



# HEALTH ISSUES

## NEWSLETTER

### FOOD, FUN, AND FITNESS a family affair

Is it important for parents to be a positive role model for their children in terms of their physical, nutritional, social, and emotional health? Most people would agree that it is, but lack of time is often cited as a primary barrier to healthy eating or meal preparation, and being active together. Our *Family Focus* Newsletter looks to find ways that parents can fit healthy eating and physical activity into their family's busy lives. In doing so, they can serve as role models as well as plan time for families to become healthier together.

We use the term "family" in a very broad sense. It can mean a traditional family with a husband, wife, and children; an extended family; a single-parent family; or a group of friends or neighbours.

A child's most influential role model is their parent(s) or primary caregiver(s). Parents must ensure that long-term maintenance measures such as brushing teeth, using proper car safety restraints, and giving immunizations on schedule are followed. It is equally important to be physically active for at least 30 minutes per day and to eat a balanced diet.

Childhood is the best time to introduce enjoyable physical activity and healthy eating habits that will last a lifetime. For example, physical activity provides immediate and long-term health benefits to children. In the short-term, a physically active

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**Working Wellness**  
TOWARD  
**at DCCI**

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

lifestyle combined with proper eating helps children learn better and reach their optimal growth and development potential. Over time, these same factors help combat childhood obesity, a condition that has been steadily rising since 1980. Not only are children who become obese likely to develop into obese adults, but the earlier the onset of the condition, the greater the likelihood of retaining it into adulthood. Furthermore, the earlier onset of obesity in children has resulted in previously "adult" conditions such as type 2 diabetes, arthritis, and high blood pressure now being observed in children.

We all have a role to play in keeping our families and ourselves healthy for the long-run.



## ACTIVATE YOUR SUMMER VACATION

Summer vacations provide an opportunity to try something new while spending time together as a family. Whatever you are planning, why not consider making your vacation more active? Work together as a family to make a list of “active things to do”. Involve your children in the decision-making process. You might be surprised at how they buy-in when they have a say.

Try these fun, active ideas to reinforce healthy lifestyle choices on your summer getaway.

### Outdoor adventure

Get out and explore parks, trails, trees, wetlands, mountains, forests, and hills.

### Urban adventure

Visit museums, petting farms, zoos, parks, and gardens - take pictures for a family vacation scrapbook.

### Explore new towns and cities

Bicycle, roller blade, or walk - map out a route in the morning and go exploring.

### Beaches and boats

Go swimming, canoeing, or fishing; build sandcastles and play water sports - make a splash this summer!

Some good tips to remember while you are travelling:

- Allow for activity breaks. These breaks can be as simple as going for a walk or playing in the park.
- Bring healthy snacks with you (e.g. yogurt and fruit, vegetables and dip, bottled water)
- Store a travelling “adventure kit” in your car that is full of fun activities to pull out at rest stops.
- Have a rainy day activity game plan in place, which could include bowling, or swimming in an indoor pool.
- Be flexible. Allow for spontaneous stops and activities.

## WORKING TOWARD WELLNESS AT DCCI PROGRAM CONTACTS

Ken Roughton DCCI .....519-973-2038

Rolly Beaulieu CAW .....519-258-6400 x 430

Dave Reeder WECHU.....519-258-2146 x 3486

Rosa Gigliotti WECHU .....519-258-2146 x 3100

Sharon Lawrie WECHU ...519-258-2146 x 3162



## FAST FOOD FREAKING OUT ABOUT FAST FOOD?

It's great to eat out sometimes, but do you find it difficult to make healthier choices at fast food restaurants? Keep in mind that fast food restaurants are beginning to cater to the health conscious consumer as well. Look for healthier choices and you might just be pleasantly surprised at what you find. If you're not, you may want to try a different place.

Instead of...	Choose...
Super-sized meals	Normal serving sizes. Extra large servings may appear to be a value but they are costly in terms of your weight and your health.
Double patty hamburgers, deep-fried fish or deep-fried chicken sandwiches	Small, single patty hamburgers or grilled chicken
French fries Regular creamy dressings on hamburgers, sandwiches, salads, etc.	Salad with low-fat dressing or baked potato with salsa Low-fat versions of dressings, ketchup, mustard, salsa, etc.
Soft drinks	Low-fat milk, 100% fruit juice (less than 300 mL or 1¼ cups) or water
Sour cream or cream cheese	Skip it, unless a low-fat or fat-free version is available. Use salsa, hot sauce, or peanut butter and jam instead
12" Submarine sandwiches	Smaller (6" or less) low-fat versions, or subs made with low-fat deli meats (roast beef, pastrami, ham, turkey, or grilled chicken breast) and whole grain bread.
"Meat lovers-style" pizza	Limit your meat choice to ham. Avoid extra cheese, and include more vegetables, pineapple, and heart-healthy olives. Also, limit the number of slices.

### OTHER TIPS:

- Add to the nutritional value of your fast food meal by ordering low-fat milk, 100% fruit juice, or a salad on the side with low-fat dressing, etc. Be careful of large salads and the additional calories added through nuts, cheese, bacon bits, and large salad dressing packets.
- Instead of driving to the restaurant, why not walk or bike!

## SHOULD I PUT MY CHILD ON A DIET?

Parents may be tempted to put their child on a diet if they feel that the child is overweight or obese, and are concerned about their health and well-being. This is not a good idea for several reasons:

- Health experts agree that the best course of action is to reduce the rate of weight gain so that the child will grow into their current weight as they grow taller.
- Putting children on a diet can lead to growth and development problems because they need a certain amount of food to meet energy and nutritional needs.
- Focusing on weight loss will take its toll on the child's self-esteem and sense of self-worth.

