

May 29, 2014

Good afternoon

I hope this e-update finds you well and enjoying the beautiful weather we have had this week!

Have you heard of the **Southwest Business Expo** taking place on **June 11th at the Progress Building , Western Fair District?**

If not, check out the web-site for this event to learn more

[http://www.londonchamber.com/events/south\\_west\\_business\\_expo/](http://www.londonchamber.com/events/south_west_business_expo/)

**I have 25 FREE admission tickets** available and they will **go to the first people** who respond to this message! Simply **send me an email** and let me know how many you want - **GO!**

Learn about the businesses in our area....promote your own business...network with entrepreneurs and employers from across Southwestern Ontario...come on out and join the fun!

As you know from the last e-update, I had the privileged of attending **Leadercast London on May 9<sup>th</sup>, 2014** and over the next few e-updates I plan to highlight some of the nuggets of wisdom I gained through this experience.

The overall theme for this years' **Leadercast** event was centered around looking at what happens "**Beyond You**" in your life and leadership. Through all of the presentations that day, we were encouraged to look beyond ourselves and consider the larger community around us – to focus outward, rather than in. The second speaker of the day was Dr. Henry Cloud

## **DR. HENRY CLOUD**

Clinical psychologist, leadership consultant, author  
@drhenrycloud / drcloud.com

- When compared to being in a boat - The wakes (effects) your leadership leaves behind you are the results and your relationships.
- People must trust you.

- Build trust to the degree that people feel like you're connected to them. **Connection builds trust. The human heart wants to be known and understood.** Do your people know that you understand them and what you're trying to do? Do your people know you understand them?
- To drive your influence past yourself, it's good to have something past yourself.
- **It's got to be about more than the work. They need to feel in your heart the big reason you do what you do.**
- Opportunity comes when passion and what you're good at meet a need.
- Lots of leaders get good results but kill relationships.
- Leaders go beyond themselves when they give up control and let their people get results.
- Give them control and connect them to the result.



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

## LEADERSHIP MOMENTS

### Run a Social Club, Not a Sweatshop!

By: Beth Flynn, Monday, May 19th, 2014

### **Run a Social Club, Not a Sweatshop!**

Smithson, D. (2014). What managers don't know: how to be a better manager, leader, and entrepreneur?  
Theinformbook.com

"How many times do you hear people say: 'There can't be much work going on here with all the talking'? Do you say it yourself? If you do, why do you?"

The fact is that we spend almost half of our waking hours in a working environment! If we're not enjoying the time then we're going to be miserable. And, if we're miserable, then we're hardly likely to be very productive are we?

It never ceases to amaze me how many managers fail to understand a very simple premise: a happy worker is a productive worker (p.80)

- What are ways we can create a happy/fun culture that increases productivity?
- How can we educate leaders to understand that happy workers equal a happier work day?

### OHIO STATE UNIVERSITY LEADERSHIP CENTER

2120 Fyffe Road, Room 109, Columbus, OH 43210

614-292-3114 (phone) - 614-292-3114 (fax)

[www.leadershipcenter.osu.edu](http://www.leadershipcenter.osu.edu)

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### Looking for a novel way to increase physical activity in your workplace?

Check this out.....<http://www.thehiitroom.com/>



## The Hiit Room

The Hiit Room is a **High Intensity Interval Training** module with only a 2x2 metre foot-print that is **installed directly in the workplace** and requires only three 8-minute exercise sessions per week that can be done in normal clothes.

The Hiit Room exercise protocol was developed with the University of Aberdeen based on existing laboratory-based clinical evidence showing significant increase in insulin sensitivity and reduction in postprandial triacylglycerol, a well-established risk factor for cardiovascular disease. For more information: <http://www.thehiitroom.com/>



## 3M Health Leadership Award Celebrates Community Leaders from Across Canada

Do you know someone who is having a positive impact in your community? [Nominate them for a national award!](#)

Many leaders have a significant impact on their communities. These individuals understand that health starts in our communities - *where we live, learn, work and play*. Learn more about how you can honour leaders in your community by visiting the [3M Health Leadership Award website](#). The deadline for nominations is **June 20, 2014**.

