



W I N T E R 2 0 0 5

SPECIAL ANNOUNCEMENT

DaimlerChrysler Canada and the CAW to offer the popular Quit & Win Contest again in 2005.

See page 8 for details.

HEALTH ISSUES NEWSLETTER

HEALTH AND WEALTH INVEST FOR LIFE!

Health and wealth. Both are highly important to how our futures will unfold and many believe they are key to a happy and successful life. Wealth, for some, means financial security, or being “rich”, while others see wealth as a route to being debt free or a way to pay for everyday expenses. At the same time, good health is vital to enjoying our well-earned money, since health means a longer life and improved quality of living. It just makes sense: if you take care of your health while building your wealth, you’ll be around a lot longer to enjoy it.

The challenge is that health and wealth don’t necessarily come easy. We understand that budgeting and good financial planning is important in order for us to have greater control over our money and to sustain us in the future for our retirement. However, many of us don’t take the time to sit down and plan a budget. We keep putting it off, telling ourselves we are going to develop a plan, but never do. Avoidance often becomes a much easier solution. But in reality the solution is to have a plan in place. It can help to alleviate current financial pressures, and other stressors and create the savings for an enjoyable retirement.

Staying healthy is also important. With all the publicity about increases in chronic disease, rising health care costs, and the reduced levels of government support, many Canadians are realizing that “ill health” could alter their future dreams and retirement plans. Canadians are concerned that an early retirement is looking doubtful, as they might have to work longer in order to manage long-term health care costs. However, if we plan on working longer, then we are going to need our health. Whether we continue to work or plan for our retirement, we need to understand that our health plays an important role in determining our lives and future.

We know health is important, but how many of us actually sit down and plan out our health? It is probably not as frequent as it should be. If we are going to invest in our future, then we need to examine what we eat, how much physical activity we get, and whether or not we are at a healthy weight. If we smoke or are exposed to second hand smoke, drink in excess, or engage in high-risk behaviours, we need to stop. The benefits of choosing a healthy lifestyle far outweigh the costs.

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Working TOW>RD Wellness at DCCI

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

Having a healthy lifestyle is a great compliment to our financial well-being. With our health in hand, we can enjoy our retirement and the years leading up to it by living longer, feeling better about ourselves, increasing our years of independent living, and improving our overall quality of life. After all, wealth without health is really no wealth at all.

Source:
Early retirement looking doubtful. (November 12, 2004). Retrieved November 17, 2004 from http://www.benefitscanada.com/news/article.jsp?content=20041112_143909_2896

TO LEASE OR TO BUY?

There is no right or wrong answer when it comes to financing your new vehicle. Compare the following advantages of leasing and buying:

Advantages of Leasing

- Lower monthly payments.
- Less cash required upfront.
- Taxed on monthly payments only.
- Chance to drive a better vehicle than you could afford to purchase.
- Lease terms are shorter than the length of car loans.
- Leased vehicles are under warranty for most or all of the lease term.
- More options at the end of the lease: purchase, trade-in, or return.

Advantages of Buying

- No restrictions on the number of kilometers driven.
- Cheaper in the long term if you use the vehicle for more than five years.
- Freedom to sell, customize and service the vehicle as you wish.
- A loan is easier to obtain than a lease if you have a poor credit rating.
- Good choice if you are hard on your vehicle as covering the cost of additional damages to leased cars can be expensive.

The ultimate decision depends on personal needs like savings, vehicle preferences, and lifestyle factors. Consider the following to assist you in making your choice:

1. How much money can you afford to spend on a new vehicle?
2. How long do you plan on keeping your vehicle?
3. How much do you drive each year?
4. Do you have a guaranteed income to cover payments for the duration of a lease?



Source:
Spending smarter - car lease or buy? (n.d.). Retrieved December 8, 2004 from <http://strategies.ic.gc.ca/epic/internet/inoca-bc.nsf/en/ca01807e.html>

WORKING TOWARD WELLNESS AT DCCI PROGRAM CONTACTS

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STRATEGIES FOR FINANCIAL SUCCESS

Is financial fitness near the top of your New Year's Resolution list? Good money management is important to the health and well-being of you and your family. Now is a good time to take stock and to decide on what's important to you. Focus your finances around the things you value most. Identify personal and financial goals such as alleviating immediate financial pressures, paying for your children's education, financing a vacation, saving for retirement, or providing eldercare. Then, assess your current situation and seek assistance to determine your net worth. This is important for tax planning purposes and in deciding what you want to leave to your beneficiaries.

Here are some suggestions from leading financial institutions to help you manage your money:

Identify financial roadblocks

Examine credit card debt and cash flow problems along with poorly performing investments or unexpected medical expenses when determining the best financial strategy for you and your family.

Establish an annual budget

List your regular expenses. Add one-time annual expenses such as property taxes, insurance, and vacations. Then, determine your annual net income. Ensure your spending is less than your income. If it isn't, then re-align your spending with what you value.

Pay yourself first

A general rule is to put 5-10% of your pay into a savings or investment account. Start with a small amount, but start! Automatic savings withdrawal can be a convenient and less noticeable way of making this happen.

