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BROCK WELLNESS

Keeping you informed...

A MONTHLY PUBLICATION AIMED TO INFORM AND PROMOTE WELLNESS INITIATIVES FOR BROCK FACULTY & STAFF

The Brock Wellness Committee is very pleased with the response the Interest Groups have attained that were promoted by Brock faculty and staff at our Brock Wellness Fair in early October. These groups are beginning to gather to share ideas, work on projects and generally explore their common interests.

The Needle Knockers are already a success story beyond the walls of this institution. Jo Stewart, the head Needle Knocker, reports that materials for their projects, funding and finished knitting projects are being donated from the community. Their group includes a student's mother and a grandmother who have heard of this worthwhile project from their students at Brock and also David Hallett, an alumni featured in our Knitting for Wellness article on page four. Their finished knitted projects are being sent off to Swaziland through Brock's International Nursing program. The Needle Knockers are meeting every second Tuesday in Welch Hall room 206 and the next date will be November 16. Please contact Jo Stewart at jstewart@brocku.ca if you are interested in being placed on her list to remind people of their get-togethers.

The Nature Walkers have scheduled their first walk for Wednesday November 10. View the natural surroundings on campus through the perspective of Marcie Jacklin, Brock's very own nature specialist. Meet at the Welcome Desk in the Tower Lobby at noon. The rain date will be Wednesday November 17th.

Weight Watchers has had a great response and commenced their first meeting on November 3 with twenty members. They will meet Wednesdays from noon to 1 p.m. for a twelve week program. Anyone wishing to join the group can still do so. Fees will be pro-rated for the remaining weeks. Please contact brockwellness@brocku.ca to have your name added to the participant list or to receive more information.

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

World Health Organization, 1948

The Book Club has met twice now and recently reviewed *The Forgotten Garden* by Kate Morton. The December/January read is *The Book of Negroes* by Lawrence Hill and is featured at the Campus Store at a discounted price. For more information on how to join the group please contact Diana Panter at dpanter@brocku.ca.

The Fine Needle Workers, who have an enthusiastic group of very talented crafters, have set up weekly get-togethers. Their meetings are being held on Wednesdays at noon in MacKenzie Chown C-Block room 304 until the holiday break. In the new year the classes will be held at Welch Hall in room 208 on Wednesdays at noon commencing January 5. Bring your unfinished projects or start a new one with the assistance of this talented group available right on our campus.

The Brock Wellness Committee

Lest we Forget. Remembrance Day is November 11.

November 11 at 11:00 a.m. (the eleventh hour of the eleventh day of the eleventh month) marked the end of the First World War in the UK in 1918.

This date and time was made into Remembrance Day for all commonwealth countries to commemorate members of the armed forces.

Over 61,000 Canadians died in the First World War, and an additional 42,000 in the Second World War.

The poppy became significant to Remembrance Day as a result of Canadian military physician John McCrea's poem In Flanders Fields. The poppy was chosen

because it blooms across some of the worst battlefields in World War I, their red colour an appropriate symbol for the bloodshed of trench warfare.



Remembrance Day Ceremony @ Brock

Thursday, November 11 in the Ian Beddis Gymnasium

10:45 a.m. - Gathering with the drums

11:00 a.m. - Moment of silence

Social - Occupational - Spiritual - Physical - Intellectual - Emotional - Environmental - Financial

November Focus on Emotional Wellness:

It is astonishing what people can endure and still thrive. Just observe the rescued miners from Chile. Of course they are having nightmares and some difficulties re-integrating, but their resilience is remarkable.

As a clinical psychologist, I have had the privilege of hearing people's private life stories, each one inspirational. Yes, the person may have had serious psychological problems, but though life had delivered cruel punch after punch, they could still laugh, have meaningful experiences, reach out to others in their pain, and keep choosing to live day after painful day. How? Emotional wellness is not just about solving problems, it is also about finding strength in the face of problems.

In the first instance, strength comes from balance in life. We're most likely to feel well emotionally when we take care of the body, mind, and spirit. Even significant depression responds to healthy eating, regular exercise, and making time for socializing, play, helping others carry their loads, and finding meaning in our days. These are easy words to write, and there is no wisdom here that our grandparents did not know.

The challenge is to make it happen.

One important key is to pay attention to the small stuff. What really grinds us down is often not the tsunamis of life, though they take their toll; it is the small, unrelenting, daily hassles. That is why it is so important, when taking stock of our lives, to not overlook the pinpricks.

Small things can also tip emotional balance to the positive. When I was in the most stressful phase of graduate school I found a haven in a local coffee shop. It was staffed with some of the warmest, friendliest people I have ever met. Every cup of coffee was served with eye contact and a genuinely welcoming smile. Most days would find me there, having my 20 minute respite from the storm of graduate school stress. Keeping me company were a band of regulars whose stress was lifelong and would not lighten with the conferring of a degree. Many of them were more troubled than my clients at the inpatient psychiatric ward, and I mused about why they were able to stay "out", while others had collapsed and had to be "in". I concluded that one of the reasons was that my clients had not yet found this coffee shop.

Where is your life most out of balance? What one, small thing can you do to start to shift that balance? Why not find out for yourself what a 20 minute visit to the right coffee shop can accomplish?

Dr. Kathy Belicki is a Professor in the Department of Psychology whose research interests include the relations between forgiveness & forgiveness-seeking & well-being. The Wellness Committee would like to thank Kathy for her contribution to this month's Wellness newsletter.



Great West Life Resources

Brock's benefit plan provider, Great West Life, has a variety of online resources available to you as a compliment to your benefit program. Their website contains online health information, resources and tools. Feel free to explore the site for information that may be relevant to your unique health interests. Click here to sign in:

gwl2.mediresource.com/login.aspx

Username: BROCKU

Password: BROCKU001

Additionally, Great West Life offers a free health newsletter. You can subscribe via this website.

