d.) *Mensa workout*. Retrieved March 24, 2006, from <http://www.mensa.org/workout2.php?>

1. None. It's a hole. 2. The letter 'E'. 3. 20. 4. Day
Answers

DCCI WINDSOR OFFICES

ARDC

Automotive Research and Development Centre

DCCB

DaimlerChrysler Canada Building

GMRB

Grand Marais Road Building

TEMPLE

Temple Drive Office Building

DCTI (OFFICE)

DaimlerChrysler Transport Inc.

VCC (OFFICE)

Vehicle Completion Centre

DCCI WINDSOR OFFICES

WELLNESS FAIR FUN

The Wellness Committee kicked off March with a two-day Wellness Fair. There were eight displays, covering such topics as mental health, cancer prevention, handwashing, and physical activity. People were able to test their blood types, see how easily germs are spread using a glowing powder, and participate in YMCA chair stretching exercises. Visitors were also treated to a taste test of homemade granola bars and fruit with healthy yogurt dip. A draw was held from the 200 visitors, with 6 people each winning a \$50 gift certificate to Zehrs. Congratulations to Shelley Keenan, Stacey Grant, Patricia Mireault, Dana Oglan, Howard Wu, John Vitsasand and all those who came out and learned something new about their health! The initiative contest was also run in March, with winners receiving new WTW at DCCI apparel, such as reusable handwarmers and headbands.

Every minute of every day, someone in Canada needs blood. That someone could be a loved one, a friend, a co-worker, or even you. Because of the importance of donating blood, a group blood drive is being organized in June. If you are interested in donating please contact a member of your Wellness Committee. Going as a group is a fun and rewarding experience, which will hopefully help people develop a lifelong habit. And the bonus to donating, along with knowing you have saved a life, is that you get free juice and cookies afterwards!

WINDSOR AREA

WINDSOR ASSEMBLY PLANT

SKATING PARTY A SUCCESS!

With cold weather fading, the Windsor Assembly Plant celebrated winter one last time with a free skating party on Sunday, March 26th at the South Windsor Recreation Complex. Open to employees and members of their families, the event featured community health displays, hot beverages, door prizes, and of course, an open sheet of ice for a leisurely afternoon skate. Among the attending agencies were the Canadian Blood Services, who provided information on blood donation and instant blood typing services; the Katelyn Bedard Association, who raised awareness about joining the Unrelated Bone Marrow Donor Registry; and the Windsor-Essex County Health Unit, who held demonstrations on how germs are spread and the hazards of tobacco use. Plus, Meghan Agosta from the Canadian Olympic Women's Gold medal-winning hockey team and Suzanne Gavine-Hlady, Olympic bobsledder, were at the party to sign autographs and skate with over 500 people in attendance. The Wellness Committee would like to thank Meghan, Suzanne, and all of the community agencies for making the day so memorable.

The end of March also marked the close of the *Warm Up To Wellness* initiative contest. Chrysler roadside assistance kits, WTW at DCCI apparel, and gift certificates were handed out as prizes. The grand prizewinners, Tom Coffey, Joe Charbonneau, and Jan Hannan, each received a \$100 gift certificate to a Zehrs grocery store. Congratulations to all winners. For your chance to participate, watch for the upcoming *Keep Health In Mind* activities this summer.



Canadian Olympians, Suzanne Gavine-Hlady and Meghan Agosta enjoy an afternoon skate with some children at the Family Skating Party.



Windsor Office employees get their blood typed by Joan Hannah from the Canadian Blood Services at the Wellness Fair.

RETIREES

CAW LOCAL 444 LOCAL 444

CAW RETIREES' HEALTH & WELLNESS DAY SET FOR MAY 17TH

The CAW Local 444 Retirees' Wellness Committee has partnered once again with other CAW Locals in Windsor-Essex County to host a comprehensive health and wellness day. Taking place on May 17th from 8 a.m. to 1:30 p.m. at CAW Local 444/200, the event will feature a continental breakfast, seminars, interactive health screenings, community wellness booths, and lots of giveaways. There is no cost to attend and all CAW retirees are welcome.

