



Capital Health



Workplace Health Promotion Grants – 2006 - 2007

Number	Project Overview	Amount Given
1	Qigong for Mental Health Services, Hants: One day retreat to learn Qigong - a self healing, self promoting activity	\$ 500.00
2	Capital Employees Deserve Healthy Activities Hants Community Hospital staff will take part in sampler activities like curling, bowling, and golf.	\$1,700.00
3	Stress Busters Program: Cobequid Fitness room upgrades (Eliptical)	\$3,900.00
4	The Great Outdoors: Dartmouth General Maintenance team will have a series of after work team activities to encourage team building and getting to know each other better.	\$2,000.00
5	Dartmouth General Hospital Baseball Tournament: To have a staff created baseball tournament.	\$796.00
6	Rehabit: The Dartmouth General Occupational Therapy & Physiotherapy Team will try new forms of physical activity (such as skiing, curling and orienteering) and provide opportunity to get to know one another and their families better.	\$1,500.00
7	Teamwork In and Outside the Office: East Cost Forensics OT Team to participate in stress management activities.	\$400.00
8	Maritime Hall Staff Lounge: To redo staff lounge at Nova Scotia Hospital to make inviting and encourage staff to take breaks	\$2,000.00
9	Nova Scotia Hospital Staff Club: will upgrade gym with new equipment purchase.	\$3,500.00
10	Living faithful our spiritual selves in the workplace: To create a space that is relaxing for the Spiritual and Religious Care team to come together to explore the spiritual dimensions of their lives.	\$560.00
11	The Jumpstart Program: Targeted initiatives and retreat for the Critical Care Patient and Family Centered Care Council (multidisciplinary at the HI site) to improve behavior (wellness action plans) and to support educational and professional development	\$1,900.00

12	Orthopedic Staff Team Days: Orthopedic Health Care staff at the HI site will participate in one of four team days which cover topics such as new procedures and technologies as well as chance to interact with each other. Sessions will also include managing stress, healthy eating, sleep hygiene and physical activity in relation to working rotating shifts.	\$3,200.00
13	Staff Room Make Over: Refurbish 8.2 Medical Teaching Unit/Receiving Unit staff lounge at HI site.	\$2,000.00
14	Whiffs and Vapors: the Department of Anesthesia (HI site) will improve lounge/resource room to create a relaxing environment in order to promote education, relaxation and opportunities for team building.	\$2,000.00
15	Extreme Makeover-Employee Edition-Capital Health Style: Payroll and Benefits Department will refurbish their staff room.	\$2,000.00
16	ITS a Pain in the Neck: The IT Department will work with staff to decrease repetitive strain injuries common in computer users.	\$300.00
17	Geriatric Day Hospital Staff "Healthy Me" Project: Teambuilding workshops will be held for the Geriatric Day Hospital (VMB site) staff on topics pertaining to healthy diet, healthy activity and healthy body image.	\$1,800.00
18	Locating Our Inner-selves: Workshops on Tai Chi, yoga, walking, cooking classes for Voice Services.	\$1,500.00
19	Twin Oaks/Birches patio: To create a shared patio with flowers, shrubs, chairs, umbrellas and bird feeders.	\$2,500.00
20	Life Flight...Flying for Fitness: To encourage improved fitness for Emergency Health Service's Life Flight staff by having team based physical activities with incentive prizes.	\$1,000.00
21	T.E.A.M. Psychology: The Psychology Council from 8 different sites will enjoy training, education and activities on health living	\$1,000.00
22	Staff Retreat: The Youth Health Centre Coordinators will come together for a retreat to focus on mindfulness based stress reduction, spirituality & youth and African Dance.	\$1,500.00
23	It's in the Bag: Public Health Services staff will be provided with thermal lunch bags, ice packs and food safety info to encourage staff to take breaks, especially when out of the office.	\$1,760.00
24	Fun and Communication- Road to Wellness: Counselling and Community Support Services of Addiction, Prevention Treatment Services will have activities to encourage fun and work on process activities like scavenger hunts and communication) to enhance teambuilding.	\$1,150.00

