



LaurentianUniversity
Université **Laurentienne**

Laurentian University

Wellness Program 2005-2006

Enhancing our quality of life

A workplace wellness resource

Laurentian University Wellness Program

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Mission Statement. The Laurentian University Wellness Program is a comprehensive voluntary health-promotion initiative which seeks to enhance the quality of life and health among the members of the university community.

The program seeks to encourage healthier lifestyle options, to educate members in the means of achieving them, and to facilitate a culture of improved health through the provision of health-enhancing work conditions and relationships, and health-related evaluations, workshops and activities.

Message from the President



Judith Woodsworth
President, Laurentian University

I am pleased to launch this innovative guide to wellness resources in our workplace. Among the key directions of Building on Excellence, the Strategic Plan we approved in 2003, were attracting and retaining high calibre people, and achieving a robust and celebrated quality of life.

“Enhancing Our Quality of Life” has come about as a result of Roger Couture’s Wellness Program recommendations, and has been produced through the Employee Assistance Program with the collaboration of various university departments. Its purpose is to enrich the lives of Laurentian University employees through the provision of a comprehensive guide to wellness-related departments and activities on campus.

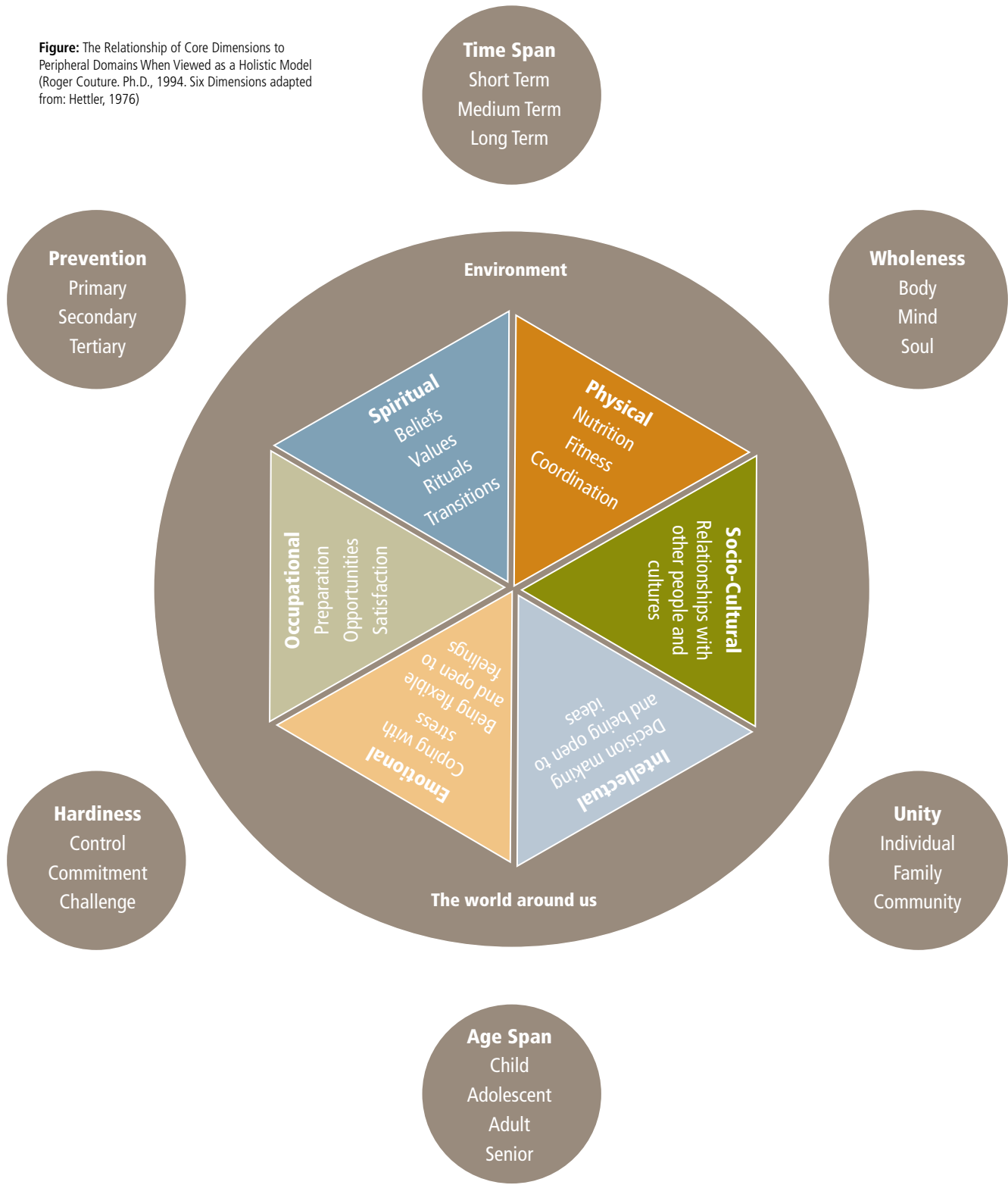
I am very proud to see such a positive and productive response to the strategic goals of the University, and am confident that this initiative will indeed foster the kind of working environment that will bring people to our school and keep them here.

I congratulate all those who contributed to this guide. I encourage all members of the Laurentian community to not only read it, but to make the best use possible of all the facilities, services and activities it sets out for you. This is truly a wonderful campus, with so many opportunities for personal enrichment within easy reach.

A handwritten signature in black ink that reads "Judith". The signature is written in a cursive, flowing style.

Model of Well-Being

Figure: The Relationship of Core Dimensions to Peripheral Domains When Viewed as a Holistic Model (Roger Couture, Ph.D., 1994. Six Dimensions adapted from: Hettler, 1976)





Aramark Food Services 2005-2006 Eat Smart! Award Winner

Mandate

The goal of the Eat Smart! program is to contribute to the reduction of chronic diseases (such as heart disease and cancer) and food-borne illness. All Eat Smart! restaurants are assessed by public health dietitians and public health inspectors for strict criteria in nutrition and food safety and only the top restaurants for healthy choices make the grade.

Location on campus

Great Hall Cafeteria

Hours of operation

Monday to Friday

Fall/Winter: 8 a.m. to 7 p.m.

Spring/Summer: 8 a.m. to 3 p.m. (grill closes at 2:30 p.m.)

Contact information

Giselle Bessette, food services director

(705) 675-1151 ext. 6559

www.aramark.laurentian.ca

Programs

- Exceptional standards in food safety including kitchen staff certified in safe food handling by Public Health
- A variety of healthier food choices on the menu and by request
- At least 50% all pre-made sandwiches use whole grains
- At least 50% of bread choices are whole grain in the made-to-order sandwich bar
- At least 4 choices of vegetable and fruit including hot vegetable, salad, fruit salad and 100% juice
- Lower-fat milk choices and milk snacks
- Low-fat meat, fish, poultry or vegetarian entrees
- Low-fat sandwich filling (calorie-wise mayonnaise)
- Daily specials contain at least 3 of the 4 food groups
- Substitute salad for fries and milk for pop
- Calorie-reduced or fat-free salad dressing
- Upon request, fat-based condiments served on the side
- Information of ingredients available upon request
- Water available at all times through water fountain





Mandate

To develop, promote and offer physical activity programs and active leisure opportunities for the people within the Laurentian community and northeastern Ontario.

Location on campus

B.F. Avery Physical Education Centre, B-226

Hours of operation

Inquiries

Monday to Friday office hours

Fall/Winter: 9 a.m. to 4:30 p.m.

Spring/Summer: 8:30 a.m. to 4 p.m.

Facilities

Monday to Friday

Fall/Winter/Spring/Summer: 7 a.m. to 10 p.m.

Contact information

Marianne Racette, secretary, 675-1151 ext. 1002

Ron Larwood, manager, 675-1151 ext. 1020

www.activeliving.laurentian.ca

Programs

- Aerobics (noon hour)
- Cross country skiing
- First Aid/CPR
- Personal training and fitness consultation
- Boat operator accredited training

- Swim lessons for all ages, lifesaving and lifeguarding certifications, instructor courses and recertifications
- Outdoor equipment rental service, including: kayaks, canoes, life-jackets, wet suits, cross-country skis, snow shoes, assorted camping supplies

On-campus clubs

- Aikido Club
- Judo Club
- Karate Club
- Kendo Club
- Laurentian Nordic Ski Club
- Sudbury Laurentian Masters Swim Club

On-campus facilities

- Olympic size (50 m) swimming pool with four diving towers
- Full gymnasium
- Fully-equipped weight training room
- Fully-equipped cardio training room
- Locker rooms/showers/saunas
- 400 m & 200 m tartan tracks with runways
- 4 athletic fields; stadium
- Nature/running trails (7 km)
- Sand beach
- Beach volleyball court
- 4 tennis courts
- South Shore Rim cross-country ski trail system (30 km)

Associated costs

Memberships are available to employees and their immediate family members upon payment of a service fee per membership card. The membership includes access to the pool, gymnasium, weight room, cardio room and saunas as well as the use of exercise and sports equipment.

Some activities are free to employees while others are available at a nominal charge.

Department of Health Services

Mandate

Promotion, restoration and maintenance of optimum health for the staff and faculty of Laurentian University. We define health as the state of complete physical, spiritual, occupational, intellectual, social and emotional well-being.