Schedule of Activities

8:00am - 9:00am	Continental Breakfast and Fruit Carving Demonstration
9:00am - 10:00am	Health Benefits of Humour and Laughter - Seminar
10:00am - 10:15am	Break
10:15am - 11:15am	Paging Dr. Fido: How Pets Affect Our Health - Seminar
11:15am - 1:30pm	Health and Wellness Fair

In 2004, a group of 30 CAW Retirees participated in *Losing Weight... the healthy weigh*, a pilot weight loss project offered through the Windsor-Essex County Health Unit. The aim of the program was to provide education and support to assist participants in reaching and maintaining their ideal body weight. A total of 38 retirees are participating in the 12-week course this year. The Wellness Committee would like to wish all of their members lots of success as they move through the weekly sessions.



A group of CAW Local 444 retirees from the original "Losing Weight...the healthy weigh" Program enjoy a walk together.

CAW LOCAL 1285

CAW LOCAL 1285

STRAIGHT TALK ABOUT PROSTATE CANCER
At a monthly retirees' meeting last year, a female member asked the Wellness Committee to provide an education session for male members on prostate cancer. In response to her request, the CAW Local 1285 retirees' meeting in March was dedicated to this very important topic. Michelle Karker, Unit Manager of the Canadian Cancer Society in Brampton, and Fred Norris, President of the local prostate cancer support group, delivered a heartfelt presentation to a large and attentive audience. Michelle's message focused on the importance of early detection through regular screening and maintaining a healthy lifestyle. Fred, a prostate cancer survivor himself, also stressed the importance of regular screening before recounting his personal experiences in overcoming the disease. Many CAW retirees, who were clearly touched by Fred's story, stopped by the Canadian Cancer Society's display after the presentation to speak with him personally.

To complement the presentation, Peel Health provided a staffed display on prostate, colorectal, and many other types of cancers in addition to a healthy eating display highlighting National Nutrition Month (March). To wrap up activities, the Wellness Committee held a draw for the *Warm Up To Wellness* initiative contest. Winners received WTW at DCCI toques, headbands, handwarmers, and CAW Local 1285 apparel.



Retiree Chair, Dennis Hryhorchuk, presents Michelle Karker and Fred Norris with thank you gifts from CAW Local 1285 after a presentation on prostate cancer.

SMOKE-FREE ONTARIO ACT IS COMING

On May 31, 2006, the Smoke-Free Ontario Act (SFOA) will take effect making the entire province of Ontario smoke-free in all enclosed workplaces and enclosed public places. This law will eliminate smoking indoors (e.g., Designated Smoking Rooms). Outdoor smoking shelters will be modified to allow for a free flow of air or closed entirely. The SFOA also increases the retailer's legal responsibility to make sure their staff do not sell cigarettes to underaged kids. For more information on the SFOA visit www.mhp.gov.on.ca.



NEED HELP QUITTING?

The Working Toward Wellness at DCCI Program is pleased to announce the launch of an exciting new website to support DCCI employees and their families who would like to quit smoking. This website, wtw.kickbutts.ca, includes a six-step program and interactive tools to help guide participants through their quit smoking journey. Participants will also receive customized information, supportive e-mails, and the ability to communicate with other quitters around the world.

For more information, or to start on the road to quitting, visit

wtw.kickbutts.ca

CHRYSLER FINANCIAL CALGARY

IT'S COLD UP HERE!

The weather in Calgary can get extremely cold. Home of the 1988 Winter Olympics, the city is nestled in the foothills of the Great Canadian Rockies and is only a 30 minute drive to the base of the first snow-capped mountain.

Because of the cold weather, the *Warm Up To Wellness* initiative was very applicable to the employees based out of the Western Business Centre. The office had a great time with the initiative contest, which highlighted topics relevant to ensuring a safe and healthy winter. Gift certificates to local businesses were awarded to Amy Martin (\$150), Tami Wasilow (\$100), and Susan Lefebvre (\$50), whose names were drawn from all correctly completed entries.

The Wellness Committee was also involved in a blood drive to help support the Canadian Blood Services. It was a tremendous turnout with 17 employees donating their time and blood for a great cause. Thank you to those who participated and gave the gift of life.