25	Club MED-SURG ICU: The 3A Med/Surg ICU Department (VG site) will create a club like atmosphere where staff will support each other with health related goals such as weight loss, quitting smoking, and stress management.	\$4,000.00
26	Team-building Exercising Activities: Staff at the Provincial Blood Coordinating Program will promote team building by participating in a variety of activities to promote fun and active living, such as golf and horseback riding.	\$1,000.00
27	Rags to Riches: The TPU staff (Dickson Building) will transform staff lounge into a relaxing get away.	\$2,000.00
28	Desperate Angels: to purchase a small fridge and fan for the telephone operators who work in the front entrance of the Centennial building	\$420.00
29	REACH - recognizing peers, educating ourselves, achieve goals, challenge each other and healthier team spirit: Central Accessioning and Processing Department will encourage and support each other by participating in healthy activities like nutrition information sessions, MVP awards for acts of kindness, building a lending library and having a celebration.	\$1,900.00
30	Dance to Bond: The Centre for Clinical Research team will come together to learn different types of dance like ballet, jazz and modern.	\$1,300.00
31	Get the Ball Rolling: CDHA Softball Team which includes a collective group of employees (M&F) participating in the Public Employees Recreation Association softball league.	\$1,000.00
32	Better Living through Clinical Chemistry-the sequel: The Clinical Chemistry department (VG site) will have a series of educational and fun activities to promote team building and healthy choices such as nutrition information sessions, bowling, wacky Olympics and golf.	\$1,500.00
33	QEII fitness equipment purchase: Will support the purchase of new equipment for the Mackenzie fitness room.	\$1,300.00
34	The Eco fridge challenge Group: Hematology Department (VG Site) will purchase a fridge to store healthy and safe lunches.	\$1,000.00
35	Infection Control gets to the heart: Infection Control staff across the district will participate in a variety of activities to encourage team building (such as Snowshoeing, walking challenge heart healthy cooking & healthy potlucks	\$900.00
36	SUM - Seeing the Unique Me: the Social Workers' Social Action Committee will offer Diversity Workshop and purchase materials that promote diversity in the workplace	\$800.00

37	Dynamic Learning in the DoM: The Department of Medicine (Bethune) will offer a series of professional development workshops for support staff (such as communication; writing skills, problem solving and dealing with difficult people).	\$2,400.00
38	Rising Star Awards: Name: using the FISH model that Housekeeping implemented last year, monthly recognition prizes will be awarded to Health Information Service's staff district wide.	\$2,000.00
39	Give it a Go: Human Resources will have two one day workshops to give staff the opportunity to explore new activities such as Feng Shui, dancing, numerology, fencing and ceramics.	\$2,500.00
40	Whole Person Retreat: Professional Practice will attend a two day facilitated retreat to complete whole person assessments of four dimensions (mind, body, heart and spirit) and learning opportunities to address these, individually and as a team. Ongoing reflective practice will be incorporated.	\$3,550.00
41	Healthy Team Healthy Workplace: the community Occupational Therapist Physio - therapist team will take part in a series of activities to promote team building and to try new challenges, such as rock climbing, drumming circle and meditation	\$600.00
42	Cool Comfort: Porter Services (VG and HI sites) will purchase fridges to and launch a Salad Club (potluck with salad theme).	\$1,600.00
43	P4 (posture, perfect Pilates pals): an Interdisciplinary group of health professions (VG & NSRC sites) will have weekly Pilates class, add an independent group practice class by purchasing DVD and guided home practice.	\$2,000.00
44	Noon Time Fitness: will support exploration of different classes, like ball classes and weight classes, to the current noon time fitness program at the Abbie J. Lane	\$800.00
45	The Metabolic Challengers: Endocrinology Research Division at Centre for Clinical Research will train and participate in the Team Diabetes Marathon. Grant supports training materials needed.	\$2,000.00