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# BROCK WELLNESS

## Welcome!

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



Welcome to the inaugural edition of our online newsletter. The Brock Wellness Committee has been meeting since November '09. Our mandate is to assist Brock University's commitment to provide leadership and resources to assist its employees in the achievement of their personal health, the development of healthy lifestyles and the maintenance of a vital community by providing spiritual, emotional, social, intellectual, physical, occupational, environmental, and financial health awareness practices.

Since our inception we have designed and implemented a campus wide survey to ensure the input of the Brock employees. The online newsletter is responding to the majority of respondents' requests for information on wellness activities and opportunities for quick references in the field of health and well-being issues.

The committee will also be assisting the Wellness Conference Committee in researching sessions for the Wellness day to be hosted by Human Resources and Environment, Health and Safety on June 17th. Our references for the sessions will include the survey results, feedback from previous conferences and the successes of Wellness Wednesdays.

We look forward to your continued input and constructive remarks.

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*

*Sincerely,  
 The Brock Wellness Committee*

# Did you know?

The Rankin Cancer Run is Saturday May 29th.

The 1k/5k walk/run starts at 10am at the Grantham's Lion Club located at 732 Niagara Street in St. Catharines. To participate you must arrive at 9:15am. Look for the Brock red tent.

All funds raised at the event support cancer care within the Niagara Region. Brock family and friends are welcome to join the team.

To register with the Brock University Team, go on-line at [www.rankincancerrun.com](http://www.rankincancerrun.com) or contact Jamie Wheeler, Community Connections for more information at (905) 688-5550 x3721 or [community@brocku.ca](mailto:community@brocku.ca).

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

## May Focus on Financial Health: *Income Tax Tips*

For those of you who have been waiting for your T4's or T2202A's, you've probably already filed your personal tax return for the 2009-year. If not, be aware that the personal tax return deadline was midnight on Friday April 30th, 2010.

Most people, in a refund position, can't wait to file their return. For those who are interested in maximizing your return, here are a couple of suggestions that can help to decrease an amount owing or increase that tax refund for next year:

### **TAKE A COURSE**

Taking a course cannot only improve your professional and skill development, but also can offer beneficial tax incentives. Tuition fees over \$100 can be claimed as a tax credit. Also, the government offers educational amounts of \$400 per month where you were enrolled in full or part-time studies. This is in addition to tax credits offered by the province. Finally, you can also receive a Textbook Tax Credit. This amounts to \$65 per month for full time studies and \$20 per month for part-time studies.

### **CONTRIBUTE TO A RRSP**

A Registered Retirement Savings Plan (RRSP) is a special investment account for saving for your retirement. It offers two forms of tax benefits.

The first is tax-deferred growth, meaning you are not immediately taxed on the earnings generated by your RRSP account. The second benefit is tax credits. Your taxable income is reduced by the amount that you had contributed to a maximum amount.

### **MAKE CHARITABLE DONATIONS**

Charitable donations are eligible for both federal and provincial tax credits. Donations of \$200 or less are subject to tax credits of 15% federally and 4-11% provincially. Once that amount exceeds \$200, the tax credit increases to 29% federally and between 11-21% provincially. Plus, you can pool your donations with your spouse to maximize your tax credit.

For a more detailed review of eligible tax credits that are applicable to you, make sure to refer to an Accountant or visit the Canada Customs and Revenue website.

[cra-arc.gc.ca/](http://cra-arc.gc.ca/)

## Helpful Websites

**Employment and Family Assistance Program (EFAP)**

Human Solutions is a free counselling and support service included in the Brock staff benefits packages.

[humansolutions.ca](http://humansolutions.ca)

**Brock Pension**

Additional information on the Brock Pension plans are found on the HR-EHS website.

[brocku.ca/hr-ehs/pension-new](http://brocku.ca/hr-ehs/pension-new)



# Wellness Conference

The upcoming Wellness Conference will be held on **Thursday, June 17th**. Be sure to mark this date on your calendar and keep an eye out for the Wellness session schedule.

## Congratulations to our Survey Winners!

Thank you to those who participated in our wellness survey. Your comments will prove invaluable in developing a wellness program.

The following faculty and staff won our survey draw. Congratulations to:

- Sheila Smith, *Faculty of Education*
- Margie Lizzotti, *Recreation Services*
- Jo-Anne Sinnige-Egger,  
*Child and Youth Studies*
- Mary Louise Vanderlee, *Faculty of Education*
- Brenda Emerson-Honey,  
*Instructional Resource Centre*
- Tanya Sicoli, *Library*
- Lubi Bellingham, *Co-op Programs*
- Brian Ker, *Recreation Services*

## Brock Wellness Committee

Lynn Hunter-Hope, Recreation Services  
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Susan Mifsud, Human Resources and Environment, Health & Safety  
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Janice Boudreau, Human Resources and Environment, Health & Safety  
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## RECREATION NEWS

Kids camps on campus! Brock has a variety of camps available through:

- Recreation Services Camps  
[brocku.ca/recreation-services](http://brocku.ca/recreation-services)
- Badgers Athletic Camps  
[gobadgers.ca/information/camps/Summer\\_Camps](http://gobadgers.ca/information/camps/Summer_Camps)
- Youth University  
[brocku.ca/youth-university](http://brocku.ca/youth-university)



## RECIPE FEATURE

### BUFFALO CHICKEN DIP

2-3 chicken breasts, cooked and diced

3/4 cup Franks Hot Sauce

2-3 cups shredded cheddar cheese (200 gram stick)

1 cup Blue Cheese dressing (Rene's is recommended)

1 cup cream cheese

### DIRECTIONS:

1. Mix all together, bake 1/2 hour at 350° F
2. Serve warm with Frito scoops, crackers, pita bread or bagels cut into bite size pieces

\*This recipe can be reheated, and is microwavable.