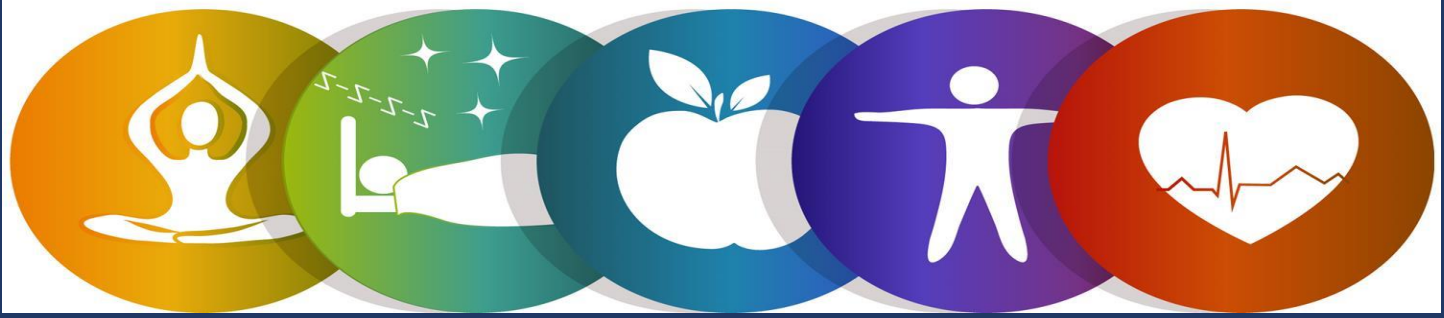


# WELLNESS



## Cowichan Valley School District Health & Wellness Newsletter

NOVEMBER 15<sup>th</sup>, 2023

### THIS WEEK'S THEME: BEETS



Beets are a type of root vegetable that come in various colors, such as red, yellow, purple, and white. They have a sweet and earthy flavor and are rich in nutrients, fiber, and antioxidants. Some of the health benefits of beets include:

- **Lowering blood pressure:** Beets contain nitrates, which are converted into nitric oxide in the body. Nitric oxide helps relax and widen blood vessels, improving blood flow and lowering blood pressure.
- **Improving athletic performance:** Beets can enhance exercise capacity by increasing oxygen delivery to the muscles and reducing fatigue.
- **Fighting inflammation:** Beets have anti-inflammatory properties that can help reduce swelling and pain in

conditions like arthritis and gout.

- **Supporting digestive health:** Beets are a good source of fiber, which can promote regular bowel movements and prevent constipation. They also contain prebiotics, which feed the beneficial bacteria in the gut.
- **Boosting brain health:** Beets contain folate, which is essential for the production of neurotransmitters like serotonin and dopamine. These chemicals regulate mood, memory, and cognition.

Here are some recipes that use beets:

- **Roasted Beet Hummus:** A creamy dip made with roasted beets, chickpeas, tahini, lemon juice, garlic, cumin, salt, and olive oil<sup>3</sup>.
- **Beet Salad with Feta, Cucumber & Dill:** A refreshing salad with shredded red cabbage, sliced cucumber, crumbled feta cheese, chopped walnuts, fresh dill leaves (or dried), olive oil vinaigrette (or balsamic vinegar), salt & pepper.
- **Crispy Smashed Beets with Goat Cheese:** A simple side dish with thinly sliced red beets (or yellow ones), goat cheese (or feta cheese), olive oil (or balsamic vinegar), salt & pepper.





Employees of our organization have access to professional counselling through Vancouver Island Counselling. This benefit is extended to all employees and their benefit eligible family members. This service is known as an Employee and Family Assistance Program or EFAP. Vancouver Island Counselling has been providing this service to companies and organizations since 1980.



### What is an EFAP?

Vancouver Island Counselling is your EFAP (Employee and Family Assistance Program) and is a very important component of your employee benefit package. Your EFAP encourages people with personal concerns to seek confidential counselling help as soon as possible before issues seriously affect family and work life and individual health and safety.



### What does it cost?

Vancouver Island Counselling services are provided at no additional cost to employees, retirees and their eligible family members. (Some cost may occur if you are referred for an additional specialized service that is not covered by the employee's benefit package or government subsidized program, but this is optional whether you would choose to access this service...an example of this might be a lawyer, psychologist or residential treatment for substance abuse).



### Is it confidential?

Yes! We operate independently of the companies we serve. This autonomy and the location of the offices away from the worksite, help ensure our commitment to confidentiality. Workplaces have no access to client information. Our counsellors are governed by a Professional Code of Ethics. Confidentiality is the cornerstone of our program.



### Many EFAPs limit the number of counselling sessions to 3 or 4 per year, is this true for our EFAP at Vancouver Island Counselling?

