



CHRISTMAS GIVING

Christmas is for giving and for showing that we care.
For honoring the Christ Child with the loving gifts we share.

The wise men gave of riches; The shepherds, faith and love.
Each gift, in its own measure was smiled on from above.

Let every gift be treasured; Not always size or price,
Determines the extent of love and willing sacrifice.

Handsome gifts with festive trim bring smiles of sweet content.
But modest gifts of humble means are often heaven sent.

Whether it be large or small, Each gift will share in part.
The message of true Christmas, If given from the heart.

MANITOBA BLUE CROSS CUSTOMER E-SERVICE SITE

As most of you already know, Manitoba Blue Cross offers “customer e-service” to all the members of the MCSGS. All you have to do is register. To register, follow the 5 simple steps below:

- ⇒ Visit: www.mb.bluecross.ca
- ⇒ Click on customer e-service
- ⇒ Click on register
- ⇒ Create your own User ID & Password
- ⇒ Log in.

Once you have registered, you can review details such as who you have listed on your plan, the specific details of a particular benefit, check current claims information, register for **“Electronic Funds Transfer”**, plus a whole lot more. It's there for you and your convenience so take advantage of this offer and make your life a little bit easier.

Electronic Funds Transfer (EFT)

As a registered user of the customer e-service, you can register for EFT. EFT is a safe and secure method for you to enjoy the convenience of having your claims payments deposited directly into your bank account. Plus, you also get notified via email when your claim has been paid. How great is that?

If you want more information on these services, please speak to your Plan Administrator or contact MB Blue Cross at 775-0151 or 1-800-873-2583

“Shannon and Wilma O’Brien of SWOB Group Benefits would like to wish you and your families a very happy holiday and a bright new year.”

Volume #9 Issue #1

THE “GB & J” GROUP BENEFITS AND JUST FOR INFO NEWS

ATTENTION TO ALL EMPLOYEES COVERED UNDER THE MCSGS PROGRAMS.....

The MCSGS Board has decided that future newsletters will no longer be printed but rather posted to a website that all members can access. The new website is: <http://www.mbcatholicschools.ca/>. This will allow employees to view newsletters or other relevant information related to your benefit and pension plans at your convenience.



***“I will honor Christmas in my heart,
and try and keep it all the year.”***

BENEFITS ADVISORY COMMITTEE

If you wish to talk directly to the Benefits Advisory Committee, you may do so courtesy of St. Paul's High School at the following email address: mcsppensionandbenefit@stpauls.mb.ca

Your MCSGS Pension and Benefits Advisory Committee are listed below:

| | |
|----------------------------------|---------------------------|
| Chair & Employer Rep: | Gerry Ouellette |
| Employee Rep: | Jim Falloon |
| Employee Rep: | Laurie-Anne Regula |
| Employer Rep: | Michael Emslie |
| Employer Rep: | Geoff MacDonell |
| Employer Rep: | Cheidu Odiatu |
| Committee Advisor: | Shannon O'Brien |

If you ever need to contact your Agent of Record, Shannon O'Brien of SWOB Group Benefits Inc., you can do so by calling his office at 204-488-7962 or you can always call Shannon directly on his cell phone at 204-792-4436. **“We are always here to help.”**

“Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values.”

No Stupid Questions: Increase your safety with better doctor patient dialogue.

Doctors appointments can be overwhelming. With a flurry of Internet diagnoses, rivaling symptoms, busy waiting rooms, busy schedules and limited time slots – it can be hard to make the most of medical visits.

It's no secret that health care providers only have limited time to spend with their patients. And given the time constraint, it can be hard for patients to make the most of their own medical care, which is a hard - hitting reality when the consequences could be decreased patient safety.

Canadian Patient Safety National Campaign seeks to engage providers, patients and citizens in dialogue with the goal of improving patient safety and a focus on four priority areas: medication, surgical care, infection prevention and control and home care safety.

This years theme is "***Questions Saves Lives***". Maintaining open communication between patients and providers is one of the most essential components of patient safety. Here are a some ways you can help make the most of your medical appointments.

- * Focus on one medical issue at a time.
- * Keep track of your symptoms.
- * Do research, but don't self – diagnose.
- * Don't be afraid to ask a second or third time.

FRIENDLY REMINDER

If you have made or are going to make any changes to your address, beneficiaries, dependent information, pension allocations, etc., make sure you advise your Plan Administrator.



Twas the week before Christmas and all through the school,
The children were crazy, I was losing my cool!
Their papers aren't finished, they don't want to work
But when I try to make them, I feel like a jerk.

I'm tired, I'm cranky, these kids have it coming
But I stop and think, what a Scrooge I'm becoming!
So I tune out their chatter and I try to enjoy

The last days before Christmas with each girl and boy.
They are so excited, and buzz with holiday cheer,
And them homemade presents start to appear.
Re-glittered and fashioned with craft sticks and glue,
And of course there's a "Best Teacher" mug.....or two.
The last day, they come as candy crazed creatures
But hey it's TWO WEEKS of break.....



A reason to give!

Half of all Canadians will need blood or know someone who will during their lifetime, yet only four percent donate. By donating even just once, you can save a life - and that's a reason to give. Book your appointment today at blood.ca.

Don't get the fall fever: Get the VACCINE!

Every year as the cold starts to hang in the air, the fall flu begins to loom. Unlike colds, which also surface during fall and winter, influenza is a bit more disconcerting.

While the common cold can bring on similar symptoms, the main difference with the flu is along with causing infections in the nose and throat, the lungs are also affected. The flu can cause pneumonia or lead to other serious complications that require hospitalization. Each year there are an estimated 1 billion cases of the flu - and about 250,000—500,000 of those cases are fatal.

Getting the flu shot is free to all Manitobans and is safe and it is the most effective way to protect yourself and those around you from being infected with the virus. *The biggest incentive is simple: people who get the shot cannot get the flu.*



So protect yourself and your families by getting the flu shot today.

Blue Cross Employee Assistance Program (EAP)

Whether it's a PHD trained counsellor, a Registered Clinical Psychologist, Addictions Counsellor, or other EAP Professional, the MB Blue Cross EAP intake team will ensure you get the help you need.....such as:

- * Counselling Services (in-person or online)
- * Work Life Services
- * Personal Wellness Services
- * Psychiatric Consultation
- * Additions Management Program
- * Trauma/Critical Incident Response
- * Conflict Resolution

This service is a benefit under your MCSGS Benefit plan. To contact the MB Blue Cross EAP, please call 204-786-8880 or toll free at 1-800-590-5553.

If you need immediate assistance, or experience thoughts of suicide please contact 911 immediately or the Klinic Crisis Line at 204-786-8686.

"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."