



GSI Newsletter - January 2016

An informational bulletin for members of the ELCIC Group Benefits Plan



January 2016

We Wish You All the Best!

***Great work to reach
your fondest goals,
and when you're
done, sweet rest. We
hope for your
fulfillment,
contentment, peace
and more - a
brighter, better new
year than you've ever
had before!***



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Stop Exercising to be

- Stop Exercising to be Smaller-Get Stronger Instead
- A Guide to Creating Lasting Habits
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New Benefits coming in 2017

The ELCIC Group Benefits Plan will include the following two new benefits starting next January. Read these announcements and continue to follow the updates as more information will be provided.

[*Insured Short Term Disability*](#)

[*Parental Leave Supplemental Pay*](#)

Wellness Calendar



Super Citrus In the dark depths of winter, reach for "Sunshine in a Peel" Oranges, limes and grapefruits are packed with vitamins, folate, fibre and phytochemicals, these juicy beauties pack a delicious mood and

Smaller-Get Stronger Instead

Power Up In 2016, try a twist on "new year, new you" - instead of pondering ways to "remake" yourself, recognize your strengths and resolve to build on them. That could mean adding weight training to your fitness routine - it builds muscle and increases stamina.



A recent study from the University of British Columbia showed that

doing weight training twice a week may even slow age-related brain degeneration and other recent studies have linked resistance training and weightlifting to a reduced risk of type 2 diabetes. Now that's something to get pumped about!

A Guide to Creating Lasting Habits



[*Click*](#) to read the full article from **Balance**, a monthly newsletter from Morneau Shepell, your Employee and Family Assistance Program (EAP).



immune boosting punch.

January Life Events

Alzheimer Awareness Month

www.alzheimer.ca/en

Hot Tea Month

www.tea.ca

National Non-Smoking Week

January 17th-23rd

Family Literacy Day

January 27th

EAP Can Help You Achieve Mind and Body Balance

Maintaining both a healthy body and mind can help to increase your energy and mental focus. The journey to healthy living begins with a few small lifestyle changes that, even by themselves, can make a difference to your well-being. Let us help you find your balance; start by speaking with an EAP counsellor to create your 2016 action plan. Counselling is confidential, and designed for your lifestyle and comfort level. Connect with us now to get started.

My EAP



GSI administers pension and benefits plans that enhance the well-being of employees who serve in the ELCIC and its affiliates.

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