[Read the official press release](#)

Be inspired by [reading about past recipients and finalists](#)

## Brand new Parent Action Pack Prom-related Resources for Parents

Parent Action on Drugs has updated the [Parent Action Pack website](#) with a new set of prom-related resources for parents. Health professionals working with parents may find the following resources helpful to ensure all teens enjoy a safe and happy prom night!

Resources include a handout to inform parents of the risks surrounding prom and how talk to their teens about making a safety plan, a template to help parents and teens create a party safety plan and a reference booklet for teens with strategies for safe party outcomes.

To download the resources, please visit: [ParentActionPack.ca](http://ParentActionPack.ca).

See more from HC Link here....

<http://hclinkontario.ca/images/HCLinkNewsDigest14MAY2014.pdf>

HC Link works with community groups, organizations, and partnerships to build healthy, vibrant communities across Ontario. We offer consultations, learning and networking events, and resources in

both English and French. Our services are funded by the Government of Ontario and are provided free of charge where possible

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## **Robin Sharma**

If you could only do **one** thing to rewire your thinking and revolutionize your life, what should you do?

Adopting excellent habits is important. Committing to your personal development is essential. And learning to beat procrastination is mission-critical... But if you could only do ONE thing to *change the game* these pursuits are not it...

**Robin Sharma** created this short but powerful video for you to learn the *real* secret of people like Steve Jobs, Nelson Mandela, Lady Gaga and Richard Branson.

[Watch my video now before it expires](#)

Sharma Leadership International, 92B Scollard Street, Toronto, Ontario M5R1G2, CANADA

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## **Let's TALK Suicide    **safeTALK** *suicide alertness for everyone***

Thank you to the many London and area residents that have chosen to make our community suicide safe by learning TALK (Tell, Ask, Listen, Keepsafe).

I hope **you** will join the more than 1000 people that have been trained since September 2012.

### **As a **safeTALK**-trained suicide alert helper, you will be better able to:**

- ☐ move beyond common tendencies to miss, dismiss or avoid suicide.
- ☐ identify people who have thoughts of suicide.
- ☐ apply the TALK steps (Tell, Ask, Listen and Keep-safe) to connect a person thinking about suicide to a suicide intervention resource.

### **What are the learning objectives?**

- ☐ identify people thinking of suicide.
- ☐ overcome barriers in talking about suicide.
- ☐ identify reasons we may miss, dismiss or avoid suicide.
- ☐ practice using the 4-step model of suicide alertness.
- ☐ connect people at risk of suicide with further appropriate help.

### **Why learn T.A.L.K.?**

- ☐ Persons thinking about suicide want help to stay alive

- ☐ Suicide does not discriminate; there is an estimated 1 suicide death every 40 seconds worldwide
- ☐ Anyone can learn T.A.L.K.
- ☐ **BECAUSE YOU CAN MAKE A DIFFERENCE**

## LMSPC is currently offering **safeTALK**:

- **When:** Tuesday June 24th @ 9 am – noon
- **Where:** CMHA London, ON 648 Huron St.
- **Cost:** \$35/p
- For more details and to register please visit: <http://lmspc.ca/events/safetalk/>
- or email Lynda at: [safeTALK@lmspc.ca](mailto:safeTALK@lmspc.ca)



## Play ball!

### How to take this break

Keep a play box of simple sports activities in the office: Frisbees, foam balls, basketballs, soccer balls or even balloons. Take your breaks during the day to "play" for 10-15 minutes outside or if space allows inside during colder months.

### Why this counts - **Energizing**

Finding time for playing together can energize a team and help to build camaraderie through healthy competition.

*Ideas for this activity were contributed by*

Duff McCutcheon, Human Resources Professionals Association; Kathy Nolan, Health & Benefits Consultant, Kwantlen Polytechnic University, Anne Winters, Manager, Interior Health; Sharon Stodel, Accounting, New Vista Society; Tracey Hawthorn, Work Re-Integration & Accommodation Program Coordinator, UBC Okanagan; Mirjana Jotovic, Return to Work Coordinator, University of British Columbia.