All children grow at different rates and at different times in their lives. If you are concerned about your child's weight, you should consult with their doctor to rule out any health condition that may be affecting their weight. This assessment should include monitoring their Body Mass Index (BMI-for-age) over time to help determine if the child is overweight or at risk for being overweight. Lifestyle monitoring of eating and activity patterns should also be assessed. An individualized approach, developed with the child's doctor, will help them to grow into their current weight slowly. However, there are some cases where the doctor may recommend a very gradual weight loss for a fixed period of time.

The doctor may also recommend further consultation with a Registered Dietitian. The dietitian can provide a detailed assessment of eating patterns, suggest how to make diet changes slowly, and monitor the child's progress.

When it comes to issues involving your child's self-esteem, it is very important to be a constant source of support. Parents should always avoid singling out their child if they are overweight. To promote a healthy self-esteem, focus on your child's health and positive qualities.



## NUTS & BOLTS

*Over the past twenty years, the rates for overweight and obese Canadians have risen sharply:*

- *6 million or 49% of adults are overweight and almost 3 million or 15% are obese.*
- *This alarming trend can also be seen in children. Currently, about 30% of children are*

*overweight or obese, more than three times as many as 20 years ago.*



## HOW TO CHOOSE THE RIGHT SPORT OR RECREATION PROGRAM FOR YOUR CHILD

Children participate in a sport or recreational activity to have fun, learn new skills, make new friends, and feel good about themselves. Being active, along with healthy eating, also plays an important role in the prevention of overweight and obesity.

Select a quality sport or recreation program that is a good fit for your child by following these tips:

**Talk** to your child about what interests them?

Children need (and want) to experience sport and recreation as a fun activity they can enjoy, not just another task. Knowing why your child wants to participate will help you find an activity that suits their interests.

**Look** at options, fees, and locations.

Call YMCA's, municipal recreation departments, Boy Scouts, Girl Guides, universities, colleges, church youth programs, day or resident camps, sport associations, and nature centres. How do their activities fit into your busy family schedule?

**Check** references and participation numbers.

Talk to other parents with children in the program. How many of those registered have been in the program before?

**Ask** about the program's philosophy and goals.

Listen for words like child safety, age-appropriateness, fun, self-esteem, self-confidence, child-centered, fair play, sportsmanship, and teamwork.

**Learn** about how the program is managed and monitored.

Check on staff screening policies, (e.g. police clearances), First Aid/CPR, coaching certifications, additional training in child development, safety, supervision, discipline, and dealing with children with special needs.

**Know** what policies and procedures are in place to keep your children safe such as procedures/policies for signing-in/signing-out, medications, discipline, field trip supervision, transportation, handling of sick and missing children, availability of healthy snacks and drinks, attendance, special needs, physical and emotional safety, fees, and refunds.



## DCCI WINDSOR OFFICES

### ARDC

Automotive Research and Development Centre

### DCCB

DaimlerChrysler Canada Building

### GMRB

Grand Marais Road Building

### TEMPLE

Temple Drive Office Building

## WINDSOR AREA

### WINDSOR ASSEMBLY PLANT

#### *"FAIRING" WELL WITH RESOLUTIONS*

The Windsor Assembly Plant Wellness Committee rolled out their next initiative for the New Year, *Resolutions...staying on target*. The Committee introduced a few activities to help employees stay on target with their wellness goals. First was the "Get Your Butt in Gear" Quit & Win Contest for those individuals looking for some motivation to quit smoking. Congratulations to everyone that participated. Breaking the smoking habit is difficult for most people. Don't forget to support and encourage those people you may know that are working towards kicking the habit.

## DCCI WINDSOR OFFICES

### *SERVING UP SOME HEALTHY TIPS*

What do a Mongol warrior and stir-fry have in common? A wok. The DCCB and Windsor offices learned this and more through a very tasty cooking demonstration of a healthy and fun recipe that can be served up at home.

The recipe "To stir, with love" is a quick, colourful, and delicious chicken and vegetable stir-fry featured in the Crazy Plates cookbook. The 30-minute demonstration had all the participants lining up for more with their mouths watering. Not only did each employee that attended the session receive a copy of this quick and easy recipe, but they also were able to sample the food.

The fun didn't stop there. Every employee that participated in the demonstration was entered to win one of five Crazy Plates cookbooks that offer a large variety of easy to make, low-fat recipes. Lucky winners were Nicole Boghean, Susan Lourenco, Christine DeLaurier, Anna Rita Renaud, Janine Robillard, Lorne Pare, Agostino DiPietro, Robert Pratt, Michael Kucera, and Paul Schisler. Over 60 employees enjoyed the informative sessions lead by Allyssyn Girard Lippman, Registered Dietitian, who offered some great insights into making healthy choices when planning meals at home.

An employee contest also helped to keep everyone on theme with the initiative *Resolutions...staying on target*. Individuals were required to write down their resolution and the strategies to achieve it in order to be eligible to win a combination Working Toward Wellness at DCCI T-shirt and lunch bag gift set. Congratulations to all winners!

Stay tuned for more stir-crazy excitement with our next initiative, *Family Focus*.



Left: Lorne Pare (left) completes his winning ballot and Raymond Bastien (right) previews the Crazy Plates cookbook at the ARDC cooking demonstration.

