

BiM@Work



Back in Motion at Work for You
Quarterly Newsletter
July 2005

Sweat out the Blues (Depression Series: Part II)

By Ken Hemphill (Registered Psychologist, Director)

In the last issue of *BiM@Work*, we talked about cognitive therapy as a way to beat the blues. In this issue, we review another effective treatment for depression—exercise.

Exercise is an important way to maintain physical health and control or prevent health problems such as cardiovascular disease, diabetes, and chronic pain. But did you know that exercise is also an effective treatment for clinical depression?

That's right. Keeping active is equally effective as antidepressant medication in treating depression, with three advantages: exercise does not have any nasty side effects, is less likely to lead to relapse, and can be very inexpensive. Not only that, but people with high fitness levels are less likely to develop depression in the first place.

We used to think that, in order to be effective, exercise had to be vigorous enough to stimulate endorphin production. Aerobic exercises such as running, swimming, and cross-country skiing were thought to be particularly effective for good mental health. We now know that even small amounts of consistent exercise can be beneficial. In other words, non-aerobic exercises such as yoga, walking, and weight lifting

Continue next page (FEATURE) . . .

SUCCESS STORY

By Ann Bangah & Cynthia Abbott
(Job Coaches)



Triumph Vocational Services assists persons with disabilities to gain greater independence, enhance their skills, discover job opportunities, and to find employment.

Tim L., is well on his way to achieving all of the above “on his own terms” through his participation in Triumph. Tim’s success is primarily due to his motivation and his dedicated involvement in the program. Tim regularly attended group workshops where he

Tim L.: For me, it's about *more* INDEPENDENCE

learned skills in assertive communication, stress management techniques, and problem solving. These weekly gatherings also provided a safe and friendly environment for Tim to interact with others and have helped him to feel “more comfortable to be [him]self around other people.”

In September 2004, Tim began volunteering five days a week as an Activity Assistant at a day program for persons with disabilities. As a valued member of the team, Tim found it rewarding to be able to use his skills to assist others. After several months of consistent volunteer work, Tim was motivated to find paid employment so he worked with his Vocational Coach to secure a work experience placement at a local hotel. Besides volunteering 2 days a week, he is now working at the hotel 3 days a week, assisting in the housekeeping and laundry department. He is thor-

oughly enjoying his placement and he hopes it will provide him with the skills and experience in finding a permanent paid position in a hotel setting.

Tim is also an active member of the Special Olympics, specializing in power lifting. He has competed in the National Special Olympic Games where he won 2 Bronze medals and he earned a Gold medal in the Provincial Special Olympic games. Tim also loves to write poetry.

Overall, Tim feels that the one-on-one job coaching and support that he received through Triumph have made a big difference for him. Reflecting on his experience with us, Tim describes his personal development, “Now I am not shy. I am out in the community. For me, it’s about more independence.”

Visit www.triumphvocational.com for more info.



that do not necessarily raise or sustain a high heart rate are equally effective in terms of combating depression.

When beginning an exercise program to improve mental health, which activities are best? The most effective exercise is exercise that is followed on a regular basis. Therefore, exactly what you do is less important than doing *something*.

When planning an exercise routine, experts recommend the following:

- ✓ Meet with a qualified health professional to ensure you develop a safe and appropriate routine.
- ✓ Plan your activities during free periods, and make a back-up plan so you stick with your routine.
- ✓ Do something you enjoy.
- ✓ Emphasize pleasure from the activity rather than the outcome (i.e., weight loss), which may take more time.

- ✓ Think of a variety of things you can do even when the weather is poor, and at different points in the year.
- ✓ Regular short periods of exercise 3–4 times a week are better than irregular long periods.
- ✓ Exercise with others. You feel better from the activity and get additional health benefits from strong social support.
- ✓ Don't despair if you aren't as active as you would like to be.
- ✓ Build on your successes, and don't dwell on your setbacks.

For better mental health, start an exercise routine today. Even if you have not been active for some time, exercise can be fun, energizing, and good for you! In the next newsletter, we conclude our 3-part series on mental health issues. Stay tuned for the final installment.

HEALTH TIPS On-the-Go Healthy Bite-Sized Snacks for the Summer

Summer is here and that means barbecues, outdoor patios and hot weather treats, like ice cream and slurpees—foods that may thwart your efforts to eat healthy.

Try these healthy on-the-go snacks; these are perfect for that long road trip or for a day at the beach.

Mini Pita Sandwiches

These mini-hummus sandwiches make a perfect portable snack. Hummus is made from chick peas, otherwise known as garbanzos. Inside these cream-coloured legumes, you'll find hefty amounts of protein (but very little fat), slow-burning complex carbohydrates, fiber (including the soluble fiber that may lower cholesterol), B vitamins

(especially folic acid), and minerals. The phytochemicals in chick-peas include isoflavones and protease inhibitors.

Summer Berries

Blue, red, or black—berries are loaded with anti-oxidants, which have been shown to increase immune function and decrease the risk of infection and cancer. So simply throw some blueberries, strawberries, raspberries, or blackberries into a container and off you go!

Yoghurt with Granola

Toss some granola or crushed cereal into your yoghurt for some extra crunch. This will give you a good dose of calcium.