Location on campus

Single Student Residence (SSR), G-23

Hours of operation

Monday to Friday

Fall/Winter: 9 a.m. to noon and 1 p.m. to 4:30 p.m.

Spring/Summer: 8:30 a.m. to noon and 1 p.m. to 4 p.m.

Contact information

Medical secretary: 675-1151 ext. 1067 or direct line: 673-6546

Supervisor, Health Services: Lyne Rivet RN(EC); COHN@ at 675-1151 ext. 1055

www.healthservices.laurentian.ca

Programs/Services

- Private consultations and assessments with:
 - Registered Nurse
 - Nurse Practitioner
 - Physician
- Referral service
- Acute walk-in clinic
- Blood pressure monitoring
- Laboratory services
- Wart clinic
- Allergy desensitization clinic
- Immunization program; Vaccine Preventable Diseases
- Mono, Strep A testing
- Sexually transmitted diseases (diagnosis, treatment, prevention)
- Confidential HIV/AIDS testing and counseling
- Loan cupboard (crutches, bandages, etc.)

- First aid kits (replenished at minimal cost)
- Health promotion, health protection, injury & disease prevention, healthy lifestyle, birth control, nutrition, stress, exercises, drug/alcohol addiction, smoking cessation
- Family planning
 - Consultations
 - Pregnancy tests
 - Prescriptions
 - Free birth control samples
 - Free condoms



Employee

Assistance Program



- Stairway to health
- Food Step – A healthy eating program
- Health risk appraisal tool
- Healthy measures program
- Flu prevention program
- Eldercare kit
- EAP lending library
- NEW! “Body Bulletin” wellness newsletter (quarterly)
- Referrals to external EAP providers (psychologists, registered social workers...)

Mandate

The Employee Assistance Program (EAP) is a voluntary, confidential service provided by the university for its employees and their immediate dependents.

The program exists to aid employees in addressing problems which have the potential for serious impact upon their performance at work, their personal lives and their families. These difficulties might include physical, mental or emotional concerns, finances, marital or family distress, alcohol or substance abuse, or other issues.

Location on campus

Health Services, SSR G-23

Hours of operation

Monday to Friday

Fall/Winter: 9 a.m. to noon and 1 p.m. to 4:30 p.m.

Spring/Summer: 8:30 a.m. to noon and 1 p.m. to 4 p.m.

Contact information

Lyne Rivet, RN(EC); COHN®-EAP coordinator at
675-1151 ext. 1055 or lrivet@laurentian.ca
www.healthservices.laurentian.ca

Programs

Ongoing self-help services:

- Smoking Stages of Change (computer program)
- “Walk this Way! – A Guide to Stick to It!” program

Associated costs

Through the coordinator, the employee will be provided with information about the services available, the cost of the services and the extent to which, the university will subsidize those costs.



Office of Human Resources



Mandate

The Office of Human Resources is committed to ensure the highest standards of employee excellence through recruitment, selection, orientation and training of staff. It offers high-quality service in benefits and human resources matters and provides information to assist administrators in decision making. It also works with staff unions and associations to develop positive employee relations, improve the quality of work life and ensure equitable treatment of staff.

Location on campus

R.D. Parker Building, 10th floor, L-1016

Hours of operation

Monday to Friday

Fall/Winter: 9 a.m. to 4:30 p.m.

Spring/Summer: 8:30 a.m. to 4 p.m.

Contact information

Lisetta Chalupiak, manager, HRIS and Staff Relations at ext. 3014 or lchalupiak@laurentian.ca

Services

- **Wellness promotion:** Aerobic classes for employees are available at lunch hour during the school year.

The university provides bus service to the Ben Avery building every day, at lunch time, Monday to Friday during the academic year. The bus leaves at 11:45 a.m. from the Fraser Auditorium, and picks up employees along the way. For information on the designated stops nearest your office, please contact Jean-Paul Cholette at ext. 1503, or by email at jpcholette@laurentian.ca. The return bus returns from the Ben Avery Building at 1 p.m., allowing employees to get back to the office by 1:15 p.m.

Programs

- **Weight-Watchers-at-Work:** If there is a sufficient number of people who pre-register (and pre-pay) for the Weight Watchers Program, a facilitator is provided for a 12-week program on campus.

Pre-registration forms are available through Human Resources.

Associated costs

Human Resources subsidizes the cost of transportation and instructors.



Human Resources

Occupational Health and Safety

Mandate

Interpret, advise and implement the requirements of the Occupational Health and Safety Act and university policies pertaining to it.

Establish and maintain records, statistics and other OH&S reporting. Provide and maintain a safe and healthy work environment for all, to protect them from injury or occupational disease through the enforcement of legislative requirements and other policies as may be issued by the university.

Location on campus

R.D. Parker Building, L-1024

Hours of operation

Monday to Friday

Fall/Winter: 9 a.m. to 4:30 p.m.

Spring/Summer: 8:30 a.m. to 4 p.m.

Contact information

John Benoit, ext. 3016

jbenoit@laurentian.ca

<http://laurentian.ca/personnel/ENGLISH/eohs.htm>

Programs

- WHMIS/SIMDUT (for employees only)
- Library of selected health and safety videos and CDs



Native

Programs and Services

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Through awareness activities and support services, Laurentian University's Native Programs and Services strives to ensure a positive learning environment in a manner consistent with Anishinawbek cultural values, increase accessibility and retention, as well as enhance the academic experience of students of Aboriginal ancestry at Laurentian University.

Location on campus

R.D. Parker Building, L-222

Hours of operation

Monday to Friday

Fall/Winter: 9 a.m. to 4:30 p.m.

Spring/Summer: 8:30 a.m. to 4 p.m.

Contact information

Telephone: 675-1151 ext. 1051

Fax: 671-3836

www.nativestyle.laurentian.ca

Programs

- Elder on Campus



Mandate

- Act as a compassionate and humanizing presence on campus
- Bring together persons from diverse backgrounds
- Provide a place where loneliness and alienation can be offset by a helping presence
- Provide a safe place to talk meaning and ultimate questions

Location on campus

R.D. Parker Building, 2nd floor, L-226

Hours of operation

Monday to Friday 10 a.m. to 4 p.m.

Contact information

Coordinator and Chaplain-Barbara Hein at 675-1151, ext. 1080

Sevices/Programs

- To promote wellness and spiritual well being, the chapels on campus are open for prayer and quiet times of reflection and meditation for the whole university community.
- Places for prayer and meditation time
- Thorneloe Chapel (St.Mark's) is open Tuesdays and Thursdays from noon to 1 p.m. ; instrumental music is provided to promote a relaxing atmosphere.
- University of Sudbury Round Chapel is open from 8 a.m. to 10:30 a.m. daily. A Catholic mass is held on Tuesdays through Fridays between 12:15 and 12:45 p.m. and Sundays at 7 p.m.. All employees are welcomed.



Outdoor Adventure

Leadership Program

Mandate

The 4-year Outdoor Adventure Leadership program focuses on three general areas to help students become more competent in leading, teaching and working in wilderness settings. Those specialty areas relate to academic knowledge, technical expertise and work-related experiences.

With leadership through academic and technical competencies as their tools, this program can offer valuable experiences to the Laurentian community.

Come live the adventure with us.

Location on campus

B.F Avery Physical Education Centre

Contact information

Professor Stephen Ritchie at ext. 1046 or

Dr. Roger Couture at ext. 1023

sritchie@laurentian.ca or rcouture@laurentian.ca

www.humankinetics.laurentian.ca or

www.advl.laurentian.ca

Services/Programs

- Annual Banff Mountain Film Festival World Tour (normally mid to the end of January)
- Annual 250-400 km remote canoe trip (minimum 14 days) that normally leads to the Arctic Ocean (during the first weeks of June).

Past rivers have included:

- Missinaibi River (Ontario)
- Harricanaw River (Québec-Ontario)
- Blood Vein River (Ontario-Manitoba)
- Kattawagami River (Ontario)
- Bouldering/rock climbing room (next to cardio room)

- Members of the community can learn to canoe, rock climb, boulder, kayak, etc. on campus, through Sudbury Discoveries, in Partnership with the ADVL program, Active Living and Partners in Eco-Adventure Tourism (PEAT).





Mandate

The Voyageur Athletic Therapy Clinic provides prevention and rehabilitation services, on a fee-for-service basis, to competitive athletes and fitness and recreational enthusiasts who have incurred a sports-related injury.

Location on campus

Ben Avery Physical Education Centre

- wheelchair accessible
- free parking after 3 p.m.

Hours of operation

Monday to Friday

Fall/Winter: 9 a.m. to 7 p.m.

Spring/Summer: 8:30 a.m. to 5:30 p.m.

Contact information

For more information or to book an appointment:
675-1151, ext. 1031

www.luvoyageurs.com/clinic

Services/Programs

- Certified Athletic Therapists
- Certified Acupuncturist
- Emergency injury assessment and care
- Evaluation of musculo-skeletal injuries
- Personal treatment and rehabilitation programs

- Design of home treatment programs to meet client needs
- Information on healthy lifestyle management and injury prevention

Rehabilitation services

- Manual therapy including:
 - Craniosacral
 - Muscle Energy
 - Myofascial
- Full range of electrotherapeutic modalities:
 - Ultrasound
 - IFC
 - Micro-current
- Laser
- Biodex multi-joint testing and rehab
- Personalized rehabilitation and home programs

Associated costs

Athletic therapy is fully covered by Laurentian University's extended medical health plan.