No! There is no limit to the number of goal-oriented counselling sessions available to you or your family members at Vancouver Island Counselling. This happens to be one of our distinctive program features.

**Can I still use the EFAP if I'm away from work due to workplace shutdown, vacation, or medical leave?**

Yes. Just like your health and welfare benefits, the EFAP does not stop when you are away from the worksite or on sick leave.

**Where are you located?**

Office locations to provide you with our EFAP counselling service: Duncan, Nanaimo, Port Alberni, Salt Spring Island, Victoria and Vancouver. Sessions are available by zoom, telephone or in person.

**Are your counsellors well-qualified...are they professionally qualified?**

Vancouver Island Counselling ensures that each of our counsellors holds a relevant graduate or doctorate degree in the counselling field. In addition each of our counsellors must be registered with a clinical or related association in the Province of British Columbia. Ongoing professional development combined with a dedication to serving clients with respect, compassion and integrity are hallmarks of your EFAP counsellors. You will find profiles of our counsellors on the Vancouver Island Counselling website.

**How do I book an appointment with a counsellor?** Simply phone one of the numbers listed below.

One of our administrative assistants will be pleased to help you arrange your appointment.



**VIC**  
EFAP

305 - 394 Duncan St  
Duncan, BC V9L 3W4

**Vancouver Island Counselling**

Duncan: 250 746 6900  
Nanaimo: 250 754 8222  
Port Alberni: 250 723 7001  
Victoria / Gulf Islands / Lower Mainland  
1 877 746 6911

## Fitness Facility Corporate Rates

### Fit-Co

Bay 2- 5880 York Rd.  
Duncan, BC  
250-748-2202

- Personal training and nutritional guidance free for members (\$350 Value – some restrictions apply)
- Juice Bar and Vitamin Supplements
- Membership rates: Drop-in \$15 ~ 1-month \$75 ~ 3-months \$199 ~ 6-months \$349 ~ full-year \$499
- **Cowichan Valley School District Employee intro. rate for 3 months only \$149.99 (new members only)**

### Valley Health & Fitness

#1 – 1400 Cowichan Bay Road  
Cobble Hill, BC  
250-743-0511 or email [info@valleyhealthandfitness.ca](mailto:info@valleyhealthandfitness.ca)

- Corporate rate of \$39.95 per month + GST (**with a 1-year membership**) or \$429.00 per year + GST if paid in full
- Includes Cardio/Weights/Group Classes (incl. yoga)/Infrared Sauna.

### CrossFit Anchored Athletics

Unit #8 L-6961 Trans-Canada Hwy  
Duncan, BC  
778-997-3562

- Corporate rate of 27% savings on a **3-month commitment** for \$210 +tax per month (regularly \$289.99 per month).
- This 3-month Membership includes:

- 8x one on one Personal Training sessions
- 3 months of unlimited Group Classes
- 3 months of Gym Access using a Keyfob between 6am and 10pm
- 2x In Body Scan (body composition scan) to give initial body composition starting point. One in the first week and one at the end of the three months



1. November always ends on the same day of the week as what other month of the year?
2. In the Northern Hemisphere, November is a month in what season?
3. In the Southern Hemisphere, what season is November in?
4. What day does Daylight savings time end in November?
5. Why do they say that you “fall back” when Daylight Savings ends in November?
6. What day in November do we remember those who have served in the armed forces?
7. On November 28<sup>th</sup>, we celebrate what popular and sweet breakfast food?
8. Who was elected president of the United States on November 6, 1860?
9. On November 22<sup>nd</sup>, 1963, this beloved president was assassinated.
10. On November 9, 1965, a tripped circuit breaker knocked out power to over 30 million people (one-sixth of the population). What was this called?

Get your thinking caps on and try not to use GOOGLE!! – partial answers will be accepted!! – email answers to [dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca)

WINNER will be drawn and announced November 22<sup>nd</sup>, 2023

NOVEMBER – OR IS IT MOVEMBER? – SOME GOOD INFORMATION FROM LIFESPEAK



**MOVEMBER** is a worldwide initiative held every November, inspiring men to grow mustaches as a symbol to spotlight critical men's health concerns, notably prostate cancer, testicular cancer, and mental health. This engaging movement, embraced by "Mo Bros," harnesses the power of facial hair to spark conversations and drive fundraising efforts for research and support programs in these vital areas.