Find ways to save using small steps

Try reducing expenditures on day-to-day purchases such as beverages, snacks, lunches, cigarettes, and lottery tickets. A savings of five dollars-a-day equates to nearly \$2 000 a year.

Reduce your interest charges

Consolidate your debts. Reduce the number of credit cards you have. Pay down your mortgage with bi-weekly payments. If you can't afford to buy it - don't!

SHOPPING SMART CAN SAVE MONEY

Eating healthy doesn't have to break your bank account. Consider the following when shopping:

- Bulk or large-size containers can cost less per serving.
 - In-season produce from farmers' markets.
 - Frozen or canned vegetables and fruit can be cheaper than fresh, especially when wastage is taken into account. Remember to rinse canned vegetables well to remove much of the salt content.
 - Purchase bulk quantities of products, that you will use often, when they're on sale.
- Keep in mind that the more processed a food is, the more expensive it is, and often the less nutritious it becomes.



Review your insurance needs

Insurance can protect your family by providing for income replacement, paying educational costs, paying off mortgage and other debts, and covering the cost of long-term care. It can also provide tax relief and preserve the value of your estate for your beneficiaries. Consult with an insurance specialist to learn more about the different types of insurance available. Remember that insurance needs change throughout your life, so review your needs regularly.

Prepare a Will and keep it current

A Will outlines specifically how your assets are to be distributed. Without this, provincial law determines how your assets will be distributed, which may have severe tax implications for your beneficiaries. Be sure to select an executor you trust to handle your estate in a fair manner before distributing your assets to beneficiaries in accordance with your wishes.

Choose a Power of Attorney

It is important to have someone to handle your affairs if you become incapacitated.

Create an Education Fund

Open a Registered Education Savings Plan (RESP) for your children. Each year that you contribute \$2 000, you are eligible to receive a \$400 government grant.

Use Registered Retirement Savings Programs (RRSP) wisely

Contribute as much as possible as early as possible. Consider a Spousal RRSP for the lower earning spouse in order to pay less tax.

Prepare for the unexpected

Set aside an emergency cash fund of at least three months living expenses. Protect your family with life insurance. Protect your income with disability insurance.

For more information, see the Websites listed on the back cover of this newsletter.

Source:
Frequently asked questions about financial planning and financial planners. (n.d.) Retrieved December 15, 2004 from <http://www.cafp.org/consumers.html>



Save More by Drinking Less

If you drink, choosing amounts consistent with or less than the Low Risk Drinking Guidelines can save you money and reduce your risk of alcohol related health problems. Just remember, not drinking at all is the best way to save money.

The Low Risk Drinking Guidelines can be found at http://www.camh.net/pdf/low_risk_drinking04.pdf

MONEY DOWN THE DRAIN?

Getting enough fluids is vital to keeping your body healthy. But have you ever wondered whether making certain beverage choices might be like pouring money down the drain? In 2000, the average Canadian consumed:

- 100 L of pop
- 65 L of milk
- 90 L of coffee
- 25 L of juice
- 81 L of alcoholic beverages
- 24 L of bottled water

Consider the following information to improve your budget and your health.

Pop vs. Juice

Canadians like soft drinks, but are they the best choice for your body and your bank account? Pop is high in sugar and calories but contains no other nutrients. On the other hand, 100% pure fruit or vegetable juices contain important nutrients such as vitamin C, B vitamins, folic acid, and potassium. As well, 125 mL (1/2 c) of juice is one serving of vegetables and fruit, according to Canada's Food Guide to Healthy Eating. In terms of dollars and cents, juice and pop cost about the same. In terms of nutrients, juice is the best value by a long shot!

Water

The belief that bottled water is a healthier and safer choice has led to increased bottled water sales. However, tap water is as safe as bottled water, and subject to far stricter controls. In 1999, the price of tap water in Canada was \$1.14 per 1000 L. Next time you buy water, compare this with the cost of purchasing even 1 L of bottled water. Unless you have been advised not to drink your tap water, with a little planning and a clean, portable container, you can take your water to go and save a lot of money too.



Coffee Crisis

The average Canadian coffee drinker has 2.6 cups of coffee in one day. Drinking one store-bought coffee per day at \$1.35 each will cost you \$492.75 over a year. If you compare this to 50¢ per cup of homemade coffee, having one of your daily coffees at home means a yearly savings of \$310.25.

Source:
Statistics Canada Agriculture Division- Food Statistics. (2003)
Retrieved December 16, 2004 from <http://www.statcan.ca/cgi-bin/downpub/listpub.cgi?catno=21-020-XIE2003002>

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

USE THEIR DETECTIVE SKILLS

As part of the *Work-Life Balance* initiative, the Windsor office locations organized the Windsor Walktober Challenge. Employees were encouraged to discover the local trails with friends and family while honing their detective skills. The rules of the contest were simple: while visiting one of the three selected trails, employees had to uncover answers to questions about the site. Tracking down the answers at all three sites improved their chance of winning gift certificates from the Devonshire Mall. The lucky winners were Carrie Chow and Domenic Bressan from DCCB, and Verna Whelan from Temple.