Go to [Workplace Strategies for Mental Health](#) for more ideas, tools and resources to help with the prevention, intervention and management of workplace mental health issues.

## Get inspired

### How to take this break

Subscribe to an inspirational thought for the day – every day. To get started, search "inspirational quotes" online and start saving and sharing your favorites with others.

### Why this counts - **Calming**

Inspirational quotes may help boost morale, make you feel motivated and help you have a more positive outlook for your day.

*Ideas for this activity were contributed by*

Carla Hanna, Health Promoter, Halton Region Health Dept.; Dianna Conley, Director, Human Resources, George Derby Centre;

Mary Beth Doyle, EAP Coordinator, Public Service Commission, Gov NL; Charlene Mo, Workplace Health Consultant, Alberta Health Services.

*TakeYourBreak activities should be approved by your employer/leader prior to initiating them. TakeYourBreak activities are provided for general information only and are not intended to be a substitute for medical advice. Always consult your physician or appropriate health care provider with respect to your particular circumstances.*



## LIAISON

The Latest News from CCOHS

May  
2014

### Healthy Workplaces: A Team Effort

#### On-demand webinar offers many tips and suggestions

Thinking about starting a healthy workplace team at your workplace? This recorded webinar is for you.

Join Laurie Tirone as she recounts the development of the Healthy Workplace Team here at CCOHS. What began as

simply posting information to a bulletin board has blossomed into a year-round team effort that follows the four avenues of influence for a healthy workplace: physical work environment, personal health resources in the workplace, the psychosocial work environment, and community involvement.

Learn how this initiative gained momentum - management support is key - and get some practical tips and ideas to help jump-start your own healthy workplace plans.

[Watch this webinar now](#)

[More healthy workplace resources from CCOHS](#)

### Free Webinar: Implementation of GHS in Canada

#### A collaboration between Health Canada and CCOHS

Changes are coming to Canada's national chemical classification and hazard communication standard for workplace chemicals. **WHMIS is set to evolve to incorporate the Globally Harmonized System** of

Classification and Labelling of Chemicals (or GHS) for workplace chemicals.

To help you learn more about the GHS and how it will impact WHMIS, Health Canada, in collaboration with CCOHS, has released a **free** recorded webinar. This presentation will give you a better understanding of Health Canada's proposed approach to implementing the GHS in Canada and will outline proposed new hazard classification and communication obligations in WHMIS, which will take effect when the GHS is implemented in Canada.

This webinar is targeted towards Canadian audiences: WHMIS suppliers (or their representatives) who sell or import hazardous products for use in Canadian workplaces, as well as employers who manufacture hazardous products for use in their own workplaces.

[Watch this webinar now](#)

[More GHS resources from CCOHS](#)

## Practice Mental Fitness at Work

### New items from CCOHS can help

While there is growing awareness of the role that the workplace plays in affecting our mental wellness, workers can also take steps towards promoting their own mental well-being by building a strong resilience to stress - a process referred to as mental fitness.

Our new 10 Healthy Habits for Mental Fitness poster and fast-fast cards - designed for easy distribution at your workplace - are eye-catching and chock full of practical suggestions. Make it a habit to practice mental fitness everyday.

[Learn more about the 10 Healthy Habits for Mental Fitness poster](#)

[Order the Mental Fitness Fast Facts Card](#)

## Position for Comfort and Safety

### Handy reminders to take a good position at work

Don't be a slouch when it comes to sitting properly at work.

Learning and practicing how to sit properly can reduce stress and strain on your muscles, tendons, and skeletal system.

Distribute these handy fast fact cards packed with helpful reminders on how to position the body for safety and comfort, and to thereby reduce the risk of developing MSDs in the workplace. Their compact size is ideal for posting in workstations, meeting rooms, computer labs, and more.

[Learn more about the Position for Comfort and Safety Fast Facts Card](#)

## LIFEWORKS

<http://yourlifeworks.ca/>

## Is sitting really killing us?

According to the latest research, it is. For many people, office work means working for long periods at a time **sitting at their desk**. Many then go home and sit on the couch and watch T.V. in the evenings.