Way to go! A map showing the total distance and routes travelled by the employees at DCTF.

DC FINANCIAL SERVICES CANADA

CHRYSLER FINANCIAL MISSISSAUGA

'BREAKING THE FAST' WITH A HEALTHY BREAKFAST!

It has always been said that breakfast is the most important meal of the day, but a healthy breakfast is an even better way to kick start your morning. A very nutritious, tasty, and well-balanced breakfast in the morning is exactly what everybody in the office was able to enjoy on March 24th. The featured foods included low fat vanilla, raspberry, banana, and blueberry yogurt topped with mixed fruit and grape nut cereal. Participants were later invited to a 'Break the Fast!' lunchtime presentation about the positive benefits of eating breakfast and tips for making the first meal of the day nutritious and satisfying. Participants were entered into a draw and Mary Crkovski was the lucky winner of a Chrysler roadside assistance kit. Earlier in the initiative, on Valentine's Day, Barbara Cotton and Ina Brancati were lucky enough to each win an 'edible arrangement', an assortment of fruits carved to resemble a fresh bouquet of flowers, and all proceeds from the ticket sales, \$244, were graciously donated by the wellness committee to the Heart and Stroke Foundation! As an initiative finale, employees participated in a lunchtime walk as the weather started to warm in April.



Contest prize winners Amy Martin, Tami Wasilow, and Susan Lefebvre smile for the camera after receiving their gift certificates to local businesses.



Registered Dietitian, Sarah Baker, delivers a 'Break the Fast' presentation promoting the importance of a healthy breakfast.

DAIMLERCHRYSLER TRUCK FINANCIAL

MARCHING TOWARD WELLNESS

There have been lots of changes happening at the workplace, but one of the biggest has been a switch of the office name. Perhaps motivated by the new name change, the Wellness Committee didn't just 'step-up', they 'marched-up', to the challenge of planning some fun, interesting, and successful workplace wellness events. The initiative was introduced through the Wuzzle and Photo Fun contest, and the lucky winners were: Jakub Milolajczak and Delia Arneill, who won toques; Adam Johnstone and Narinder Nagra took home handwarmers; Roxanna Kamal and Faith Green each won a T-shirt; and Gina Camara and Haven Ireland received headbands. A 'March Across Canada' challenge also took place in

the month of March. The challenge encouraged employees to get at least 10 minutes of physical activity each day. It took only 3 weeks to travel from St. John's, NL, to Victoria, BC, a total of 12745km. To celebrate the success, the Wellness Committee hosted a healthy lunch featuring a wide variety of healthy wraps. What a great way to wrap up a successful event. The Wellness Committee used the lunch as an opportunity to award participants with some prizes including Booster Juice gift cards. At the end of April, the committee arranged a soup and stew potluck with employees bringing in a variety of nutritious dishes to share. They're hoping to make this a regular wellness event.

TORONTO AREA

BRAMPTON ASSEMBLY PLANT

SPRINGING INTO WELLNESS...

A successful *Warm Up To Wellness* Health Fair was held at the worksite this spring. This event provided a great opportunity for employees to pick-up resources and discuss health related issues with educators and volunteers from various community agencies. The event featured the Moods Disorder Association of Canada in partnership with Moods Magazine representatives, Canadian Lung Association, Brampton YMCA, and the City of Brampton. Peel Health also attended the event providing excellent nutrition information and some great smoking cessation resources. Windsor-Essex County Health Unit Staff were also on-hand with an interactive booth providing information about the importance of handwashing. Employees were also invited to submit their Wuzzle and Photo Fun contest ballots for a chance to win some great prizes. Cheryl Rowe and Mike Allen each won \$150 gift card, Mark Masocco and Kim Choy won \$75 gift cards, Roseanne Hamilton took home a \$50 gift card, and Ryan Williams, Al Keirans, Doug Evans, Candice Parisi, and Robin Ronquilo each received a Chrysler roadside assistance kit. Congratulations to BAP on becoming a smoke-free environment one month ahead of the provincial deadline!



Some participants at the *Warm Up To Wellness* BAP Health Fair stop to pose for a picture.