Windsor office staff also had the opportunity to learn about the importance of meal planning at the sizzling Eata Fajita cooking demonstrations facilitated by Allyssyn Girard-Lippman, a local Registered Dietitian. Allyssyn prepared a healthy beef fajita meal while offering practical tips on meal planning for the whole family. Over 35 employees enjoyed these informative sessions. Everyone was provided with a copy of this quick and easy recipe, as well as a sample of the delicious food. A total of 20 employees won WTW at DCCI toques and erasable memo boards for their participation.

Finally, over 250 employees received the flu shot at flu vaccination clinics held during the fall. Stay tuned for more excitement with the next initiative, *Health and Wealth: Invest for life!*

WINDSOR AREA

WINDSOR ASSEMBLY PLANT

WELLNESS AT WORK

Finding the balance between work and family life can be a challenge when trying to fit in family, friends, and personal time. Setting aside time to do things that make you feel good about yourself is a great way to achieve better personal balance in your life.

The Wellness Committee hosted a *Work-Life Balance* fair on December 14th and 15th in order to expose employees to volunteer opportunities. Participating agencies included The Children's Aid Society, VON's "Meals on Wheels" program, Canadian Mental Health Association, Canadian Diabetes Association, and Hiatus House.



Left: Allyssyn Girard-Lippman, a Windsor-area Registered Dietitian, prepares a healthy beef fajita meal as part of the Eata Fajita cooking demonstration at the Temple Drive Office Building.

Right: Guy Beausoliel from Windsor-Essex Children's Aid Society discusses foster parenting opportunities at the Windsor Assembly Plant.

The "How Balanced is Your Life?" contest closed on December 16th. Prizes included \$350.00 toward the purchase of a fitness club membership and Devonshire Mall Dollars.

Over 250 employees took advantage of on-site flu vaccination clinics. By getting their annual flu shot, these employees have helped to stop the spread of influenza this year.

DAIMLERCHRYSLER TRANSPORT INC.

WELCOME ABOARD!

DaimlerChrysler Transport Inc. (DCTI) is excited to be part of the Working Toward Wellness at DCCI program. Approximately 350 employees, who are dedicated to providing DCCI locations with world-class transportation services, call DCTI Windsor "home". DCTI celebrated the start of their wellness program with a new WTW at DCCI communication station. Employees can visit this station in the employee lunchroom of the service garage in order to access information on many health topics. Stay tuned for details on workplace events during the *Health and Wealth: Invest for life!* initiative and feel free to contact Jeff Simpson if you have any questions about the wellness program.

TORONTO AREA

BRAMPTON ASSEMBLY PLANT

FINDING THE BALANCE

The talk on the floor was the success of the Wellness Day that occurred on November 16th. Employees stopped by booths from the local YMCA, City of Brampton's Fitness Centre, and explored Peel Health's "Kitchen with a Heart" and physical activity displays. Also in attendance was Sal Cimino, a Pharmacist from GreenShield Canada, to answer questions about the safe use of prescription medications.

The "How Balanced is Your Life?" contest, promoted during the Wellness Day, consisted of a series of questions about work-life balance issues. Congratulations to Iwana Baginska, winner of a weekend for two at Hockley Valley Resort along with a \$75 dollar spa gift certificate. In addition, over 40 WTW at DCCI toques and erasable memo boards were awarded to participants at the Wellness Day.

The Wellness Committee also hosted flu vaccination clinics for all Brampton Assembly Plant employees. Over 200 employees who received a flu shot have taken an effective step toward safeguarding their health.



Top Right: A collage of photos taken at the employee Hobby Fair on October 28th.
Above: Art Black and Rolly Beaulieu answering questions at the Wellness Day.

THE NTC TRAINING IS COMING YOUR WAY

The National Training Committee (NTC) Training was negotiated by the CAW to increase members' awareness of workplace and union issues, and to review recent developments in the auto industry. This time around, the training will include a module on the Working Toward Wellness at DCCI program for all DCCI CAW members. Master CAW facilitators have already been trained, and all members will go through the NTC program within the next two years. Upon completing the module, participants will have a better understanding of how they can benefit by participating in the Working Toward Wellness at DCCI program.



ETOBICOKE CASTING PLANT

WHAT'S YOUR HOBBY?

Etobicoke Casting Plant held a Hobby Fair on October 28th to celebrate the start of the *Work-Life Balance* initiative. Organized by members of the Wellness Committee, the fair featured the hobbies and interests of many talented employees. Participants learned about fishing, rappelling, fine art, graphic design, photography, organic gardening, traditional Hungarian cooking, coin collecting, writing, and much more. The large crowd at the event was also treated to a traditional Punjabi dance called the "Bhangra" by Bhupinder Bajwa and Jaswinder Sandhu. Hosting a wellness day led by employees turned out to be a great idea and the Wellness Committee would like to thank those who volunteered to share their hobbies with others. It was great fun for everyone involved.

Two contests were also held during the initiative. The first contest, "Romantic Getaway", asked employees to describe their most romantic date for a chance to win dinner for two at Stage West Theatre Restaurant. Of the many entries, Melissa McCutcheon and Kenneth Brown were the lucky draw winners. The second contest, "How Balanced is Your Life?" also had good participation. A variety of wellness prizes including new WTW at DCCI toques were distributed to the winners.

To wrap up activities, flu vaccination clinics were held with 85 employees stopping by to receive their annual flu shot. All in all, this was a fantastic end to the year, but be sure to watch for even more events and activities for the *Health and Wealth: Invest for life!* initiative.

VANCOUVER PDC

WALKING FOR WELLNESS

The Vancouver PDC kicked off the *Work-Life Balance* initiative with a flu vaccination clinic on October 27th. Representatives from Vancouver Coastal Health administered flu shots to 18 employees over the course of the day.

Activities continued with the “How Balanced is Your Life?” contest. The contest was very well received, showing people how we take so much for granted and the need to balance work and family life. Winners of the prize draw received WTW at DCCI toques, T-shirts, and lunch bags.

The Wellness Committee also began planning a workplace walking challenge. As part of the challenge, employees will track the number of steps they take each day using a pedometer. The goals are simple: to increase the number of steps that participants take each day, and accumulate enough kilometers to travel from the Vancouver PDC to the Moncton PDC with stops at every other PDC along the way. A map of Canada with all of the PDCs highlighted will be posted to keep track of each participant’s progress. The challenge will be launched with the arrival of the pedometers in the New Year. Remember to watch for this, and more great activities during the *Health and Wealth: Invest for life!* initiative.



Left: Laura Paul from Vancouver Coastal Health administers a flu shot to Brian Wilson.
Middle: Employees are given a strip of latex to use for stretching.
Right: From left - Nathan Kilpert, Julie Barron, Karen Mendel, Melody Pedersen, and Janet Wren enjoy healthy snacks and mocktail refreshments at the Work-Life Balance Fair.

RED DEER PDC

BALANCING IT ALL DURING LUNCH

Realizing that balancing work and family life can be quite challenging with many obligations and commitments, the Wellness Committee chose to educate their staff on ways to achieve better work-life balance through stress management. During a 45-minute lunch break, Ms. Joyce Neiman of the Canadian Mental Health Association addressed staff. She focused on how to control some of the stresses in our lives and cope better with those we can’t control. She also touched on the effects of stress on our bodies, both physical and mental, and the detrimental effects of “pick me ups” that we

use during times of stress. During the discussion employees were provided with heart healthy sandwiches and bottled water. Participation was high and the information provided was very informative and well received.

After the discussion, the Wellness Committee ran the “How Balanced is Your Life?” contest. Contest winner, Dennis Gerber, received a Palm Pilot! Random draws for WTW at DCCI toques and erasable memo boards were also held at this time. Congratulations to all the employees that received great wellness prizes.

PARTS DISTRIBUTION

MISSISSAUGA PDC

FAIRING WELL

Getting the flu can make it difficult to keep up with busy schedules, both at work and at home, especially during the holiday season. That’s why 44 employees took the opportunity to receive their flu shot at the annual flu vaccination clinic on November 15th.

Following the flu vaccination clinic, a *Work-Life Balance* fair was held on November 17th. Agencies that attended included: the Credit Valley Hospital - Sleep Disorder Lab; Peel Health; Community Care Access Centre of Peel; Volunteer Centre of Peel; and the Centre for Addiction and Mental Health. There were terrific discussions between employees and agency representatives on topics ranging from ways to improve sleep to caring for aging parents. Wellness Committee member, Gwen Campbell also provided a mocktail table with fantastic non-alcoholic drink samples and low-fat snacks for employees to taste.

The Wellness Committee launched the “How Balanced is Your Life?” contest at the event to help employees assess how well their lives are balanced. Prizes were drawn for the contest and 20 lucky employees received WTW at DCCI toques, erasable memo boards, and “Mopar” T-shirts for participating. As part of the draw for prizes a few lucky employees will also be receiving vouchers for turkeys - a terrific prize during the holiday season.

CENTRES

WINNIPEG PDC

STAYING WELL IN WINNIPEG

The Wellness Committee, in March 2004, hosted a “Health Screening Day”. This event launched the beginning of the Working Toward Wellness at DCCI program. Interested employees were able to have their blood pressure, blood glucose, and cholesterol levels checked. The event was very popular, receiving 100% participation.

To promote the *Work-Life Balance* initiative, the Wellness Committee scheduled a follow-up session from the March event so that employees could compare their results and also have the opportunity to discuss their current health status with a Registered Nurse. Once again, every employee attended the event. To complement the screening session, a flu vaccination clinic was hosted the same day. Many interested employees conveniently received their flu shot at work.

All employees that attended the “Health Screening Day” received a WTW at DCCI toque and erasable memo board. Employees proudly sported their toques during the event!

Left: Matt Stowe and Todd Weimer proudly sporting WTW at DCCI toques.

Right: Gerald Plante, presents Andrew Colpitts with a WTW at DCCI toque, T-shirt, and erasable memo board.



MONTREAL PDC

BALANCING ON OUR FEET

The Wellness Committee was busy during the *Work-Life Balance* initiative. They chose to promote this initiative by taking care of one of the most important and often forgotten parts of the body...the feet. The idea being, comfortable feet can help us to think, to work, and to feel better.

An Iseco representative, an expert in how to properly fit shoes for every lifestyle, proved to be very popular. During individual sessions, employees were educated on the types of shoes available depending on their lifestyle activities.

