

Benefits Bulletin – December 4, 2017

OSSTF District 7, Bluewater

Teachers' Bargaining Unit

Stephen Lau, Vice-President

Warning Signs of Heart Disease and Stroke

An estimated 70,000 Canadians suffer from heart attacks each year, with 16,000 Canadians dying as a result. It is important to learn to recognize the signs of a heart attack so you can react quickly and save a life. The warning signs of a heart attack are below:

- Chest discomfort (noticeably uncomfortable chest pressure, tightness, feeling fullness and pain as well as burning)
- Discomfort in the upper region of the body such as the neck, jaw, shoulder, back and arms
- Shortness of breath
- Nausea
- Hot flashes and sweating
- Light-headedness

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The "Winter Blues" may be Seasonal Affective Disorder (SAD)

Ever wondered why you dread the dark winter months? It could be more than the snow and cold! Many people living in Northern climates struggle with seasonal affective disorder (SAD), a form of depression that cycles with the seasons. Most people with SAD find that symptoms peak in mid-winter, when exposure to natural daylight ebbs to an annual low when days are shorter and we are inclined to avoid the outdoors. Symptoms often start through the fall, peak in January /February, and then decrease again in the spring as the days get longer. If you are aware that your mood changes with the seasons (or know someone who does), read on!

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Sponsorship of School Projects and Initiatives



At OTIP we recognize that not all worthy causes are linked to registered charities. Within the education community, there are many member-led school projects or initiatives that support learning, provide an enriched experience or help those in need. OTIP Sponsorship of School Projects and Initiatives is an opportunity for our members to submit a video application to win \$5,000 toward their project.

We received an overwhelming response to this program last year, and the 2017/2018 program will be even better. This year, we are very excited to announce that there will be eight prizes of \$5,000 available to be won.

Click the link to learn more and see who can apply:
<https://www.otip.com/school-initiatives>

www.osstfd7.ca

Check out OSSTF District 7's website! Minutes of TBU Executive meetings are posted at www.osstfd7.ca/tbu.html and Benefits Bulletins are posted at www.osstfd7.ca/tbu-benefit-bulletins.html