

Penticton Workplace Wellness Network Newsletter

Healthy Workplace Month 2008 - Week 2



GetActive!
Penticton

Healthy Workplace Month
September 29 – October 26

Get your organization involved! This year's theme is:

Take the Healthy Workplace Challenge

Put your workplace to the test each week!

Week 2 – Oct. 6 – Oct. 12

Support @ Work Challenge

Assess your workplace culture with the Support @ Work Checklist by visiting www.healthyworkplacemonth.ca/week2

Mental Health and the Workplace

October 5-11 is Mental Illness Awareness Week (MIAW), an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

A survey of over 450 Canadian organizations (released July 2008) conducted by Mercer in conjunction with The Canadian Alliance on Mental Illness and Mental Health (CAMIMH) found that mental health issues are a growing concern for employers. Almost 80% reported that mental health issues have increased in importance compared to three to five years ago. Mental illness is estimated to result in 35 million workdays lost every year in Canada and low productivity related to mental illness adds significant cost to employers.

Healthy Happenings in Penticton!

Penticton Steps Out Workplace Wellness Program

Customize your own Steps Out Program. For info contact Edis Computers @ 250 490 4045

City Centre Fitness

During HWM City Centre is offering a FREE workplace talk and on location classes along with complementary passes and personal training sessions.

For info contact Kirby Layng @ 250 487 1481

Hoodoo Adventure Company

Hoodoo an adventure tourism company specializing in corporate and group development is offering a discount on active outdoor corporate events. Workplaces getting involved in Healthy Workplace Month may choose one of eight different events. Hoodoo's is also planning an Urban Adventure Race that will enable businesses to enter a team or teams into the race. Not only will this event get people out and active, but it will allow workplaces and local business to network and bring their community closer together. For info contact Lyndie Hill @ 250 490 6084

“Canvas the Film” relates a family's experience with parental mental illness. Screenings on October 8 and October 15 at 7PM at the Lecture Theatre, Okanagan College Penticton Duncan Avenue W. For info call 250 493 7338.

Mental Health Works helps organizations to manage their duty to accommodate employees experiencing mental disabilities such as depression or anxiety in the workplace. In many cases, employers are so afraid of saying or doing the wrong thing, that they say nothing. This can lead to decreased productivity, lower morale, and conflict in the work environment. We help employers respond immediately and appropriately when employees experience mental health problems and effectively manage performance and productivity issues. It is founded on the belief that focusing on solutions around mental health issues in the workplace will benefit employers and employees alike.

<http://www.mentalhealthworks.ca/index.asp>. In Penticton contact Sharon Evans, President, BC Schizophrenia Society-Penticton Branch 205 Martin Street, Phone: 250 493 7338



Chad Mielke, Manager of the Penticton RONA store said that over 40 staffers signed on to a “SHRINK OFF” Challenge on October 1! Congratulations to all participants and good luck!