Grape Tomatoes

Cherry, grape, plum or pear — tomatoes contain an anti-oxidant called lycopene, a carotenoid with cancer-fighting properties. These little guys are an excellent nutritious no-mess, grab-and-go snack.



Popcorn with Sprinkles

Simply pop some butter-free popcorn and sprinkle low fat Parmesan cheese, cinnamon or another light topping alternative.

CATCH A GLIMPSE

Vicky Forsyth

Interview by Jason Jang (Job Coach)



Vicky at a BIM '70s Disco Bowling Party.

Like a quick and darting humming bird that seems to be on the go all day, I sit down with Vicky Forsyth (Clinical Manager in Richmond) just long enough for a little chit chat.

JJ: What's the secret to success?

VF: I think it's about caring for people around you and being unselfish with your good deeds. By doing that you'll have people who do the same in return. It's also about taking pride in your work and being conscientious. I also believe it's about focusing on what's important in life and not being side-tracked by material things.

JJ: Finish this sentence: Friends would say my approach to life is ____.

VF: They would say I'm positive, energetic and fun-filled . . . and that I strive to be successful and that I care about friends and people around me.

JJ: When I go to Starbucks, I ____.

VF: Relax and have a latte with a chocolate croissant and my son will have a hot chocolate. We'll sit and chat about our day.

JJ: Do you have a hobby?

VF: I do a lot of different things. I like to play tennis, golf, go for walks, hikes and runs, read books. I can also be found on the sidelines of my 8-year-old son's lacrosse and soccer games.

JJ: If you could spend your whole paycheque in one place, where would it be?

VF: I don't shop a lot . . . hmm I think I would want to go to an all-inclusive Tennis Camp in San Diego or something.

And with a flutter of her wings, Vicky is off again. Thanks for the glimpse.

BIM BUZZ

What We've Been Up To

By Cameron Brine (Marketing Coordinator, Kinesiologist)

BCHRMA Conference

Congratulations to Steve MacIntyre of J.D. Sweid Ltd. for winning Back in Motion's draw for a free Disability Management Needs Analysis.

Back in Motion was one of the nearly 100 exhibitors

showcasing their company at the 43rd annual BCHRMA conference held on June 8–10, 2005. There were over 800 human resource professionals participating in the conference and we thank those of you who came by our booth and expressed an interest in our services. It is apparent, from our discussions, that reducing the costs of disabilities through a disability management program is an increasingly important issue for many organizations.



Brent & Cam at the 2005 BCHRMA Conference.

QUARTERLY OUTCOMES

February – April 2005

By Yvonne Yua (Marketing Assistant)

Number of clients served: 496

Average client satisfaction score: 92.89% (N=247)

% of clients "very satisfied": 97.54% (N=244)

% of clients who would refer BiM to a friend: 95.73% (N=234)

Back in Motion will be providing educational articles on Disability Management through our website at www.backinmotion.com.

Social Corporate Responsibility Committee

Back in Motion has always been committed to 'doing the right thing'. To ensure that we continue to conduct business in a sus-

tainable and responsible manner, we have put together a Corporate Social Responsibility committee. Two of our top priorities will be to enhance our involvement with local communities as well as working to reduce any negative impacts our business practices have on the environment. Stay tuned to find out more about our exciting initiatives.

SUN RUN: Team in Motion

By Debbie Samsom (Registered Psychologist, Director)

On Sunday, April 17, Back in Motion staff hit the pavement to participate in the annual Vancouver Sun Run. This year, we had our largest team ever — 30 participants.



Cameron Brine

Although the sky was gray and drizzly, spirits were high as our team (along with 48,000 others) set out to complete the 10-kilometer course. Happily, our training paid off and everyone looked strong as they



Debbie Samsom

walked, jogged or raced across the finish line. To add to the day, our team came in a respectable 5th place in the Corporate Health/Medical Division. Thanks to everyone who participated.



Ann Bangah

Photo: Fleet Feet Photos

Is Pain Functionally Limiting?

By Russell Stead (Occupational Therapist)

Does a client's pain limit their function? How accurate are reports of pain-related limitations? These are important questions in disability management that can be answered by a high quality Functional Capacity Evaluation (FCE).

An FCE uses objective testing in a functional environment to determine what a person is able to do. Performed by a trained clinician, the use of repeat and cross-correlated measures over a 1- to 2-day assessment can determine the degree to which symptoms limit a client's ability and how quickly they recover, thereby providing clarity regarding both functional capacity and durability. Furthermore, while evaluators are unable to 'feel' some-

one else's pain, with the use of a functional symptom rating scale, a client is able to communicate how limiting their pain is. This subjective report can then be compared to objective measures made throughout testing, answering questions regarding the accuracy of self report and whether there is a tendency to over or underestimate symptom-related limitations.

In summary, a thorough FCE methodology can identify functional limits of pain as well as accuracy of client reports of limitation,

resulting in a clearer clinical picture and a springboard for further decision making.

FCEs are offered by a wide variety of Occupational and Physical Therapists who speak 4 different languages: English, Cantonese, Punjabi, and Hindi. Back in Motion is also pleased to announce our newest office location in Victoria! To book an FCE, at any one of our 3 locations (Surrey, Richmond, and Victoria), please contact Terry Hillhouse at **604-233-2210** or by email at **terryh@backinmotion.com**.

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