Losing Weight ...the healthy weigh



A group of participants from the *Losing Weight...the healthy weigh* program pose before setting out on their 15 minute physical activity break.

The pedometers are clicking away in Windsor with two *Losing Weight... the healthy weigh* classes in progress. The classes are off to a great start with a Registered Dietitian educating 80 participants on the basics of healthy eating, physical activity, and setting achievable goals. All participants, including DCCI employees, retirees, and family members, are keen on attending these weekly educational and skill-building classes while working towards achieving their healthy weight loss goals. Another session of this program will soon be launched in Brampton at the Local 1285 Union Hall.



Employees line up to get their blood typed by the Canadian Blood Services, while Wellness Committee member Rosa Sorley serves up tasty oatmeal in the background.

ETOBICOKE CASTING PLANT

MAKE A MEAL OUT OF...OATMEAL!

On March 21st employees at the Etobicoke Casting Plant were treated to steaming bowls of oatmeal, much welcomed on the cold day, with six different toppings to choose from. Oatmeal, as people learned, makes a healthy breakfast choice because it is nutrient dense and provides a source of soluble fiber. At the same time, a *Warm Up To Wellness* Fair was held. The event, which ran during all three shifts, had six organizations present information on mental health, smoking and how to quit, importance of handwashing, bone marrow donation, and resources on local biking and walking trails, community fitness programs and local events. Fifty people also learned their blood type and what that means, by visiting the Canadian Blood Services display. Fresh, juicy oranges were given away - some of these were marked with stickers, which indicated winning new WTW at DCCI apparel, such as a headband, reusable handwarmer, T-shirt, or toque.

A draw was held for the initiative contest; the grand prize winners each received a \$75 gift certificate to Sporting Life. Congratulations to Brad Neuman (night shift), Manuel Rodrigues (day shift), and Ed Milkowski (afternoon shift). The second prize, a Chrysler roadside assistance kit, was won by Sean Reid (night shift), Nazar Hussain (day shift), and Ray Noftall (afternoon shift).

WINNING BY QUITTING Get Your Butt In Gear! 2006

The annual Get Your Butt In Gear! 2006 - Quit & Win Contest was held recently with 124 participants accepting the challenge to stay smoke-free from March 1st until April 12th. Thirteen prizes, each worth \$250 to a local sporting goods store, are being awarded to regional winners. Congratulations to all of the participants for making this year's contest such a success and for significantly improving their health. For the complete list of prizewinners visit www.workingtowardwellness.ca.

VANCOUVER PDC

WARMING UP TO WELLNESS...

The Vancouver PDC marked the end of winter with the *Warm Up To Wellness* contest. Employees took the opportunity to test their word puzzle and matching skills for a chance to win prizes. In early April, Ted Brode, the new warehouse supervisor, drew the names of the winners. Trung Ngo, Manjit Basran, Walt Baraka, Gary DeSousa, Sam Penn, Rob Hayre, Glenn Mizuyabu, and Paul Baker each received \$25 gift certificates to a local restaurant or to The Bay. The WTW at DCCI T-shirt winners were Darcy Ludwar, John Czilok, Eugene Bonneteau, John Morabito, Peter Cooper, Josh Boyd, Yolanta Nelson, Balkar Khangura, and Greg Cooney. The Wellness Committee would like to thank everyone who participated. Seventeen of the twenty-four employees at the PDC entered, marking the highest participation to date in a Working Toward Wellness at DCCI contest!

The Wellness Committee also planned a soup day at the end of April to demonstrate how certain comfort foods can be filling and healthy at the same time. More information on this event will be available in the fall edition of the Health Issues Newsletter. Also, the Wellness Committee is currently planning some exciting summer events for the *Keep Health In Mind* initiative so watch for details to come.



Contest winners, Trung Ngo, Sam Penn, Manjit Basran, Glenn Mizuyabu, Walt Baraka, Rob Hayre, Balkar Khangura, and warehouse supervisor, Ted Brode outside of the Vancouver PDC (Missing are Gary DeSousa and Paul Baker).

