



NeighbourhoodNetwork
Building Better Communities Together

MEET Neighbourhood Network

Magna International Inc. is deeply committed to supporting the basic fabric of society through volunteer work, charitable activities, and community programs like Neighbourhood Network, which improve the quality of life where our employees work and live.



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Last year Neighbourhood Network celebrated the incredible milestone of 10 years of service to the community.

When Neighbourhood Network began in 2008, its vision was building better communities together. The premise was simple: to create a network and link volunteers who were willing to help with charities and residents in need. In their first year, they partnered with the municipalities of Aurora and Newmarket and registered 63 charitable organizations and 179 volunteers. Since then, the desire for residents to become engaged in their community and the growing need from local charities for volunteer support has led to

the expansion into East Gwillimbury in 2012, Georgina in 2013, and King Township in 2015.

Today, Neighbourhood Network is proud to offer its services to over 14,000 volunteers and 400 charities in these areas!

Neighbourhood Network is run by a small but mighty team of five full-time staff. In addition to the extensive volunteer matching system, the team runs core programs to engage residents, support charitable partners, and meet community needs.

Neighbourhood Network also manages beloved Magna events, like the annual Magna Seniors Christmas Concerts and the Magna Hoedown fundraiser, which just celebrated its 30th anniversary.

The employees highlighted below are proof that the efforts of Neighbourhood Network have extended beyond the Ontario border. These employees have chosen to lend their helping hand at various organizations within their communities. Their inspiring stories are a true testament to the very fabric of the Neighbourhood Network, to improve the quality of life where employees work and live.

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MEET SCOTT LEIBOLD

Operations Administrator, IT
TEAM Systems — Toledo



MEET LINDOMAR HELMANN

Production Coordinator
Cosma Do Brazil



MEET JEFF BANDLOW

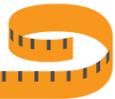
Manufacturing/Process Engineer
MPT Sterling Heights — Michigan



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Winter Weight Management



As the cold weather is now upon us, it can be very challenging to stay motivated and maintain good health practices throughout the winter!

Typically, the majority of individuals would rather curl up on the couch with a warm blanket and hot cup of cocoa, rather than eat a healthy meal and adventure out into a blizzard to go to the gym. However, maintaining a healthy lifestyle in the winter may not be as hard as it seems. There are some ways to stay healthy without having to put on your winter parka! Consider the following:

Establish a regular routine

- Plan ahead. Planning (and making) your meals for the week ahead can make it easier to eat well and avoid your mid-week cravings.
- Schedule your exercises or activities to ensure you make time for workouts!
- Maintain regular eating times to help prevent excessive hunger and binge eating.

Get moving

- Be active! Try some of the 'Winter Workout' ideas found in this volume of the Good For You newsletter.
- Create an exercise goal or routine to stay motivated.
- Move more while at work. Try getting up for 1-5 minutes for every hour of sitting or try a stretch routine!

Stay motivated!

- Try new exercises and activities to spice up your regular workout and challenge yourself!
- Join an exercise class. This is a good idea to try if you are tired of your regular routine and running out of exercise ideas. This is also a great way to meet new people and socialize while getting active.
- Set new goals and make them last! (Refer to the SMART goals article found on the Magna Wellness Website).
- Grab a workout partner to challenge each other and stay motivated!

Be mindful of what you eat

- Write down what you eat in a food journal. This can help to prevent over-eating and excessive calorie intake.
- Watch your portion sizes. Overeating is a common issue and can lead to weight gain.
- Eat balanced meals including appropriate amounts of complex carbohydrates, protein and healthy fats. Depending on your body type and physical activity level, you can aim for roughly 45-65% of your diet to be carbohydrates, 10-35% protein, and 20-35% healthy fats.
- Decrease your sugar intake. Try to consume no more than approximately 24-36g per day. There may be more sugar in those cookies than you realize!
- Drink more water. Make sure you are drinking approximately 2 litres of water each day; your thirst may be mistaken for hunger!