Mark your Calendar: Fri. Nov. 12 Random Acts of Kindness Day

Random Acts of Kindness Day is a day dedicated to touching the lives of others. Its aim is to improve the world in which we live and is an initiative put forth by the Niagara Community Foundation and it's partners, including Brock University.

To volunteer for Random Acts of Kindness on campus, contact Kristen Smith at kristen.smith@brocku.ca.

For information on volunteer opportunities on campus, go to brocku.ca/student-life.

Need ideas for how you can participate in Random Acts of Kindness Day?

[Click here for 101 Random Act Ideas](#)

[Click here for information on how to be involved](#)

For more information on the program, please visit: niagaracommunityfoundation.org

Mental Health Resources

Wellbeing incorporates more than just physical health. It also encompasses mental health. This can relate to emotional wellness, mental fitness and addressing your stress levels.

For more information on what mental health encompasses and the benefits of good mental health, we recommend reviewing the Canadian Mental Health Association website.

This website has information on the meaning of mental health, benefits of good mental health, a mental health meter and mental fitness tips. The website can be found at: cmha.ca

NOVEMBER IS MOVEMBER!

Movember is a promotion during the month of November that encourages men to grow a mustache in an effort to raise awareness of men's health and raise funds for prostate cancer.

For more information visit the Movember website:

ca.movember.com

To join the Brock team, "Brock Staffer Staches", go to the following link and follow the steps:

ca.movember.com/register/157754

For more information about the Brock team contact Terry Cockerline at:

tcockerline@brocku.ca

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The Wellness Committee is an initiative of Recreation Services and Human Resources and Environment, Health & Safety. You can contact us at:

brockwellness@brocku.ca

Knitting for Wellness

David Hallett is an active member of the Needle Knockers group, who have been gathering at Brock for a number of years. He has agreed to share the story of his journey back to Brock, and the contribution that knitting has made to his wellbeing.



David Hallett and Spot, who David walks twice a day and is also a part of his wellness journey.

1. What academic program were you involved in when you were a student at Brock?

Upon graduating from Brock University in the late 80's with a degree in Business Administration and Visual Arts, I became employed at the Immigration and Refugee Board in Toronto.

2. What got you involved in the knitting program at Brock?

In the fall of 1998 I suffered major medical injury that resulted in a significant life style change. My wellbeing was further compromised as a result of succumbing to cancer in 2009.

Being creative has long since been a continuum in my life, for it assists me in understanding the unknown. I recognized the value of being creative as a problem solving technique. Initially I relied on oil painting and drawing as the answer to my nemesis, however, upon being bed ridden with cancer my creative focus turned to knitting.

3. Have you found being a member of the Needle Knockers group therapeutic?

The insightfulness of knitting as a cognitive creative healing tool was validated upon staying at the "Princess Margaret Hospital Lodge" in Toronto while receiving treatments. Patients are able to knit projects as part of their therapy and wellbeing.

There is something to be said about the wellness factor in knitting. With every follow up testing, I ensure my latest knitting project is with me. The creative outlet seems to zone my mind out from the stress that would otherwise ensue. The article in the St. Catharines Standard on Jo Stewart's Needle Knockers spurred my interest in providing help to those in need while contributing to my wellness. Knitting has assisted me in my wellness!

United Way Campaign Update

The Campaign kick-off was an overwhelming success with the Souper Star lunch being sold out once again. The soups were simply delicious. Congratulations to the winning chefs and their "Pear and Sweet Potatoe" recipe!

If you were unable to attend the lunch, there is still time to participate in other United Way events. Upcoming events include:

Second Annual Trivia Night: Wed., Nov. 10

Wrap-Up Lunchtime Event: Fri., Nov. 26

If you did not receive a pledge form, and would like to make a contribution, please go to the Welcome desk in the front lobby of the tower.

For additional information on the Brock University United Way campaign, feel free to visit the website at:

brocku.ca/united-way

For information on the St. Catharines and District United Way campaign, visit the following website at:

unitedwaysc.ca

United Way Word Search

L	I	Z	R	E	E	T	N	U	L	O	V	B	R	F
E	R	N	O	I	S	S	A	P	M	O	C	S	O	D
A	E	E	Y	P	N	E	V	I	G	O	T	S	K	S
D	A	M	L	S	P	F	Y	N	N	O	N	E	L	E
E	D	E	G	A	Y	H	I	T	G	E	E	N	C	I
R	I	R	H	T	T	P	R	E	T	H	M	D	O	C
S	N	G	S	U	L	I	T	W	G	F	T	E	M	N
H	E	E	P	E	B	H	O	N	B	O	S	R	M	E
I	S	N	H	U	E	R	I	N	G	V	E	A	U	G
P	S	C	T	R	K	N	R	N	S	L	V	P	N	A
W	G	I	K	S	I	L	I	Q	W	H	N	E	I	R
H	O	E	X	A	C	R	Z	A	K	P	I	R	T	K
N	T	S	R	B	A	B	U	I	L	D	U	P	Y	L
J	E	T	A	C	O	V	D	A	N	P	L	B	S	U
A	R	S	C	O	N	E	Z	W	X	L	W	N	Z	Q

ADVOCATE	EMERGENCIES	READINESS
AGENCIES	GIVE	RELATIONSHIPS
BUILD	HELPING	TRAINING
CARING	INVESTMENT	TOGETHER
COMMUNITY	LEADERSHIP	VOLUNTEER
COMPASSION	NETWORKS	
CONTRIBUTION	PREPAREDNESS	