Right: Dave Reeder (left) and Don Assim (right) present James Workman with a \$100 gift certificate for participating in the Resolutions Contest.

On March 3rd, the Wellness Committee coordinated a Health Fair featuring a variety of health information for employees to take home. Community agencies set up displays and information at three gates of the plant during shift changes and breaks. Several giveaways that included Working Toward Wellness at DCCI lunch bags and T-shirts, and Crazy Plates cookbooks were also offered to individuals that stopped by the displays to pick up information. Thanks to all community participants of the health fair: Heart and Stroke Foundation, Canadian Cancer Society, Diabetes Programme Windsor-Essex, Windsor-Essex YMCA, Windsor Leisure and Recreation, and the Workplace Wellness Physiotherapy Clinic.

An employee contest was the final incentive to motivate employees to work toward their resolutions. The contest was simple - write down one resolution and the activities that the person was going to complete in order to achieve it. Five lucky winners each received a \$100 gift certificate. The winners were Mark Isberg, Jeffrey Kartye, James Workman, Francis Tellier, and Brian Cote. Congratulations!

Plans are in place to "rev-up" your family with fun, food, and fitness activities for the summer. Stay tuned for *Family Focus*, our next initiative that launches in May.

# TORONTO AREA

## BRAMPTON ASSEMBLY PLANT

### LAUNCHING RESOLUTIONS

Brampton Assembly Plant was very busy in the first three months of the year with the launch of the 300C and Dodge Magnum. During this time, Brampton also launched the latest wellness initiative, *Resolutions...staying on target*. The beginning of February marked the start of the *Resolutions* Contest to help employees make a healthy resolution and to develop strategies to maintain the resolution. As an incentive, participants were eligible to win a weekend ski package to the Blue Mountain resort as well as Working Toward Wellness at DCCI T-shirts, hats, lunch bags, and Crazy Plates cookbooks. Hopefully Frank Fulop enjoys skiing because he was the lucky winner of the trip to Blue Mountain!

Brampton Assembly Plant also promoted the “Get Your Butt in Gear” Quit & Win Contest during the initiative. The latest quit smoking resources from Health Canada, the Canadian Cancer Society, and Peel Health were made available in the wellness kiosks to support employees interested in entering the contest or to support employees who did not enter but wanted to quit on their own.

In April, the Wellness Committee will be rolling out a six-week, team weight loss challenge. Employees will form teams of 4-8 people and are required to set a healthy weight loss goal of no more than two pounds per person each week. On April 22nd and 23rd, an initial team weigh in will take place on the freight scales in the plant. At the initial weigh in, each team member will be given a log book to help them set realistic weekly goals and to keep track of their daily food intake and physical activity. A final weigh in will take place on June 3rd and 4th. The team that comes closest to their predicted weight loss goal wins \$500 in gift certificates. The results of the team weight loss challenge will be published in the Fall edition of the Health Issues Newsletter, so watch for details.

Top: Edward Milkowski gets his blood pressure checked by plant nurse, Mary Kavcic.

Bottom: Skilled trades employee, Frank Fulop smiles after winning a weekend ski package.



## ETOBICOKE CASTING PLANT

### HEALTHY CHANGES

On March 11th, employees at the Etobicoke Casting Plant took advantage of a chance to participate in some interactive wellness activities. A *Resolution Fair* featuring a wide variety of agencies and activities provided employees with the resources and support needed to make a healthy change. Healthy snacks were on hand for employees to enjoy as they took in all of the sites. The blood pressure screening clinic was of particular interest to many employees wanting to learn more about their current health status. After the screening, employees could stop by the Heart and Stroke Foundation booth for information on improving their eating habits and on being active with busy schedules. The City of Toronto Parks & Recreation display provided municipal activity guides, and the local YMCA offered information on fitness opportunities. Representatives from the Etobicoke Casting Physiotherapy Clinic also met with employees to discuss their services and to demonstrate some of their rehabilitation equipment. In addition, Toronto Public Health ran an interactive trivia game on tobacco products to raise awareness about the importance of quitting smoking. Once again, the newly redesigned Working Toward Wellness at DCCI T-shirts created plenty of excitement with employees throughout the plant.

Etobicoke Casting Plant also ran the *Resolutions* Contest to build upon interest generated from the *Resolutions* Fair. To participate, employees set a healthy resolution and provided at least two strategies to help them to stay on target with the resolution. Some terrific prizes were given to employees for their efforts. Top prizes of \$100 gift certificates went to Jerry Fil and Ken Brown while Francisco Harwart Jr. and Alexander Masnikosa each won \$50 gift certificates. Eight other participants received Crazy Plates cookbooks for setting a healthy resolution.

### CORRECTION NOTICE:

Winter 2004 edition of the Health Issues Newsletter - In the Etobicoke Casting Plant photo titled “police 2”, the employee is Melissa Harwood, not Margaret Kupec. Our apologies for any inconvenience this may have caused.

## VANCOUVER PDC

### STARTING ON THE RIGHT FOOT

The Vancouver Parts Distribution Centre (VPDC) celebrated the start of their wellness program with a new Working Toward Wellness at DCCI kiosk. It provides a permanent centre for employees to access information on many health topics. Resources in the kiosk will be continually updated to ensure that it is timely and focused on the current initiative.