Manage your stress

- Ensure you get adequate sleep. A lack of sleep can cause an increase in your stress levels and lead to weight gain.
- Use healthy coping strategies, such as exercise or meditation to help yourself relax.
- Have a support system. Sometimes just talking to a friend or family member can help relieve stress after a long day (or week!)



DID YOU know?

Facts about Falling Asleep

Are you frequently falling asleep as soon as your head hits the pillow? This may be a sign that you are not getting enough sleep. Research has shown that it is normal to take 10-20 minutes to fall asleep, and anything less than that may be an indication that your body is sleep deprived. Sleep deprivation can take a serious toll on your health, as it may lead to memory problems, weight gain, decreased function of the immune system, and can negatively affect your energy levels and mood.

BOOSTING IMMUNITY

Say No to Being Sick this Winter!

Winter is a common time for germs to spread and colds to be passed from one person to another. During winter, air humidity is low, and this is a favourable environment for certain microorganisms (germs) to survive, including the virus responsible for the common cold. The cold weather can also make the inside lining of your nose more dry, increasing your risk of viral infections. Additionally, the lower temperature outside is the reason most people spend more time inside, allowing viruses to spread easily.



THE IMMUNE SYSTEM

The immune system is the body's natural defense system that helps fight off invading microorganisms, such as bacteria and viruses, and prevents you from becoming ill. We get sick when this immune defense is not strong enough and cannot keep up with invading germs. The good news is there are some methods to boost your immune system to prevent you from getting sick this winter!



LIFESTYLE AND IMMUNITY

Certain lifestyle factors can also have an impact on the immune system. It is important to get enough sleep every night and to manage stress levels to help strengthen the body's immunity. It is also important to reduce alcohol consumption and avoid smoking, as these both weaken the immune system.



EXERCISE AND IMMUNITY

Exercise plays a big part in maintaining a healthy immune system. For example, aerobic exercise such as jogging causes you to breathe harder and faster which helps to expel bacteria from the lungs. Exercise also increases blood flow, which allows immune cells to travel through the body faster helping to kill bacteria and viruses. Aerobic activity also raises your body temperature, which can help prevent bacteria from growing and spreading throughout the body. In addition, regular exercise has the ability to combat high levels of stress, which if not addressed can reduce the strength of your immune system.



FOOD AND IMMUNITY

Foods that are high in certain vitamins, minerals and antioxidants can help support a strong immune system and fight off illnesses.

- **Foods containing Vitamin C:** Red bell peppers, strawberries, oranges, and kiwi
- **Foods containing Vitamin A:** Carrots, liver, sweet potato (with skin), spinach, and cantaloupe
- **Foods containing Vitamin B6:** Bananas, tuna, chickpeas, and potatoes
- **Foods with immune boosting properties:** Ginger, mushrooms, cinnamon, and garlic
- **Foods containing Omega-3 fatty acids:** Salmon, eggs, edamame, tofu, and pecans

TIP:

Prevention is key! Stop the spread of infection by wiping down commonly shared surfaces such as phones and door handles, and remember to wash your hands often!



SEASONAL *Affective Disorder*

Have you been feeling sad, irritable, or tired lately? Maybe noticing changes in your mood? It's that time of the year again—winter—when many people struggle with seasonal affective disorder, also known as SAD or “the winter blues”.

SAD is a type of depression that follows a seasonal pattern usually beginning in the late fall and lasting until spring.

This seasonal pattern is thought to be caused by lack of sunlight so it occurs less frequently in the summer time. Sunlight helps the body to produce Vitamin D, which helps regulate the activity of serotonin.



Serotonin is a chemical messenger made in the body that helps to regulate mood. People affected by SAD, or other depressive disorders, have a lack of serotonin, which causes symptoms associated with depression. Sunlight is also involved in regulating melatonin, a hormone in the body that helps with the body's sleep-wake pattern. Increased levels of melatonin can cause feelings of fatigue, or tiredness, and sleepiness, which are common symptoms of depression. Sunlight exposure helps to balance melatonin production, which can improve wakefulness and give more energy during the day.

SAD is brought on by a lack of sunlight and commonly affects people who live in places with a cold winter season and farther away from the equator. Night shift workers are also affected since they are not awake during the light hours of the day. Research has shown that women are also more prone to SAD and that there may be a genetic factor to the prevalence.

Seasonal Affective Disorder can range in severity and symptoms vary for everyone. Some individuals experience a milder form of SAD also known as subsyndromal seasonal affective disorder (S-SAD) where they may experience less frequent and severe symptoms. However, the severity of symptoms can also be very debilitating to some individuals and can cause thoughts of harm or suicide. Some of the more common symptoms include a sad mood, decreased energy levels, and changes in appetite. While others may have difficulty concentrating, withdraw from social situations and experience weight gain.

There are treatment options that research has proven effective for those who experience S-SAD and SAD.

The most common treatments include antidepressant medication, cognitive behavioral therapy (CBT) and light therapy.



Recently, research has shown that light therapy can be a successful option for preventing and treating seasonal affective disorder and is generally well tolerated by the population.

Light therapy is administered through a 'light box', which releases ultraviolet light (UV) rays that mimic sunlight. Research recommends that 20–60 minutes per day of light exposure can reduce symptoms associated with SAD. Light therapy is simple, effective, and may cause fewer side effects compared to antidepressant therapy.

Cognitive behavioural therapy can also be helpful as therapy sessions provide help and support for those with SAD. This type of therapy revolves around changing negative thought patterns that can contribute to depressive symptoms.

If you experience any of the associated symptoms or think you may be affected by SAD, it is important to talk to your doctor and determine which treatment options may work better for you!

WINTER WORKOUTS!

Let it snow, let it snow, let it snow!

It's that time of year again, so instead of letting the snow discourage you from exercising, embrace it! Winter activities can be a great way to switch up your standard workout in a fun and exciting way!

TOBOGGANING

Want to add some hill training into your workout routine? Grab your friends, family, and a sled and hit those hills! Tobogganing can increase muscular strength in your legs and abdomen, not to mention the positive effects it has on your aerobic health!



DOWNHILL SKIING

Who would have thought that you can actually burn calories while sliding down a hill? Well the good news is that you can burn around 300 calories per hour downhill skiing, all while building muscle and increasing your aerobic capacity.



SNOWSHOEING

If you're someone who loves a beautiful summer stroll, why give that up in the winter? Instead, grab your snow shoes and take a stroll to enjoy the wonderful winter weather! This workout can burn anywhere from 360–860 calories per hour!



CROSS-COUNTRY SKIING

While this sport may be more challenging and requires a bit more coordination, it is proven to be an amazing workout that uses the entire body. Cross-country skiing not only increases aerobic capacity, but one hour of this sport can burn anywhere from 400–800+ calories!



ICE SKATING

This classic winter activity is a fun way to get your heart pumping. It's not only a great cardiovascular workout, but is also a great way to improve full body strength.



SWIMMING

For those of you who cannot stand the cold, it is no excuse from staying active in the winter. Swimming is an excellent total body workout that can be done year round. Swimming increases your aerobic capacity and due to the resistance and buoyancy of the water, makes it a non-weight bearing activity. This type of exercise is ideal for those with arthritis and joint pain as it does not put added strain on joints and is therefore considered a zero-impact activity.

SHOPPING

Just in case you need another excuse to shop, did you know you can burn up to around 100+ calories per hour while shopping! To help get your step count for the day, try parking at the back of the parking lot.



Phyllo BITES



cookincanuck.com

Mini Hummus and Roasted Red Pepper Phyllo Bites

These easy and tasty appetizers are perfect for you and your guests!