A flu vaccination clinic was also set up on this day. Many employees took the opportunity to receive a flu shot on-site.

Employees examined the balance between work and family life by completing the “How Balanced is Your Life?” contest. On the back of the ballot there was a list of helpful tips to refer back to when needed. Jean-Pierre Jobin, Éric Lafontaine, Josée Pesant, and Yvon Portelance each won \$100 to a local shopping mall for participating.

MONCTON PDC

BALANCING WORK AND FAMILY LIFE

The Moncton PDC launched another successful event on November 5th by holding a flu vaccination clinic. Of the 17 employees, 13 received the flu shot on-site to help protect themselves against the flu this year. Due to the fantastic response, the Wellness Committee would like to make this an annual event.

On December 19th in conjunction with the Working Toward Wellness at DCCI program, employees and their families were invited to participate in Dodge Days at the Moncton Coliseum. Fifty-three people attended and everyone had a wonderful time socializing outside of the work environment. The event highlighted the importance of community, as well as communication, in creating work-life balance. To incorporate

physical activity into the outing, everyone was required to meet at the furthest point in the parking lot. Members of the Wellness Committee then lead a group walk to and from the Coliseum, emphasizing the importance of finding creative ways for families to build more physical activity into their day.

A draw was also held during the initiative as part of the “How Balanced is Your Life?” contest. Andrew Colpitts was the grand prizewinner. He received a WTW at DCCI T-shirt, toque, and erasable memo board. Other winners of various prizes were Chris Deware, Craig Allen, Gerald Plante, Wayne Wilbur, Jeff Hawthorne, Dennis Bleakney, Jim Quillian, Bob Cormier, and Sandra Cole.

With *Work-Life Balance* now over, the Moncton Wellness Committee is looking forward to new activities through the *Health and Wealth: Invest for life!* initiative.

CHRYSLER FINANCIAL CALGARY

COMPLIMENTS FOR WELLNESS

Chrysler Financial was bustling with activities to promote the *Work-Life Balance* initiative. To kick things off, the Wellness Centre was updated with new print materials on several *Work-Life Balance* topics.

Believing that part of maintaining balance includes preventing illness, the Wellness Committee organized a free flu vaccination clinic on November 23rd. Sponsored by the Western Business Center, the event received a strong response with 32 people receiving the flu shot. Participating employees were also eligible to win prizes. Congratulations to Tami Wasilow who won the grand prize, a \$150 gift certificate to a local spa. Additional prizes included two sets of double movie passes won by Laura Grant and Christine Kelly.

Another "Compliments Day" was organized to encourage employees in the office to send a compliment to someone else from November 24th until December 3rd. Members of the Wellness Committee then delivered the compliments to the intended employees. The "How Balanced is Your Life?" contest was also promoted during the initiative. Winners received WTW at DCCI toques and erasable memo boards.

On December 18th, the Wellness Committee hosted a very successful trip to the Mustard Seed, a local non-profit organization. Volunteers helped staff organize Santa's Toy Shop, an annual program to provide gifts for children during the holiday season. A special thanks goes to everyone who donated their time for this special event!

DC FINANCIAL SERVICES CANADA

CHRYSLER FINANCIAL MISSISSAUGA

BREAKFAST ANYONE?

The HeartMobile visited the site on September 8th. Sixty-five employees compared current blood pressure and cholesterol readings to those that were taken last year and had an opportunity to have their physical activity levels re-assessed.

Results generated from the HeartMobile's last visit showed that many employees do not consume a heart healthy breakfast on a regular basis. Breakfast is the most important meal of the day because it keeps you energized throughout the morning. On December 3rd, the Wellness Committee hosted a breakfast event. Among the resources available were Canada's Food Guides to Healthy Eating and "Blast off with Breakfast." Breakfast included fresh whole grain bagels, an assortment of healthy muffins, a variety of fresh fruit, juice, and water.

The "How Balanced is Your Life?" contest closed on December 9th. Contest winners won a heart healthy cookbook and movie passes. The Wellness Committee also organized an on-site flu vaccination clinic which took place on November 16th. The clinic was once again popular with 31 employees getting their flu shot.



Left: Clint Pollonais smiles after receiving his flu shot at the flu vaccination clinic on November 23rd.



Right: A special visit from Old St. Nick at the children's holiday party.

MERCEDES-BENZ CREDIT CANADA

IN THE GIVING SPIRIT

Mercedes-Benz-Credit of Canada was in the giving spirit during the *Work-Life Balance* initiative by holding a food and toy drive prior to the holiday season. Dress down days, draws for Poinsettia plants and office apparel, were part of the plan to raise money for families in need. Employees certainly showed how much they care with their generosity this year.

On November 16th, the Wellness Committee organized a workplace flu vaccination clinic and received an overwhelming response. The attending nurse was kept busy during the clinic with 34 employees taking advantage of the on-site flu vaccination

clinic. Mercedes-Benz Credit of Canada also hosted a children's party for employees and their families. Complete with a visit from Sniglet the Clown, children enjoyed magic tricks, balloon twisting, and making crafts with their parents. Santa and Mrs. Claus even stopped by to hand out some early presents. The event was great fun for both children and parents alike.