PARTS DISTRIBUTION

MISSISSAUGA PDC

A TOP "CALIBER" HEALTH EVENT

To highlight the *Warm Up To Wellness* initiative, the Mississauga PDC hosted a comprehensive employee health day on March 26th. The health fair, held in the centre of the facility, was the feature attraction. Among the interactive activities at the fair were blood type testing, carbon monoxide testing, demonstrations of therapy lights to treat seasonal affective disorder, and much more. Plus, employees completed the initiative contest for an opportunity to win WTW at DCCI toques, headbands, T-shirts, and reusable handwarmers. The grand prize, a pair of mountain bikes with accompanying helmets, was awarded to Jeff Forester. Next to the exhibits, the marketing department had a new Chrysler Minivan and Dodge Caliber on display. Sales representatives were available to answer questions about the vehicles and to discuss the new employee-pricing plan.

In addition to the indoor activities, the Region of Peel's Heartmobile was parked outside of the loading dock area for employees interested in blood pressure screening and cholesterol testing. Participants also had their Body Mass Index measured and discussed their physical activity, stress, smoking cessation, and healthy eating concerns with professionals from Peel Health.

A four-week healthy weights challenge was also organized in the month of March. Six, four-person teams were each weighed-in together on a freight scale before setting a group weight-loss goal. With resources to improve physical activity and eating habits as a guide, each teams' members worked hard over the course of the challenge to come as close as possible to their predicted weight. After the final weigh-in, five of the eight teams reached their group goal. Participants on each of the five teams received \$20 gift certificates to a local sporting goods store. Collectively, the 32 participants in the healthy weights challenge lost a total of 136 lbs (62 kg)!

Warm Up To Wellness contest winner, Mark Forester, with his new pair of mountain bikes and accompanying helmets.



RED DEER PDC

FIT AND FIRM

Spring sprung in April and so did the Wellness Committee. As part of the provincial initiative "Be Fit for Life", which provides programs, education, and resources to encourage Albertans to adopt active healthy lifestyles, Denise Klein, the "Be Fit for Life" Coordinator at Red Deer College, was invited to provide a 'Fit and Firm' lunch and learn session in April. Employees received information how to get a full body workout at home and during work breaks, by using an

exercise ball, resistance bands, and body weight. Developing strength and flexibility through resistance training are two key components of physical health.

The *Warm Up To Wellness* initiative contest took place in April, with \$300 given away in prizes. Congratulations to the winners!

CENTRES

WINNIPEG PDC

A GREEN DAY IN WINNIPEG

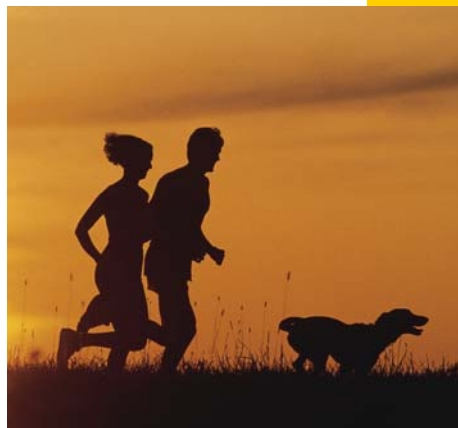
To kick off the *Warm Up To Wellness* initiative, the Winnipeg PDC decided a celebration of everything green was in order. Why the colour green, you ask? Well, with St. Patrick's Day just around the corner, the timing was perfect for a social gathering to emphasize the importance of green fruits and vegetables in a healthy diet while honouring a popular Irish tradition. Complete with green tea, green grapes, and fresh spinach salad, employees enjoyed the healthy snacks and were reminded of their nutritional content.

The Wellness Committee also ran the *Warm Up To Wellness* contest. In addition to some great WTW at DCCI items, employees entered to win a \$100 gift certificate to Sport Chek. The gift certificate ended up being awarded to Rob Forsyth, an employee at the PDC for more than 29 years.

With another successful initiative ending, stay tuned for more exciting events this summer during *Keep Health In Mind*.



Rob Forsyth, winner of the \$100 gift certificate to Sport Chek, has his photo taken after winning the *Warm Up to Wellness* contest.



MONTREAL PDC

PICTURE A HEALTHIER YOU...