To support the *Resolutions...staying on target* initiative, the Wellness Committee held their first contest. Generating lots of interest with employees, the contest increased awareness about making healthy changes and tied in well with the *Resolutions* posters and other material located throughout the VPDC. As an incentive for participating, employees were eligible to win prizes. Eugene Bonneteau and Trung Ngo each won a Working Toward Wellness at DCCI hat and T-shirt combination prize. Yolanta Marshal and John Morabito won Working Toward Wellness at DCCI lunch bags while Glen Mizuyabu and Robin Baskill won the Crazy Plates cookbooks.

With input from employees and the help of Vancouver Coastal Health, the Wellness Committee is planning their first wellness event on April 30th. A guest speaker will be presenting, at a Town Hall Meeting, on effective ways of managing stress. Blood pressure screening will also be available for employees after the presentation. The event promises to be an excellent learning opportunity for employees and a great first step for the wellness program at the VPDC.



## RED DEER PDC

### MOVING IN A HEALTHY WAY

A success is what was reported from Red Deer following their first event of the year on March 4th. Many employees received blood pressure, cholesterol, and blood sugar level screening from the David Thompson Health Region and Red Deer College Nursing Department. A follow up session will be conducted to provide employees with lifestyle counselling based on the results of their screening. Everyone enjoyed the

# PARTS DISTRIBUTION CENTRES

## MISSISSAUGA PDC

### MINESTRONE MADNESS

It was soup time, healthy soup time to be exact, on March 4th, as the Mississauga Parts Distribution Centre celebrated the *Resolutions...staying on target* initiative. Wellness Committee member Gwen Campbell prepared a terrific Skinny Minestrone Soup for every employee to sample. Not surprisingly, the tasty soup and accompanying healthy snacks were a big hit. Skinny Minestrone Soup recipe cards were also distributed so that employees could make the soup at home. A few lucky employees even won Working Toward Wellness at DCCI T-shirts, hats, and lunch bags by drawing specially marked recipe cards with their soup sample.



As part of the event, some terrific health agencies contributed their time and resources to help employees make and maintain their resolution. The Canadian Diabetes Association discussed the prevention and management of diabetes with employees and also distributed great care packages. The Mississauga YMCA presented information on their facility and programs offered to help employees reach their fitness goals, and the Canadian Mental Health Association talked about how to manage stress. Lastly, the Peel Health - Quit Smoking Program provided encouragement to participants in the "Get Your Butt in Gear" Quit & Win Contest, and promoted related programs and resources that are available to help people quit smoking and to live smoke-free. Overall, the day went extremely well with lots of great food, fun, and health information.

*Top: Gwen Campbell serves up a delicious bowl of Skinny Minestrone Soup for a co-worker at the Resolutions Fair.*

*Bottom Left: Wellness Committee members, Alex Eliopoulos (far left) and Brian Wilson (far right) are with Resolution Contest winners; (left to right) Yolanta Marshall, Robin Baskill, Glenn Mizuyabu, and Eugene Bonneteau.*



*Bottom Right: Michael Longman has his cholesterol and blood sugar levels taken at the kick off event.*

healthy snacks and drinks (granola bars and bottled water) that was provided.

Prize giveaways went to Rob Strome and Gary Ryall who each won a Working Toward Wellness at DCCI lunch bag, Murray Hagel and Greg Milhousen who each won a Crazy Plates cookbook, and to Brent Case who was the Grand Prize winner of \$300. Wow! Congratulations to all and thank you for participating. Watch for activities during our next wellness initiative, *Family Focus*.



## WINNIPEG PDC

### WINNING ON HEART HEALTH

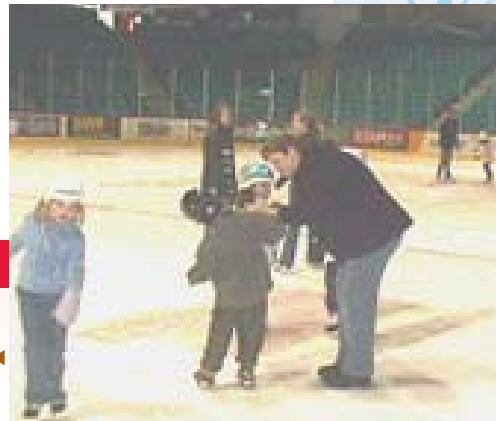
On March 25th, Winnipeg held its first event of the year, a Heart Health Screening Day for the *Resolutions...staying on target* initiative. Seventeen employees were screened by the Victorian Order of Nurses (VON) for cholesterol, blood pressure, and blood sugar levels. The event was supported locally by informative displays from the Heart and Stroke Foundation and the Winnipeg Parks and Recreation Department. The VON provided an informative package to each employee that participated. The package contained Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide, blood pressure quiz, and a copy of the new nutrition label fact sheet, developed by Health Canada, for making healthy food choices. The event was reported, by Grant Yersh, Plant Manager, as "a lot of fun and a success". Congratulations to Terry Buchanan who won a Working Toward Wellness at DCCI hat, Rob Forsyth, who won a Working Toward Wellness at DCCI T-shirt, Danny Locke who won a Working Toward Wellness at DCCI lunch bag, and to Rob Cote and Allan Wirth who each won a \$50 gift certificate to the Superstore. Enjoy! A special thank you to all who participated.

Now it's time to get ready Winnipeg...for some family fun, food, and fitness during *Family Focus*.



Top: Dave Leronowich gathering information from Manitoba Parks and Recreation display.

Middle: John Piacentini, Louis Caron, Adele Robert and Yvon Portelance. The bikes were purchased for the giveaway during Cholesterol Screening Day.