New reading materials were available in the WTW at DCCI kiosk. Popular items included the Moods Magazines and Holiday "Mocktail" Guides. New resources and more wellness activities are being planned for the *Health and Wealth: Invest for life!* initiative.

RETIREES

CAW LOCAL 444

CAW LOCAL 444 RETIREES

IT'S GUT CHECK TIME...

Retirees enjoyed an interactive presentation on how to prevent and treat a variety of common gastrointestinal health problems such as acid reflux disease and heartburn. The presentation, lead by local family physician Dr. Nick Krayacich, took place on December 8th at a monthly retiree meeting in Windsor.

After the 20-minute presentation, Dr. Krayacich fielded a variety of questions by an informed group of more than 200 retirees. In addition to talking about medical treatment options, he also stressed the importance of not smoking to prevent a variety of gastrointestinal conditions. After the presentation, Wellness Committee Chair George Johnson presented Dr. Krayacich with a golf shirt from Local 444 and a WTW at DCCI toque for taking the time to speak with the group. A raffle was also held during the meeting for wellness toques, erasable memo boards, and weekly medication containers.

For retirees interested in getting more information on their own gastrointestinal health issues, a wellness table, staffed by a member of the Wellness Committee and Don Renaud, a local Pharmacist, was set up at the back of the room. The large volume of traffic at the table showed the interest the retirees have in taking control of their health. Many of the retirees expressed their appreciation for having guest speakers and other wellness programming available to them at these meetings. With this in mind, the Wellness Committee is looking forward to new and exciting wellness events and activities for the next initiative, *Health and Wealth: Invest for life!*



Left: George Johnson introduces Dr. Nick Krayacich at the Local 444 retiree meeting in December.

Right: Carol and Phil Hryhorchuk at the blood pressure station during the HeartMobile's visit.

CAW LOCAL 1285 RETIREES

BENEFITS FROM WELLNESS

What an eventful initiative this group had! Local 1285 Retirees enjoyed a visit from the Peel Region's HeartMobile on November 17th. Twenty-one interested retirees were screened for their cholesterol and blood pressure levels. They also received counselling on physical activity, diet and other heart healthy lifestyle choices.

Pharmacist, Sal Cimino, from GreenShield Canada, attended a monthly meeting to answer questions about prescription medications, interactions with other medications, best time to take medications, etc. Also, Art Black, CAW Benefits Representative from the Brampton Assembly Plant, participated on the panel to answer questions regarding pension and benefits. Many questions arose with respect to changes in government funding and cost of prescriptions versus their benefit plan coverage. The question and answer period lasted for well over an hour!

After the question and answer period, great wellness prizes were drawn and over 15 WTW at DCCI toques and erasable memo boards were awarded. The prizes were all well received.

CAW LOCAL 1285

IT'S BACK...QUIT & WIN CONTEST - 2005

Is your New Year's resolution to quit smoking? Do you need some extra motivation to kick the habit in 2005? Good news! DaimlerChrysler Canada and the CAW are sponsoring a second Quit & Win contest in 2005 for employees, retirees and members of their immediate families who are covered by the DCCI benefit plan. If you quit smoking on or after January 1st, you will be eligible to win fantastic prizes, pick up terrific quit smoking resources, and receive the immediate health benefits of being smoke-free. Did you know that just two days after quitting, your sense of taste and smell will improve and your risk of a

heart attack begins to decrease? Further, let's not forget all the money you will save.

Smoking cessation aids (including nicotine patches and gum) will be covered by the DCCI benefit plan during the contest period. So, if you tried to quit before, or this is your first attempt, enter the 2005 Quit & Win Contest and make the single most important commitment that you can to improve your health. Watch for details at work early in the new year for information on how to enter.



CASH IN ON BUTTING OUT

Most of us are aware of the health effects of smoking, but what about how much money could be saved each year by quitting? Consider the following: Canadian smokers consume approximately 16 cigarettes a day. There are 20 cigarettes in a pack at an average price of \$7.75. Based on these facts, the average Canadian smoker will save the following over time:

1 MONTH → **\$186**
circulation improves; nicotine is reduced

1 YEAR → **\$2263**
risk of smoking related heart attack reduced in half

10 YEARS → **\$22 630**
risk of heart attack about same as someone who never smoked

Canadian Cancer Society: *Quit Smoking- Cost of Smoking Calculator* (n.d.) Retrieved December 16, 2004 from http://www.cancer.ca/ccs/internet/standard/0_3182_3543_368202_374490_1_angled-en_00.html

Plus, there are added benefits of quitting smoking:

- You may be eligible for rate reductions in house and life insurance.
- The cost of cleaning clothes, carpets, and furniture will likely go down.
- The re-sale value of your house and car may rise.
- Your clothes may last longer from fewer cigarette burns.
- Your appearance will improve. Smoking causes premature wrinkling of the skin, bad breath, stained teeth, and yellow fingernails.
- Food will taste better and your sense of smell will improve.
- Children are less likely to start smoking if their parents do not smoke.
- You start to experience the health benefits within hours.

