



Feature of the Month

EFAP/North

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A Healthy You

Getting enough of the sunshine vitamin?

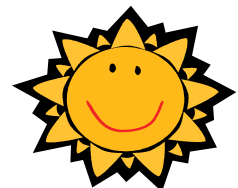
Because vitamin D is readily available from sunlight, we tend to ignore it or take it for granted—and some of us try to avoid exposure altogether, in an effort to reduce our risk of skin cancer. As a result, vitamin D deficiency is surprisingly common, says Dr. Michael F. Holick, a professor of dermatology at Boston University Medical Center and a leading researcher in this field.

For example, 11 % of a group of medical students and hospital residents ages 18 to 29 were vitamin D deficient, even at the end of summer. A study of adults over 65 found that up to 60% were severely deficient. Apparently, a great many people—especially those of us who live in the north and/or work long hours indoors—are *not* getting the vitamin D we need to maintain calcium for healthy blood and bones.

Vitamin D plays a critical role in metabolic, muscle, cardiac and neurological functions. Recent research has linked vitamin D with lower risks of colon, breast, prostate and ovarian cancers as well as autoimmune diseases such as type 1 diabetes and multiple sclerosis.

Here's what we should all know about vitamin D and how to safely get what we need:

- * Sunlight stimulates vitamin D production. That is, the skin absorbs ultraviolet energy from the sun and converts it to vitamin D. It comes from food too, but—in the absence of sunlight—you would have to consume large amounts to get enough.
- * Vitamin D is stored in body fat. Thus, the effects of exposure in the spring, summer and fall can be released during the winter. During the winter months, the sun's oblique rays are not strong enough to stimulate vitamin D production.
- * Sun exposure does not mean tanning and certainly not sunburning. Dr. Holick suggests letting your skin feel sunlight for between 5 and 15 minutes a day. Then apply a SPF 15 sunscreen to prevent excessive exposure.
- * The 5 to 15 minute prescription does not apply to all. It depends on the person's sensitivity to sunlight. For example, darker-skinned people may require more time outdoors to make enough vitamin D
- * To boost your vitamin D, make sure that you get enough calcium (1,2 mg per day), plus a daily vitamin D supplement of at least 400 IUs.



MAY

FLOWERS

CONNECTIONS



Children Learn What They Live

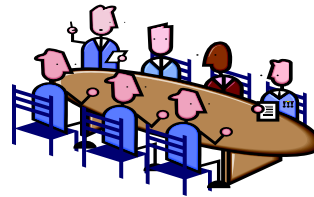
- If children live with criticism, they learn to condemn.
- If children live with hostility, they learn to fight.
- If children live with fear, they learn to be apprehensive.
- If children live with pity, they learn to feel sorry for themselves.
- If children live with ridicule, they learn to feel shy.
- If children live with jealousy, they learn to feel envy.
- If children live with shame, they learn to feel guilty.
- If children live with encouragement, they learn confidence.
- If children live with tolerance, they learn patience.
- If children live with praise, they learn appreciation.
- If children live with acceptance, they learn to love.
- If children live with approval, they learn to like themselves.
- If children live with recognition, they learn it is good to have a goal.
- If children live with sharing, they learn generosity.
- If children live with honesty, they learn truthfulness.
- If children live with fairness, they learn justice.

If children live with kindness and consideration, they learn respect.

If children live with security, they learn to have faith in themselves and in those about them.

If children live with friendliness, they learn the world in a nice place in which to live.

- Dorothy Law Nolte



2007 - 2008

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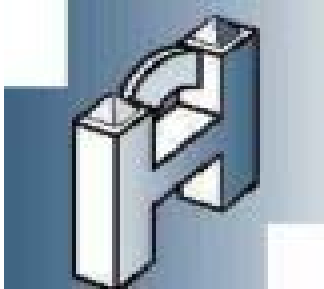
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The Members Page



HÔPITAL GÉNÉRAL DE
NORTH BAY
GENERAL HOSPITAL

Another Successful EFAP Event!

The “Chili Days” sponsored by the EFAP committee created an excellent turnout, where EFAP committee members dished out over 300 bowls of chili at both sites to grateful staff.

Special thanks goes to Patient Food Services for the ordering and preparation of the chili.

There was also prizes drawn at this event. The following winners may pick up their prizes from Alaina Gislason at the Purchasing Reception Office, Lower Level, Scollard site.

Toni Peever (Purchasing) - Water Bottle and Heart & Stroke Foundation Skipping Rope

Garry Bumstead (Lab) - Nylon Beach Mat and Heart & Stroke Foundation Skipping Rope

Irene Moore (5W) - Pedometer and Heart & Stroke Foundation Skipping Rope

Jack Shank (Engineering) - Flashlight and Heart & Stroke Foundation Skipping Rope

Denise Fergusson (PAC) - EFAP Mug and Heart & Stroke Foundation Skipping Rope

Clara O'Reilly, EFAP Chairperson



CONNECTIONS

EFAP/North Core Seminars

EFAP/North offers a number of Core seminars on a variety of topics which may be of interest to you or your workplace. We firmly believe that by offering these seminars, we can be of help in preventing concerns from becoming major issues in the lives of our members. If you and/or your co-workers are interested in any of the following presentations, please discuss your interest in having the seminar presented in your workplace with a member of your EFAP Committee or someone in a leadership role. If there is a topic that your organization is interested in but is not part of our core seminars please contact Ms. Carrie Becker, Prevention and Awareness Coordinator to discuss the possibility of EFAP/North developing such a presentation.

- Stress in the Workplace (1 to 3 hrs)
- Balancing Work & Family Life (1 to 1.5 hrs)
- Coping with Grief (1 to 1.5 hrs)
- Conflict Resolution (1 to 3 hrs)
- Negativity in the Workplace (1 to 1.5 hrs)
- Coping with Job Loss (1 to 1.5 hrs)
- Team Development (2 to 3 hrs)
- Managing Change – for employees (1 to 1.5 hrs)
- Managing the Impact of Change (1.5 to 2.5 hrs)
- Interpersonal Relationships (2 to 2.5 hrs)

EFAP/North also provides awareness sessions to help employees, family members and supervisors have a better understanding of our program and what it has to offer.

- Employee and/or family awareness (30 mins)
- Supervisor awareness (1 to 2 hrs)



Book of the Month Dealing with Difficult People

How to deal with nasty customers,
demanding bosses, and annoying co-workers

Author Roberta Cava

ISBN 1-55263-574-0

Revised and updated for this new edition, *Dealing with Difficult People* will benefit anyone who has ever had to deal with angry, rude, impatient or aggressive people in the workplace. Whether you have to face irate or frustrated customers or are troubled by irritating subordinates, manipulative bosses or non-communicative co-workers, this international bestseller contains proven strategies for handling situations and defusing tensions calmly and with professionalism.

Roberta Cava guides the reader through the process of discovering the root causes of difficult communications, provides suggestions for alleviating problems, explores specific situations such as workplace bullying and explains common personality conflicts. Of special benefit is a section on how to improve your own people skills, so that you might work better with others, reduce your stress and anxiety, and increase your confidence and enthusiasm in all your professional dealings.