Bottom: The fair was a great success and on Sunday March 14th, it continued with a family skate held at the Moncton Coliseum. Staff members and their families turned out for fun and exercise.

## MONCTON PDC

### WELLNESS WORKS

Moncton Parts Distribution Centre officially joined the wellness program with their very first Health and Wellness Fair on March 11th. Everyone in attendance joined in to have their blood pressure, cholesterol, and blood sugar levels checked. Some friendly competition ensued to see who had the best blood pressure and cholesterol levels. After getting their testing done, employees met with representatives from the Heart and Stroke Foundation and the Moncton YMCA to discuss their health interests and to learn more about programs and services available in the community. Working Toward Wellness at DCCI programming continued on March 14th with a family skate held at the Moncton Coliseum. Staff members

and their families came out for a fun day of exercise. The *Resolutions* Contest was also held during the initiative to raise awareness about how to make and maintain a healthy change. A variety of prizes were distributed for the contest. Andrew Colpitts and Gail Crossman won \$50 gift certificates to Costco while Mike Plante and Wayne Wilbur won a one-month membership to the new YMCA in Moncton.

Overall, the activities were very successful and the Wellness Committee is looking forward to the next initiative, *Family Focus*!

## MONTREAL PDC

### GETTING ON BOARD

Montreal Parts Distribution Centre is scheduled to hold its first event of the year, a Cholesterol Screening Day on May 6th. Bayshore Medical Services has been chosen to perform the evaluation. Employees are strongly encouraged to participate. If a problem appears, they can immediately schedule an appointment with their family doctor for treatment. Remember it is better to be proactive with your health rather than reactive, and possibly too late! The prizes chosen for this event, by the committee, fittingly are two mountain bikes...perfect choice for keeping active this summer! Stay tuned for more details of the event as well as more information on our next initiative *Family Focus*.

## CHRYSLER FINANCIAL CALGARY

### CELEBRATING WELLNESS

It's an exciting time to be at Chrysler Financial Canada (Western Zone) with the launch of the Working Toward Wellness at DCCI program. The newly formed Wellness Committee held its first event on January 30th. Stations were set up in the Boardroom allowing employees to discuss their wellness ambitions with health care professionals. One of the stations featured a Registered Massage Therapist providing employees with chair massages. Every attendee received a wellness package consisting of an orange, some trail mix, and a water bottle. Numerous healthy goodies, with recipes displayed, were also provided. The top door prize, a DVD player and exercise video, was awarded to Karen Fehr.

The *Resolutions Contest* took place in February to help employees make healthy resolutions. Paige Padron won the grand prize, a \$100 gift certificate to a local sporting goods store. The Wellness Committee also started a "wellness story of the month" feature to encourage people to reflect on their life and personal well-being. The first story focused on dealing with stress and was taken from the book, *Don't Sweat the Small Stuff at Work*. The last wellness activity titled Compliment Day gave employees the opportunity to submit a nice note to a co-worker to say thanks and recognize others in the office. On April 5th, the Wellness Committee collected all of the notes and distributed a total of 152 compliments to employees.

## DC FINANCIAL SERVICES CANADA

### CHRYSLER FINANCIAL MISSISSAUGA



### STRESSING DOWN WITH WELLNESS

On February 13th, Stress Down Day marked the start of activities for the *Resolutions...staying on target* initiative. For many, a brief shoulder and neck massage can go a long way toward relieving their stress. To help employees learn to relax, a Registered Massage Therapist gave a presentation on basic massage therapy techniques. In theme with stressing down, staff were also asked to come to work dressed in casual, red clothing to celebrate Valentines Day. The final component was a raffle of a Bath & Body gift basket that raised \$266 for The Heart and Stroke Foundation. The timing for the fundraiser was perfect with February being Heart Health Month. Chrysler Financial continued their giving spirit in March by raising \$256 for a healthy snacks program at a local elementary school through a similar fundraiser.

Additional contests were held to raise awareness about making and keeping resolutions. Many employees participated in the *Resolutions Contest*. Suzanne Ferguson was the winner of the \$75 gift certificate to a local sporting goods store for submitting her healthy resolution. The last chance to learn and win came with the *Resolutions Electronic Presentation Contest*. Prize draw winners, Jamie Temos and Marisa Fortini, each received \$50 gift certificates to local grocery stores.

*Top: Jacqueline Johnson, James Temos, Suzanne Ferguson, Marisa Fortini smile after winning the Resolutions Contests.*

*Bottom Left: Sandra Drader experiences a relaxing chair massage.*

*Bottom Right: Faith Green successfully completes the concentration game.*



## MERCEDES-BENZ CREDIT CANADA

### CONCENTRATING ON WELLNESS

On February 20th, staff enjoyed lots of interactive activities as part of their Stress Down Day for Wellness. Healthy submarine sandwiches were provided for lunch before employees toured the many health exhibits throughout the room. Highlighting this event was a demonstration lead by the Mississauga Tai Chi Society. Known as being a great, low-impact activity, Tai Chi can be practiced virtually anywhere, and is also a terrific stress reliever. The *Resolutions...staying on target* concentration game was another popular activity. Employees lined up to test their memory skills while trying to match pairs of key resolution buzzwords, and to win Working Toward Wellness at DCCI lunch bags, T-shirts, and pens. Lots of fun

was had as participants received plenty of encouragement and cheering from their friends while completing the game. Rounding out the event were displays and speakers from a number of agencies focusing on personal health awareness including effective ways of coping with stress.