To find out how much money you or someone you know can save by quitting, visit the Canadian Cancer Society's Website and enter the numbers into the "Smoking Calculator". (www.cancer.ca type in "Quit Smoking" as a search term and click on "Quit Smoking" to locate the smoking calculator)

Canadian Tobacco Use Monitoring Survey. (2003) Retrieved November 29, 2004 from <http://www.hc-sc.gc.ca/hecs-sesc/tobacco/research/ctums/2003/02.html>

Smoking and Health Action Foundation, Ottawa: *Cigarettes prices in Canada*. (2004) Retrieved December 16, 2004 from <http://www.nsra-adnf.ca/DOCUMENTS/taxmapmay18.pdf>



NUTRITIOUS BANG FOR YOUR CALORIC BUCK

Circle which of the following foods you choose more often:

Sweet potato or white potato?

Whole wheat bread or white bread?

Ham or bacon?

Grilled chicken or crispy chicken sandwich?

Everyday, we make decisions about what to eat, whether at home or on the go. Making wise decisions about our diet is one significant way to invest in our long-term health.

Nutrient density is a term used to describe how many nutrients we get from a food, given the number of calories it contains. In other words, it means getting a nutritious bang for your

caloric buck! This includes getting more vitamins and minerals, more fibre, less saturated and trans fats, and more phytochemicals with fewer calories from the foods we eat.

How do you know which foods have a higher nutrient density? Here are some general rules to follow:

- Choose whole foods (fresh, frozen, or canned). In general, the more heavily processed a food is, the less "nutrient dense" it becomes (eg. deep fried vs. grilled).
- Think of nutrient density as a continuum. For example: whole grain bread is more nutritious than white bread, which is more nutritious than sugared doughnuts; or, corn on the cob is more nutritious than canned creamed corn, which is more nutritious than movie-style buttered popcorn.
- Seek out processed foods in which the processing has either improved the food nutritionally (eg. skim or 1% milk vs. whole) or maintained the nutritional quality (eg. frozen vegetables vs. fresh vegetables)
- Choose dark-coloured vegetables and fruit more often (eg. spinach vs. ice burg lettuce).

Remember, not all calories are created equal when it comes to nutrition. Include more nutrient-dense foods in your diet more often for a "better health return" on your investment.

Sizer, F., & Whitney, W. (2003). *Nutrition Concepts and Controversies*, 9th edition. Belmont, CA: Wadsworth Thomson Learning.

"SUPER" FOODS AT A SUPER VALUE

Although there is no one perfect food that you absolutely must have in your diet, here is a list of super, nutrient-dense foods that offer mega health benefits:

- oranges
- whole-grain bread
- canteloupe or squash
- (eg. butternut, acorn)
- broccoli
- sweet potatoes
- tomatoes or watermelon
- beans and legumes
- salmon or other fatty fish, or other food sources of omega-3 fatty acids like omega-3 eggs, flax seed oil and canola oil.
- all-bran or 100% bran cereal
- spinach or kale

Source: Health, Nutrition, and Diet: Center for Science in the Public Interest. (n.d.) Retrieved December 16, 2004 from <http://cspinet.org/nutrition/>

BEING ACTIVE ON A BUDGET

BEING ACTIVE ON A BUDGET

Is your New Year's resolution focused on becoming more active or losing weight in 2005? If so, here is some information to help you be more active on a budget.

Every Day Active

Many no or low-cost physical activities are things we do every day. For example, the stretching and lifting that goes along with housework, cleaning, or working outside is good exercise that uses arm, leg and back muscles. At home, work, or away, climbing two flights of stairs each day can equal a weight loss of 2.72 kg (6.0 pounds) over one year, not to mention the benefits for your heart and lungs. Even shopping can be an aerobic activity if you walk continuously for at least ten minutes. The bottom line is that making daily chores or things we enjoy more physically active is a great way of getting fit while saving time and money.

Home Exercise

Exercising at home can cost less than joining a health club and has the added perks of privacy and convenience. While fitness equipment may be expensive, a sound purchase that helps you meet your physical activity goals can be money well spent. Small additions to home gyms, such as a mat, resistance tube, or hand weights are less costly but useful. Videos or DVDs are also a cheap way to learn activities ranging from yoga to social dance - try something new and fun.

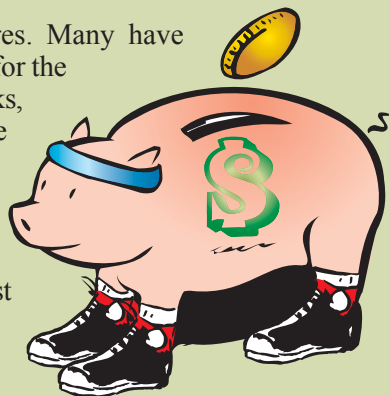
Fitness Clubs

If you are interested in joining a health club, shop around for the best deal and where possible, ask to try facilities for free - quality clubs will let you do this. Actively negotiate fees and costs, and ask if there are special incentives to join (e.g. corporate rates). Perhaps someone in your workplace would like to join too. Start with a cheaper one-month membership to see if you are likely to get your money's worth.

Community Centres

Don't forget community centres. Many have low-cost or even free activities for the whole family. Gyms, skating rinks, and swimming pools are just some of the many things you can find at a community centre.