Researchers have linked **sitting for long periods of time** with several health concerns including mortality. Sedentary behaviour is associated with an increased risk of developing chronic health conditions such as, type 2 diabetes, cardiovascular disease, cancer, obesity, back and spine injuries, chronic pain, rheumatic disorders, loneliness, depression and can affect mood and creativity.

What's the solution? **Sit less and move more!** Here are some tips:

- Switch to a standing desk, or one that can adjust to sitting and standing positions
- Ensure your work space is ergonomically correct
- Stand every 60 min
- Set your Smartphone timer to go off every 30 to 60 minutes during the day as reminder to stretch and move around the office
- March in place
- Touch your toes for 20 seconds
- Have organized breaks throughout the day
- Try to exercise 30- 60 minutes a day, but even 10 minutes is good if that's all you can manage
- Periodically move around in your seat
- Stand while talking on the phone
- Start a walking group with colleagues
- Start an employee wellness program to educate staff

Making even little daily changes can have significant long- term rewards!

<http://yourlifeworks.ca/is-sitting-really-killing-us/>

**Submitted by Anne Vitae - LIFEWORKS Partner, Life Management Consultant/Coach**



### **Think Vacations Are Luxuries? Think Again!**

Emptying the contents your mind for a while can provide you with an extraordinary opportunity to rejuvenate.

### **Cheap Food Fuels Obesity Epidemic**

Americans now have the cheapest food available in history, which appears to be the strongest link to obesity.

### **The Power Of Gut Instinct**

The brain is viewed as the center of emotions, but fear and other threats are often felt in the stomach - the well-known gut instinct.

### **4 Ways To Stop Being Needy And Start Being Confident**

Build your self-confidence by making sure you have your own opinions, interests, and hobbies.

**The Age Friendly London Network** is having an open house on June 19th from 2:00 - 4:00 p.m. at the Kiwanis Seniors Community Centre. Come out and see what the 8 working groups have been up to the last year and our plans for the upcoming year!





....and now a few messages from MLHU...

## Learn How to Set Up Your Car Seat - Book an Appointment

To book an appointment, please call: 519-666-3227 - [2014 Car Seat Clinic Schedule](#) (PDF 127KB)

## Going somewhere exotic this summer? You may need some shots before you go....

All travelers must book an appointment to be seen. Please contact us to arrange an appointment by email

[travel@mlhu.on.ca](mailto:travel@mlhu.on.ca) (preferred) or by telephone at 519-663-3395.

We recommend that travelers contact us six to eight weeks prior to their departure so that we can book a mutually convenient date. At the appointment, travelers will be asked about itinerary, style of trip, health status and previous immunizations.

Please be advised that OHIP does not pay for Travel Medicine services so travelers must pay for vaccines and clinic fees administered at the appointment. We issue receipts for reimbursement which are honoured by all drug plans that cover Travel Medicine services. Bon voyage!

## **DID you KNOW....**


### **June Is Parks & Recreation Month**

CPRA celebrates the month of June as Parks and Recreation Month. We take this opportunity to recognize the contributions made in the parks and recreation sector, while encouraging Canadians to get out and be active in their communities. This initiative raises awareness about the importance of recreation and the role it plays in the quality of life for all Canadians.

Check it out here...<http://www.cpra.ca/main.php?action=cms.specialJune#PRO>

### **June brings many things to think about and to participate in.....**

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-  [June is Brain Injury Awareness Month](#)
-  [ALS Awareness Month \(Lou Gehrig's Disease\)](#)
-  [Recreation and Parks Month](#)
-  [Relay for Life](#)
-  [Spina Bifida and Hydrocephalus Awareness Month](#)
-  [Stroke Awareness Month](#)
-  [Canadian Environment Week](#)
- June 1 to June 7**
-  [National Sun Awareness Week](#)
- June 2 to June 8**
-  [National Cancer Survivors Day](#)
- June 1\***
-  [World Environment Day](#)
- June 5\***
-  [Clean Air Day](#)
- June 5**
-  [World Blood Donor Day](#)
- June 14\***
-  [National Aboriginal Day](#)
- June 21\***
-  [International Day Against Drug Abuse and Illicit Trafficking](#)
- June 26\***

## **ENJOY!**