Mercedes-Benz-Credit Canada also ran the *Resolutions...staying on target* Contest. As an incentive for participating, Crazy Plates cookbooks containing humorous and healthy recipes were drawn as prizes along with Working Toward Wellness at DCCI lunch bags. Congratulations to the prizewinners and to everyone who participated! The next initiative is *Family Focus*, and the Mercedes-Benz Wellness Committee is excited about new wellness activities coming soon for the entire staff and their families. Watch for details.

# RETIREES



CAW LOCAL 444

## CAW LOCAL 444 RETIREES

### IT'S VEGGIE TIME

On March 10th, retirees enjoyed a host of wellness activities at their monthly meeting. A local Registered Dietitian spoke about the importance of eating more vegetables and fruits as part of a healthy eating plan. To illustrate this point, raisins and grape tomatoes were provided for everyone. While eating these nutritious snacks, the retirees learned about the health benefits of vegetables and fruits, as well as how to add more of these nutritious foods to their day. The retirees also discovered how important it is to be healthy eating role models for their entire family, especially their grandchildren.

Feedback from the retirees was very positive and proved, once again, that they are keen on presentations that address their personal health concerns. At the end of the meeting, the Wellness Committee collected the *Resolutions* Contest ballots and handed out some fantastic Working Toward Wellness at DCCI prizes, including Crazy Plates cookbooks, to a few lucky winners.

The response from a brief survey, collected at the meeting, also reinforced the importance of health issues to retirees. Results from the survey will help the Wellness Committee continue to deliver wellness presentations and activities that are designed to meet the health needs of their members.

The Local 444 Retirees Wellness Committee is pleased to announce that a second Health and Wellness Day is scheduled for June 23rd. Watch for details in the Local 444 News or contact Rolly Beaulieu at 519-258-6400 x 430.



*Edward Grandmaison passes around nutritious snacks as retirees listen to a presentation on healthy eating.*

## CAW LOCAL 1285 RETIREES

### OPEN FOR WELLNESS

The opening of the new union hall provided the ideal setting to continue wellness activities for retirees. The first monthly meeting at the hall was very well attended. A large group of enthusiastic retirees were on hand to see the building, meet old friends, and have some fun. Inside, they discovered a new Working Toward Wellness at DCCI kiosk with plenty of beneficial health information to take home. The kiosk provides a permanent center for retirees to access health resources and information on the latest wellness activities. To kick off the meeting, the retirees received the *Resolutions* Contest and an interest survey to assist the Wellness Committee in addressing topics relevant to their members. A few retirees even won some terrific Working Toward Wellness at DCCI prizes for submitting their contest ballots.

During the meeting the Wellness Committee announced the details of the "Get Your Butt in Gear" Quit & Win Contest. Also, a special guest speaker from Peel Health - Quit Smoking Program spoke about the health benefits of quitting smoking, and the services available in the community to help retirees quit.

The Wellness Committee is excited about the next wellness initiative, *Family Focus*, and encourages members to watch for their chance to get involved.

CAW LOCAL 1285

## JOINT HEALTHY WORKPLACE ASSESSMENT 2004

DaimlerChrysler Canada Inc., and the CAW have a good health and wellness story to tell. To help document our strengths and our opportunities for improvement, we invited John Perry from the National Quality Institute to lead a joint healthy workplace assessment. During the week of March 22nd, Perry and the internal assessment team - made up of individuals from DCCI, the CAW, and the Windsor-Essex County Health Unit - led nine focus groups with employees. The assessment team also met with leadership personnel from both the CAW and the company. Topics discussed included health and safety, ergonomics, the Working Toward Wellness at

DCCI program, physiotherapy, the environment, and the healthcare benefits plan. The team looked for strengths and opportunities for improvement, and came back with suggestions on how to build on the good things already in place. The assessment team would like to thank the Wellness Committee members for organizing the focus groups and the many individuals who came to give their input. DCCI and the CAW hope to apply for national recognition using the National Quality Institute's healthy workplace criteria. We will keep you posted on how the story unfolds.

## COOKING AND LEARNING TOGETHER

Cooking is a great activity for kids. Parents, however, may not want to deal with the mess, mayhem, and unappetizing results. Planning ahead and taking the time to help children prepare simple recipes is well worth the effort. Cooking is fun, and it encourages children to try new dishes. As well, cooking can be very educational. In fact, children can develop many important skills in language (e.g. reading recipes); science (e.g. food and temperature changes); social studies (e.g. meaning of food in different cultures); math (e.g. numbers and fractions); and socio-emotional development (e.g. feeling of competence). It's also a great chance to spend some quality time with the kids.

Here are a few fun and nutritious snack recipes for children, prepared with some help from adults, depending on their age.

### Popcorn Munchie Mix

Here's proof that you don't need a sugary coating, a storm of salt or a butter bath to make popcorn taste great. Use 50 mL (3 tbsp) of kernels to make 1 L (4 cups) of popped corn.