Whatever you do to be active on a budget, make it fun! The best activity is the one you enjoy and will do on a regular basis.



Source:
Flynn, K. Get fit on a budget. (n.d.). Retrieved December 15, 2004 from
http://www.lifetimetv.com/reallife/health/features/fit_budget.html

BUILDING YOUR HEALTH AND YOUR WEALTH

It's time to move from "thinking" about improving your health and wealth, to actually "doing" something about it. The key to reaching your goals is to develop a good plan. The following activities are examples of what might be included in a plan to:

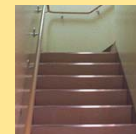
- a) meet your financial goals;
- b) improve your eating habits; or
- c) be more active.

Review these suggestions and check off those that could be incorporated into your action plan.



Finances

- Make a budget
- Determine your credit rating (see Websites)
- Investigate options for lower-interest credit cards
- Create a filing system at home for important receipts, bills and other financial records
- Set time aside every month to review your financial health with your partner



Activity

- Park further away from your destination (at work, the shopping mall, or the supermarket)
- Climb two flights of stairs every day
- Find an aerobic activity that you enjoy doing, at least three times per week, for at least 30 minutes (eg. speed walking, swimming, team sports, skating)
- Stretch during T.V. commercial breaks
- Go for a walk during your break at work



Eating Habits

- Add chickpeas to pasta sauce
- Add spinach to tossed salads
- Replace the cream in your coffee or tea with milk (1% milk fat or lower)
- Choose milk (1% milk fat or lower) or 100% fruit juice instead of soft drinks
- Try cooking with whole-wheat pasta or brown rice

WEBSITES

The Canadian Fitness and Lifestyle Research Institute
www.cflri.ca
Click on "Tips for being active".

Lifetime Television For Women
www.lifetimetv.com/reallife/health/features/fit_budget.html

Health Canada - Water Quality
www.hc-sc.gc.ca
Click on "A-Z index" on the right side of the Health Canada website and select the letter "W" scroll down till you find the subject, "water quality".

Canada Mortgage and Housing Corporation
www.cmhc-schl.gc.ca/en/index.cfm

Canadian Cancer Society
www.cancer.ca
Type in "Quit Smoking" as a search term to learn more about topics such as the effects of smoking and second hand smoke, tips to try and quit and how you can help someone who wants to quit.

The Canadian Association of Financial Planners
www.cafp.org

Scotia Bank - What's Your Latte Factor?
<http://findthemoney.scotiabank.com/davidBach.html>
Use the "Latte Factor Calculator" to find out what investing your small daily savings can do for you.

Credit Counselling of Canada
www.creditcounsellingcanada.ca

Canada Benefits
www.canadabenefits.gc.ca
"Connecting you to government benefits"

Insurance Bureau of Canada
www.ibc.ca

Insurance Canada
www.insurance-canada.ca

Industry Canada - Spending Smarter:
Taking Control of your Money
<http://strategis.ic.gc.ca/epic/internet/inoca-bc.nsf/en/ca01807e.html>

Lease Guide.
www.leaseguide.com

Dietitians of Canada
www.dietitians.ca

Centre for Science in the Public Interest
www.cspinet.org/nah



PROFILE

First Vice-President of Local 444

53 years old

Resides in Windsor, Ontario

First position with the company: Spot Welder in the Windsor Assembly Plant

Favourite DaimlerChrysler vehicle: Chrysler 300C

Favourite food: Pizza

Favourite past time: Union activities and awareness raising to better serve the membership

TOM LESPERANCE

On March 1st, 2004, the Working Toward Wellness at DCCI program launched a 6-week "Quit and Win" smoking cessation contest for all DaimlerChrysler employees, retirees, and their immediate family members. At the CAW Local 444 office, a group of co-workers decided to quit smoking in order to keep motivated. Tom Lesperance was one of these co-workers. He realized that after smoking for close to 35 years, it was time to break the habit; especially with National Wellness Coordinator and good friend, Rolly Beaulieu, on his case! Tom also attributes his decision to quit to the fact that his wife, who had quit smoking a year prior, suffers from a heart condition that is made worse by the effects of second-hand smoke.

DaimlerChrysler Canada in partnership with the CAW added benefits coverage for de-listed smoking cessation aids during the "Quit and Win Contest". Tom credits his success at quitting to the nicotine patches he used to overcome his cravings. He also admits that the road to success hasn't always been easy; he still has to resist the temptation to smoke during specific "trigger" situations like coffee breaks and traffic jams. However, the benefits have been worth the effort, and Tom is looking forward to many smoke-free years to come.

Tom's goal is to increase awareness of the dangers of smoking, and the effects that second-hand smoke has on children and family members. There is more information than ever on the negative health effects of smoking, yet young teens are continuing to take up this unhealthy habit. More should be done, and adults need to bring this message home by setting a good example. For Tom, education is the key to stopping children from smoking before they start.

Do you have suggestions for future topics?

Please submit your ideas to the Windsor-Essex County Health Unit.

E-mail: mtoews@wechealthunit.org

Phone: 519-258-2146 x 3100 • Fax: 519-776-6102

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CAW  **TCA**
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HEALTH UNIT
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