The Wellness Committee in Montreal came up with some great ideas this initiative. The committee asked employees to take a picture of themselves while participating in a healthy activity. Photographs were judged on creativity and originality. Paule Madé submitted a photo showing herself reading while sitting on a swing, wearing a helmet, with a soccer ball in hand, and with a skate and ski boot on each foot. Lynn Murphy submitted several photos, but the winning shot was of her playing basketball with her son. Congratulations to both winners! And, with their new prizes, a digital camera each, they'll be able to capture many future wellness moments. As well, employees were offered apples and bananas, along with a fact sheet that outlined the health benefits of these fruits. Pleased with the feedback, the Wellness Committee has decided to make a fruit giveaway a standard feature for the remainder of the year and plan on also serving pineapple, strawberries, and blueberries. What a delicious and nutritious idea!



Grand prize winner, Jeff Hawthorne, receiving his shirt, hat, and \$50 gift card for Cleaves Sporting Goods from Wellness Committee member Gerald Plante.

MONCTON PDC

THE CORRECT ANSWER IS...

Moncton employees participated in two contests that focused on raising awareness about staying well throughout the winter months. The first contest took place in March, and used the Wuzzle and Photo Fun ballot. Sandra Cole was the big winner of a \$50 gift card and a T-shirt. Other winners included Gerald Plante, Gary Coates, and Andrew Colpitts, who each received a \$25 gift card. Based on the success of this initial contest, a second contest was organized in April to test employees' trivia skills. The second contest was a trivia contest, which ran in April. The grand prize winner was Jeff Hawthorne, who received a \$50 gift card from Cleaves Sporting Goods along with a T-shirt and hat. Other

contest winners included Craig Allen, Andrew Colpitts, and Dennis Bleakney who took home \$25 gift cards and water bottles. T-shirts, hats, and other prizes were given away at the draw for those that participated. After answering all of the knowledge testing questions, it seems unlikely that anyone at the PDC was left guessing about how to stay well throughout the winter.



Examples of Mental Health Disorders

Mental illnesses can affect anyone, regardless of age, education, income, or culture. The causes are complex and include genetic, biological, personality, and environmental factors. Symptoms vary from mild to severe and are usually treated with medications and/or psychotherapy. More common types include mood, anxiety, and eating disorders.

Mood Disorders

This group includes depression (Unipolar Disorders), or a combination of manic and depressive episodes (Bipolar Disorder). Individuals with depression often feel worthless and sad to the point where daily living activities are affected. They may also have sleep problems and low energy levels. During manic phases, individuals are overly energetic and may do things out of character such as spending large amounts of money and having an extremely short attention span.

Anxiety Disorders

This group involves excessive levels of fear and worry that cause the individual to avoid particular situations and/or to develop compulsive behaviours as a way to reduce the anxiety. Some types include Generalized Panic Disorder, Obsessive-Compulsive Disorder, and Post Traumatic Stress Disorder.

Eating Disorders

These disorders involve a serious disturbance in behaviours associated with eating too much or too little, and a disturbance in how the individual views their body size and shape. Some types include Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

While the risk of developing one of these mental disorders may be reduced, once diagnosed, the recovery goal is to gain a sense of control over the illness and one's life, even though symptoms may be still present. For more information, visit www.cmha.ca

Key Reference:

Health Canada. (2002). *A report on mental illness in Canada*. (Cat. No. 0-662-32817-5). Ottawa, Canada: Author.

Aging and Our Mental Health

Aging is a natural process each of us will experience. It involves many changes that can affect our mental health both positively and negatively. Many will embrace their senior years, finding it very fulfilling with new opportunities, activities, and hobbies that were not possible while working and having family responsibilities. For others these changes can lead to feelings of loneliness, depression, anxiety, dependency on others, and even thoughts of suicide.

Mental health problems may be related to physical, social, and economic changes that sometimes occur as an individual ages. Physical illness, immobility, chronic pain, and cognitive/sensory impairments can make it very difficult for older adults to engage in the activities they once enjoyed. In addition, life changes such as retirement, widowhood, and death of long-time friends, can lead to a loss of purpose in life, emotional/social isolation, and added stress. For many of us who have older loved ones, it can mean new caregiving responsibilities, which could be stressful, and impact on our own quality of life.