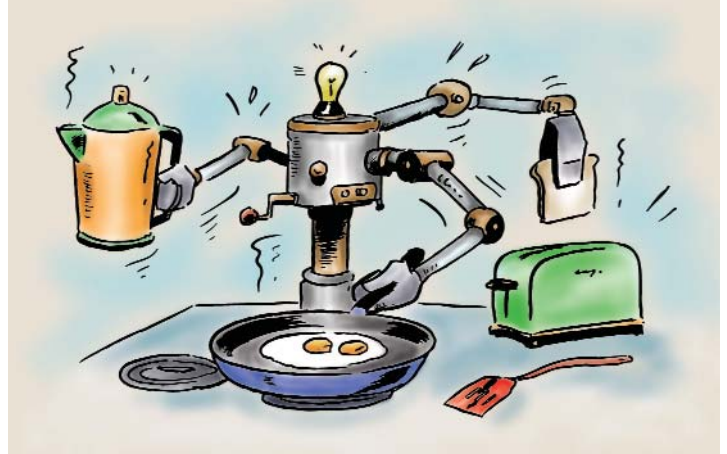
Makes about 6½ cups (1.6 L)

4 cups	Popped corn	(1 L)
1 cup	Small pretzels	(250 mL)
½ cup	Shredded wheat cereal squares (e.g. Shreddies)	(125 mL)
½ cup	Dried cranberries or raisins	(125 mL)
½ cup	Unblanched almonds	(125 mL)

To Prepare:

In a bowl, combine popped corn, pretzels, cereal, cranberries (or raisins), and almonds. Tip: if you cannot find small pretzels, use regular-sized ones and break them into pieces.

Source: The Canadian Living Test Kitchen



### Spunky Vegetable Pizza

This great tasting pizza is loaded with veggies, and can be a snack or part of a meal for kids of all ages!

Makes 8 slices

¾ cup	Pizza sauce	(175 mL)
1	Large pizza shell	
1 cup	Chopped broccoli	(250 mL)
1 cup	Shredded carrots	(250 mL)
½ cup	Sliced red or green bell pepper	(125 mL)
¾ cup	Shredded mozzarella or cheddar cheese	(175 mL)

To Prepare:

Preheat the oven to 450°F (230°C). Spoon pizza sauce onto pizza shell. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese. Bake for 10 minutes. When baked, cool pizza for 3 minutes before slicing. Cut into 8 slices.

Source: Dole 5 a Day website [www.dole5aday.com](http://www.dole5aday.com)



## IT'S SNACK TIME!

Children of all ages should have snacks during the day. Healthy snacks help fuel a growing child with energy and extra nutrients. Aim to include foods from at least two of the four food groups from Canada's Food Guide to Healthy Eating. Remember, younger children should eat smaller portions than older children or teens. They may also need to snack more often because of their high energy and nutrient needs and small stomach capacity.

By getting kids involved in making a healthy snack list and preparing the snacks, they are more likely to eat them. The trick is to provide foods that are nutritious, great tasting, and are easy and quick to prepare. Consider these simple snacks or sit down with the kids and come up with your own ideas.

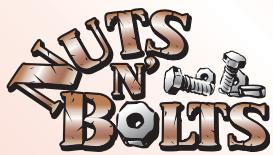
- Granola/cereal bars, oatmeal or fig cookies, and milk
- Raw vegetables, and yogurt dip or cottage cheese
- Whole grain crackers and cheese
- Raisin bread and peanut butter
- Cereal (dry or with milk) and fruit
- Yogurt, pudding, or string cheese and cut up fruit
- 100% fruit juices or vegetable cocktails and a boiled egg
- Fresh or canned fruits and whole grain mini-muffins
- Trail mix made with several types of cereal, dried fruit and/or sunflower seeds
- Pretzels of different shapes, and cheese
- Banana slices dipped in yogurt and rolled in crushed breakfast cereal, and then frozen.

## SAFETY ON WHEELS

Warm weather is just around the corner and children will soon be outside on their bicycles, in-line skates, scooters, and skateboards. These activities provide children with a way to be active outside and have some fun. However, it is important that children play safely to help prevent injuries that might occur.

Most injuries are from falling, hitting stationary objects, or running into bicycles or pedestrians. The risk of serious injuries or fatalities increases when children do not wear the proper protective equipment or use their equipment improperly. Many of the injuries have occurred because the children have been attempting daredevil stunts. In 2001, Transport Canada reported that all cyclist fatalities under the age of 15 were not wearing helmets. To reduce the risk involved in these activities, make sure you and your children follow these safety tips:

- Safety check all equipment before your child uses it.
- Wear properly fitted, safety approved, protective gear - especially a helmet. Protective gear should also include wrist guards, gloves, clothing with reflective piping, shoes (no sandals or flip flops), and elbow and kneepads.
- Obey all signs, signals, and rules of the road.
- Know the signals for riding on the road (turn right, turn left, stop) and ride on the right with traffic.
- Know the dangers of the driveway. Stop before entering the road - then scan by looking left, ahead, right, and then left again.
- Skate and ride only where it's safe - use skate parks and playgrounds. Stay away from busy streets, sidewalks, and intersections.
- Ride on the right-hand side of paths and trails, and skate or ride on smooth dry surfaces.
- Remember! Be a role model for your children when cycling or skating - wear a helmet and other protective gear.



**In Ontario, it's the law-if you are under 18 years of age you must wear a bicycle helmet. The total fine for failing to wear a helmet is \$75. Parents can also be charged for permitting a child under 18 to cycle without a helmet. This fine is also \$75.**

WEEKEND  
WARRIOR



## ARE YOU A WEEKEND WARRIOR?

Overexerting yourself on the weekend to compensate for a lack of weekly exercise can cause pain and sometimes injury. The pain can be severe enough to sideline you from everyday activities. Most injuries occur when you are out of shape or when you overexert yourself (often a combination of the two). Typical injuries include rotator cuff (deep shoulder pain), low back strains, knee pain, stress fractures, sprained ankles, pulled hamstrings, or dislocated joints. These injuries don't occur only with sports, they can also occur from regular activities around the house like cutting the lawn, gardening, raking leaves, or shovelling snow. Sometimes playing with the kids is sufficient enough to aggravate unused muscles and joints.