INGREDIENTS

30	Athens mini phyllo shells (2 boxes), defrosted
1 CUP	hummus
½ CUP	diced cucumber
1	roasted red pepper, diced
¼ CUP	crumbled feta cheese
2 TBSP	chopped flat-leaf parsley

PREPARATION TIME
35–40 min

SERVINGS
15

CALORIES
(FOR 2 PORTIONS)
35 calories

DIRECTIONS

1. Cut the pepper in half and remove the stems and seeds inside. Lay each half of the pepper, skin side up, on a baking sheet lined with parchment paper. Roast the red pepper at 450° F for 15–20 minutes or until the pepper has blackened and softened. Let the pepper cool for a few minutes. Peel off and throw away the skin of the pepper.
2. Dice the cucumber and roasted red pepper.
3. Fill each mini phyllo shell with 1 ½ teaspoon hummus.
4. Divide the cucumber, roasted red pepper, feta cheese, and parsley evenly between the phyllo shells, and serve!

MEET Neighbourhood Network

(Continued from front page)

SCOTT LEIBOLD

Scott spends his spare time volunteering at Redeemer Fellowship Church of Monroe and Samaritan's Purse. He is also part of a support group that provides aide to those in physical need. He recently traveled to Mexico Beach, FL to help with the cleaning and rebuilding efforts for those affected by Hurricane Michael that affected thousands in 2016.

LINDOMAR HELMANN

Lindomar Helmann volunteers his time at the Dona Helena Hospital where he brings to life the fun, loving character *Teacher Guardado*. At the Dona Helena Hospital in Brazil, *Teacher Guardado* is known as the friendly clown that entertains the patients and staff, bringing excitement and laughter into the hospital environment. Lindomar loves being the face of *Teacher Guardado* and contributing to the physical and psychological health of the patients.

JEFF BANDLOW

Jeff Bandlow keeps himself very busy volunteering his time at several organizations.

Anchor Bay High School is where you will find Jeff during the school year. He volunteers as assistant coach for the lacrosse team. He also does fundraising and security for the high school wrestling team.

Jeff fundraises for a young man in his community, who is partially paralyzed. He helped organize a golf fundraiser that raised upwards of \$35,000 for this young man's constant care and therapy.

Heritage Church in Sterling Heights is where you will find Jeff at different times of the year, bagging and passing out food for those in need. He also volunteers at his local church's community outreach program.

Being a committee member for the *Out of The Darkness Walk* for The American Foundation for Suicide Prevention is another way Jeff keeps his helping hands busy.

"This year's walk was my second as a committee member ... I work with sponsorship, develop the walk route, set up and tear down for the event and recruit other volunteers."

Jeff and his fellow committee members have been able to double the money raised for the walk from the previous year and increase community participation. Just over \$108,000 was raised this year.

Volunteering is proven to have several physical, mental and emotional health benefits.

Neighbourhood Network is always looking for ways to improve and impact the community in a positive way. If you or your department are interested in volunteering, reach out at info@neighbourhoodnetwork.org and visit their website at www.nnetwork.org

DID YOU know?

LEFTOVER TIPS

1. Cool leftovers ideally within 2 hours, and store in the refrigerator. This prevents bacteria from growing.
2. The more times that you cool and reheat food, the higher the risk of food poisoning.
3. Avoid reheating food in slow cookers—it heats food too slowly and can allow bacteria to grow.
4. Label and date leftovers—when in doubt, throw it out!
5. Avoid overfilling your refrigerator as this can prevent cool air from circulating around food and maintaining proper temperature.
6. Use glass containers instead of plastic. Many plastic containers may cause chemicals to leak into food, especially when used for heating food.
7. Bacteria likes to grow in the "Temperature Danger Zone", between 4–60 degrees Celsius. Limit the time food spends in this temperature to less than 4 hours total (this includes thawing and cooling time), to help prevent food borne illness.

To see food storage times, go to foodsafety.gov



FOR MORE articles, employee stories, quizzes, and recipes, please visit magnawellness.ca

WE WOULD LOVE TO HEAR FROM YOU!

Send your suggestions/comments to Magna Wellness at:

141 Staffern Drive, Concord, Ontario L4K 2R2
E wellness@magna.com
P (905) 726-7490

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