While many of these life changes are beyond our control, strategies can be developed to help maintain mental well-being in later years. Here are some suggestions for you or someone you care about:

- 1) Start planning early for retirement. Develop a healthy lifestyle before retirement by being physically active on a daily basis, eating well, drinking responsibly, not smoking, and getting an annual medical examination.
- 2) Keep a positive attitude about the physical changes you will experience as you age. You may still be able to do the things you love, but you might have to slow down and pace yourself.
- 3) Look to family and friends for emotional support to help you through the loss of a loved one.
- 4) Develop and maintain new social networks of friends and activities to help offset the feelings of loneliness.
- 5) Learn to recognize the signs of depression (loss of appetite, weight, energy, or motivation, lower quality of sleep, or thoughts of suicide). According to the Department of Psychiatry and Behavioural Neurosciences at McMaster University, an individual should seek professional help if they experience at least three to four of the signs and symptoms of depression for more than two weeks.



Key References:

BC's Mental Health Journal (Summer 2002). *Senior and mental health promotion*. Retrieved on March 21, 2006 from <http://www.cmha.bc.ca/resources/visions/seniors>

Canadian Mental Health Association (n.d.) *Aging and mental health*. Retrieved on March 20, 2004 from http://www.cmha.ca/bins/print_page.asp?cid=2-74&lang=1

PsychDirect.(n.d.). *Signs and symptoms of depression*. Retrieved on April 5, 2006, from <http://www.psychdirect.com/depression/d-signs.htm>



HELP IS OUT THERE

If you think you may have a mental illness, it is important to seek professional help. The first place to start is to speak with your family physician. Sometimes other medical conditions (e.g., hypothyroidism, nutritional deficiencies) have similar symptoms to mental illnesses and therefore need to be ruled out.

Once you have been diagnosed by your doctor with a mental illness, what comes next? Two of the most common treatments are medication and therapy, often used in combination.

Medication

There are many types of medication available, each with benefits and side effects. Selective Serotonin Reuptake Inhibitors or SSRIs (e.g., Paxil, Celexa, Zoloft) are some of the most commonly used antidepressants. These act on the chemical imbalances found in people with depression and anxiety. Along with asking your doctor, you can visit www.webmd.com/drugs/ for more information on medications.

Therapy

As with medications, there are several types of therapy. Examples of talk therapy include:

- Psychotherapy: clients talk about their lives and past experiences to a therapist.
- Cognitive Behavioral Therapy: a therapist helps a client change negative thought patterns.
- Group therapy: group members share with others, often reducing feelings of isolation and loneliness.

If you or your doctor decide that therapy would be beneficial, you have a number of options. Your doctor may refer you to a psychiatrist, or you may want to find someone yourself, such as a psychologist or social worker. When finding a mental health practitioner, be sure to choose a person who is licensed by a regulating association, such as the Canadian Psychological Association, Canadian Psychiatric Association, or the Canadian Association of Social Workers. For more information on each of these, see the website section in this newsletter. Therapy may be covered through your Employee Assistance Plan or Health Care Benefits Plan. Contact your EAP Representative, Green Shield, or Benefits Link for further information.

Key References:

- Health Canada. (2002). *A report on mental illnesses in Canada*. (Cat. No. 0-662-32817-5). Ottawa, ON: Author
- Silverstone, P. and von Studnitz, E. (2003). *Defining anxious depression: Going beyond comorbidity*. *Canadian Journal of Psychiatry*, 48(10), 675-680.

Coping with a Mental Illness at Work

The workplace can provide an important social support system to a person who is coping with a mental illness. This is vital when it comes to improving the affected person's sense of self-esteem, control, and self-worth.

When returning to work, the employee benefits by moving toward a healthier, more meaningful role. The workplace benefits by retaining valuable knowledge and experience, and avoiding the added costs of hiring and training a new employee. Accommodating workers returning from health problems also sends a clear message that the employer cares about the employees who work for them.

Accommodations should be based on an employee's needs and on resources available to the workplace. Some examples may include flexible scheduling, modified work, or a modified workspace.

Unfortunately, employees may not feel comfortable asking for accommodations or discussing their illness at work because of negative stereotypes related to mental illness. One way to help eliminate these stereotypes is to support friends, family members, or co-workers in knowing that they are valued parts of our lives, and valued contributors to the workplace. Employees should work with their employer, Disability and/or Employee Assistance Program Provider, and their union to help make their return to work a positive experience for everyone involved.

Key Reference:

- Mental Health Works. (n.d.). *Employees*. Retrieved March 28, 2006, from <http://www.mentalhealthworks.ca/employees/index.asp>

WEBSITES

Canadian Association of Social Workers
www.casw-acts.ca

Canadian Coalition For Seniors Mental Health
www.ccsmh.ca

Canadian Collaborative Mental Health Initiative
www.ccmhi.ca

Canadian Health Network – Mental Health
www.canadian-health-network.ca
Type in “mental health” under the search area

Canadian Mental Health Association
www.cmha.ca

Canadian Psychiatric Association
www.cpa-apc.org

Canadian Psychological Association
www.cpa.ca

Centre For Addiction and Mental Health
www.camh.net

Here to Help -BC
www.heretohelp.bc.ca

Internet Mental Health
www.mentalhealth.com

Mensa International
www.mensa.org

Mental Health Works
www.mentalhealthworks.ca

Mind Your Mind
www.mindyourmind.ca

Mood Disorders Society of Canada
www.mooddorderscanada.ca

Moods Magazine
www.moodsmag.com

Public Health Agency of Canada –Mental Health
www.phac-aspc.gc.ca/mh-sm/mentalhealth

World Health Organization – Mental Health
www.who.int/mental_health



PROFILE

*Customer Advocate from the Temple Drive Office Building
47 years old*

First position with the company:
Assembly Line Worker

Favourite DaimlerChrysler vehicle:
Dodge Viper

Favourite food:
Pasta - always rich in carbohydrates

Favourite past time:
Running and cycling

ROBERT 'BOB' RENAUD

Bob believes that biking or running to work, which he does regularly, are good wake up activities and help reduce anxiety. When he isn't at work you'll probably find him camping, hiking, swimming, or windsurfing. His wife, Martha, and children, Matthew and Peter, are very supportive of his active lifestyle. In fact, Martha is Bob's running partner and both are very active in WRACE (Walkers & Runners Around the County of Essex). He believes that being active improves your health and helps build a positive attitude towards living.

With a highly active lifestyle Bob knows the importance of eating foods rich in carbohydrates to maintain hard working muscles and recognizes the importance of a well-balanced diet. Not surprisingly, his favourite food is pasta.

Bob supports the Working Toward Wellness at DCCI program because it provides people with the motivation and tools to make healthy changes a reality. He enjoys the program contests and events, such as the Walk Across Canada Challenge and the Heart and Stroke's Big Bike fundraiser. The awards and prizes for these activities are nice, but the improvements to health are the real rewards.

Recently, Bob has been trying to adopt a better work/life balance because he understands the importance of relaxation in maintaining a healthy mind and healthy body. He believes that without a positive mental attitude it is very difficult to achieve personal health goals. He likes reading the Profile articles in the Health Issues Newsletter because they provide inspiration and encouragement for others who are interested in making a significant change in their own life.

Do you have suggestions for future topics? Please submit your ideas to the Windsor-Essex County Health Unit.
E-mail: mtoews@wehealthunit.org • Phone: 519-258-2146 x 3100 • Fax: 519-776-6102

©2006. Produced by the Windsor-Essex County Health Unit and Heart Health Action Windsor-Essex in partnership with DCCI and the CAW. This newsletter may not be reproduced without written permission. Please keep in mind that this newsletter is not intended to diagnose or treat illnesses. Please consult your physician regarding personal health problems or major changes in diet or exercise.

DaimlerChrysler
Canada

CAW  **TCA**
CANADA


HEALTH UNIT
Unité sanitaire
de Windsor • comté d'Essex
WINDSOR • ESSEX • LEAMINGTON
www.wehealthunit.org