Before you embark on your next "weekend adventure" try the following suggestions to help prevent injury.

- 1) Incorporate regular activity year round. Besides the many benefits of regular activity, this is by far the best way to prevent injury. Aim for a minimum of 30 minutes of physical activity each day.
- 2) Always warm-up, cool down, and stretch. Start and finish with a short walk. To stretch, begin with the large muscle groups (arms, legs, and trunk) and work through to the smaller ones. This will help to prevent muscle soreness and injury.
- 3) Use proper equipment. Wear proper footwear with good support, and protective equipment such as kneepads and helmets specific to your activity.
- 4) Listen to your body. Start slowly and gradually build up the duration and intensity of your activity.
- 5) Drink plenty of cool water before, during, and after physical activity. This is particularly important during hot, humid weather.

Information for this article was submitted by Chris Pearson, B.H.K., CFC - Workplace Wellness On-Site Physiotherapy Centre at Windsor Assembly Plant.



## WEBSITE SUPPORT

### Encouraging Healthy Eating

Dietitians of Canada  
[www.dietitians.ca/english/pdf/Handout\\_EN\\_AtHome.pdf](http://www.dietitians.ca/english/pdf/Handout_EN_AtHome.pdf)  
Tip sheet: Eat Well, Play Well - At Home!

Dole Food Company, Inc.  
[www.dole5aday.com](http://www.dole5aday.com)  
Click on "Family and Friends" (Kid friendly)

The Children's Health Fund  
[www.childrenshealthfund.org](http://www.childrenshealthfund.org)  
Click on "Healthy K.I.D.S." (Kid friendly)

Eat Smart, Move More...North Carolina  
[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)  
Click on "Resource Library" then "Tools for Eating Smart and Moving More in the Real World"

Olen Publishing  
[www.olen.com/food](http://www.olen.com/food)  
Click on "Fast Food Facts"

Center for Science in the Public Interest  
[www.smartmouth.org](http://www.smartmouth.org)  
Click on: "Snacktoids", "Feed the Face", "Articles and Recipes", "Choose Ur Chews" (Kid friendly)

### Promoting Physical Activity

The Canadian Association for Health, Physical Education, Recreation, and Dance  
[www.cahperd.ca/e/parents/family.pdf](http://www.cahperd.ca/e/parents/family.pdf)  
Scroll to "Ten Great Ways for Families to Get Active"

Disney Online  
[www.familyfun.go.com](http://www.familyfun.go.com)

Games for Kids  
[www.gameskidsplay.net](http://www.gameskidsplay.net)

HIGH FIVE, Parks and Recreation Ontario  
[www.highfive.org/pdfs/QAP/QatP2003Newsletter.pdf](http://www.highfive.org/pdfs/QAP/QatP2003Newsletter.pdf)

Canada's Physical Activity Guide  
[www.paguide.com](http://www.paguide.com)

Canadian Fitness and Lifestyle Research Institute  
[www.cflri.ca/cflri/cflri.html](http://www.cflri.ca/cflri/cflri.html)  
Click on "Tips for being active"

SummerActive  
[www.summeractive.canoe.ca](http://www.summeractive.canoe.ca)



# PROFILE

**Autoturn Operator at Etobicoke Casting Plant**

50 years old

Happily married for 23 years

1 Child - 16 year old son

Currently lives in Oshawa

**First position with the company:** Piston Checker

**Favourite DaimlerChrysler vehicle:** The new Chrysler 300C

**Favourite food:** Spaghetti

**Favourite past time:** Playing hockey in the winter and baseball in the summer

## RICHARD MARION

The decision to quit smoking had been a long time coming for Richard Marion. In addition to wanting to improve his health, Richard was well aware of the impression he was leaving on his son. Wanting to be a positive influence and knowing that his son didn't want him to smoke made a great impact on Richard's decision to quit after 35 years. Although it has not been easy, he has really benefited from the support of his family and friends. Richard also enrolled in, and successfully completed, the "Get Your Butt in Gear" Quit & Win Contest from the Working Toward Wellness at DCCI program. His co-worker and buddy for the contest, Cathy has been giving him helpful tips on dealing with cravings. As an ex-smoker herself, Cathy understands the importance of having healthy foods, such as baby carrots and celery, available to snack on when thoughts of smoking start. Smoke-free since February 2nd, 2004, Richard has noticed a significant improvement in his breathing and overall health. More importantly, he's proud to be a positive role model in his son's life.

The next step for Richard is to work on losing the 10 pounds that he has gained since going smoke-free. Part of his plan for losing the weight includes getting back on his stationary bike and swimming in his pool on a regular basis. With his success at quitting smoking, it's a good bet that Richard will reach his goal weight in the not too distant future!

WEBSITE SUPPORT

Do you have suggestions for future topics?

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

E-mail: [mtoews@wehealthunit.org](mailto:mtoews@wehealthunit.org)

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

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# DaimlerChrysler Canada

CAW  TCA  
CANADA

WINDSOR - ESSEX COUNTY  
  
HEALTH UNIT  
Unité sanitaire  
de Windsor comté d'Essex