**LifeSpeak's leading experts keep you up to date on the topics that matter to you.**

- [Men, Here Are 4 Ways Exercise Boosts Your Health](#)
- [Strategies for Finding Focus at Work](#)
- [How to Run Your Life on Rest, Instead of on Fumes](#)
- [When Alcohol Use Becomes the Elephant in Your Relationship](#)
- [Identifying and Changing Our Emotional Defense Mechanisms](#)
- [Why Friendships Are Good for our Mental Health](#)

## NO STRESS November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<b>Wear an outfit that makes you feel awesome</b>	<b>Track your water intake</b>	<b>Make your bed</b>	<b>Unsubscribe from at least 3 junk emails</b>
5	6	7	8	9	10	11
<b>Take a 10-minute reflective walk outside</b>	<b>Give someone a genuine compliment</b>	<b>Listen to a mood-boosting song</b>	<b>Take a social media break today</b>	<b>Think of one obligation that is not serving you and bow out</b>	<b>Write down 10 things that you are a grateful for</b>	<b>Pick a new financial goal and set it</b>
12	13	14	15	16	17	18
<b>Sunday meal prep for the week</b>	<b>Reflect on your favourite ways to destress</b>	<b>Choose or create a positive affirmation</b>	<b>Imagine your perfect day and write it down</b>	<b>Plan a new tradition for the upcoming holidays</b>	<b>Connect with a friend or family member</b>	<b>Declutter a space</b>
19	20	21	22	23	24	25
<b>Take a relaxing bath</b>	<b>Sit in a quiet place and reflect on some good memories</b>	<b>Turn up your music and dance</b>	<b>Pick up a fall beverage from your favourite coffee place</b>	<b>Play a game with your children or pets or friends</b>	<b>Get creative – make something or learn a new craft</b>	<b>Start reading a new book</b>
26	27	28	29	30		
<b>Move! – hike, swim, walk, exercise class, yoga</b>	<b>Eat a healthy meal</b>	<b>Listen to a new episode on your favourite podcast</b>	<b>Pick and plan to make your favourite holiday treat</b>	<b>Treat yourself to something nice – could be as simple as lunch</b>		

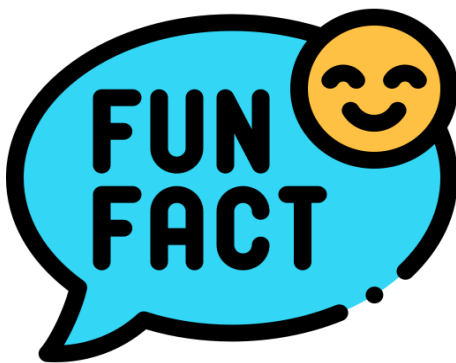
**No Stress November** is a month-long campaign that encourages people to take care of their mental health and well-being by engaging in activities that reduce stress and promote happiness.

Some of the benefits of participating in No Stress November are:

- You can learn new skills and hobbies that can enrich your life to make you more productive and creative.
- You can improve your physical health by getting enough sleep, eating well and exercising.
- You can strengthen your social and emotional connections by spending quality time with your friends, family, and community.
- You can enhance your self-esteem and confidence by practicing gratitude, positive affirmations, and self-compassion. **Celebrate your achievements and strengths.**
- You can cope better with challenges and difficulties by developing a resilient mindset, seeking help when needed, and finding healthy ways to relax and unwind.

You can also check out some of the activities and events that are happening in your area or online, such as yoga classes, meditation sessions, book clubs, art workshops, and more. No matter what you choose to do, remember to have fun and enjoy 😊

## Wellness Wednesday FUN FACT



- Sitting up straight at work may be bad for your back. Sitting for extended periods can cause muscle tension, poor posture, and spinal problems. To prevent these issues, try to sit with your feet flat on the floor, your back supported by a chair or a cushion, and your shoulders relaxed.

### Health tips

- Do chair exercises to keep loose while sitting. You can do simple stretches like rotating your shoulders, rolling your neck, or bending your elbows. You can also do some gentle movements like rocking back and forth or side to side.
- Stand and stretch periodically. Try to get up from sitting at least once every hour to stretch your muscles and joints. You can do some simple stretches like standing shoulder rolls, chest openers, or hamstring curls.



GET THOSE IDEAS READY FOR.....

## ***Gingerbread Creation Contest!!!***

*DETAILS Coming soon to a Newsletter near you!*

PRIZES will be given FOR:

- MOST CREATIVE
- MOST BEAUTIFUL
- MOST TRADITIONAL



## Hul'q'umi'num Greetings - November

Hul'q'umi'num greeting for this week:



Please follow link for an audio of how to properly pronounce this and other greetings and words – **note that the link sometimes opens up as a NEW tab at the top of your screen.**

[Beginner Greetings \(Level 1\) – Indigenous Education \(sd79.bc.ca\)](https://sd79.bc.ca)



If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S –  
**send me an email! [dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca)**

...until next Wednesday....

Take care,

Donna Whyte

**Donna Whyte**

HR Health & Wellness Manager

[dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca)