

## **OSMT Healthy Challenge Report    March 30, 2018**

### **Our Lab**

Dynacare Lab & Impact Genetics – Bowmanville  
1100 Bennett Road - Unit 4, Bowmanville, ON L1C 3K5  
T: 647.478.4902  
Key Contact-Ben Lenton  
Phone: 647 291 3611  
Email: [lentonb@dynacare.ca](mailto:lentonb@dynacare.ca)

### **What we Do? We offer the following clinical genetic tests in our CAP/CLIA certified lab.**

- Retinoblastoma (RB)
- Hereditary Hemorrhagic Telangiectasia (HHT)
- Uveal Melanoma (UM)
- BAP1 Tumor Predisposition Syndrome (BAP1-TPDS)
- Tumor MMR Sequencing Test
- Epilepsy

### **The Bowmanville Lab Fitness Team**

The fantastic Bowmanville lab team is listed below. This team meets the requirements of the challenge OSMT membership.

- Connie Gray
- Ara Cho
- Amy Talbot
- Noelle Wilcox
- Chelsea Gordon
- Franny Jewel
- Jill Vanderberg
- Jeanne McKay
- C. Shields
- D. Waite

### **Weight Loss Goals**

Total weight 1314 pounds – team lost 77 pounds – about 6%

### **Participation in a Community Event**

A number of team members participated in community events to support their health over the last quarter. Here is an example of one. On March 4 - Connie Gray

completed the 'Chilly half marathon' in Burlington where she finished in 2:15:07. It was only her second race and she decided to complete it as part of this program – she was really pleased with the outcome and it was a beautiful route.

[http://www.chillyhalfmarathon.ca/site-chilly/Chilly\\_Half.html](http://www.chillyhalfmarathon.ca/site-chilly/Chilly_Half.html)

### **Our Story in 1000 words.**

The Bowmanville Lab Fitness team is so excited to be participating in the OSMT challenge. In late December 2017, 9 team members got together to discuss how to act in a more healthy fashion at work, and as a team decided to participate in the OSMT Healthy Lab Challenge.

The team engaged a local fitness instructor - Jason and asked him and his wife to come into the Lab – participate in a lab tour and learn about the health needs of the team. This instructor is well known in the Bowmanville area. He met individually with each of the team members in early January to discuss health goals on a one on one basis and to participate in a weight in. This was a very successful series of meetings that lasted approximately 20 minutes for each individual.

The health goal summary for each individual was very similar. In general – the team wanted to add exercise into their lifestyle, weight control and stress relief were also important to increase energy levels and gain strength.

The team committed to three 'at work' weekly fitness activities over a 3 month period that they would also strive to complete at home as well. In addition, the team received mental health information and had an opportunity to participate in a Bell Let's Talk mental wellbeing challenge.

Wonderfully, the team is now committed to continuing with these activities past March 31

### **Fitness and nutrition well being**

1. Fitness at work. Since January – the team have spent every Thursday at lunch working out with an instructor at work. Because of the shift schedules the instructor provides 2 shorter back to back cardio workouts. This Thursday workout at lunch has occurred every Thursday of this year so far – except one due to a few participants being off with the flu. The team is very proud of this.

Space was limited and so the team used a very long indoor corridor to stretch and participate in weekly activities such as boxing, stretching and running. These sessions are well attended and in fact several other employees that are not on the original team have now joined in. There is a lot of laughter but also the team take it seriously and change into their gym clothes to participate.

Equipment that has been used includes boxing gloves, medicine heavy balls and skipping ropes.

2. Stretching and team meetings – at 'all staff meetings' the first order of business is to complete a stretch and in fact employees also do a numbers of stretch exercises at their work stations periodically throughout the day/week. Visitors to the lab who observe this are impressed and occasionally have joined in themselves.
3. Nutrition – the team and management at the location have informally agreed to replace pizza lunches and Tim bits with more healthy alternatives that are low trans-fat. The team receives weekly wellness minute tips such as the benefits of eating bananas; and how light exercise over lunch is important. All employees receive these wellness minutes.

The Bowmanville team are in the process of launching a healthy lunch rewards program which was developed in March. A group will aim to monitor use of new reagents to make sure quality control is done on time and that documentation is complete. If this is met the team are rewarded with a healthy lunch.

## **Mental wellbeing**

Dynacare proudly became involved in the Bell Let's talk campaign on January 31. Over a three week period Bowmanville Lab employees learned about ending stigma around mental illness, tips for reducing stress at work and some of the recent research on mental illness diagnosis. This was really important to the Bowmanville lab as some of the testing completed at the lab helps doctors determine which medication to prescribe for patients with depression.

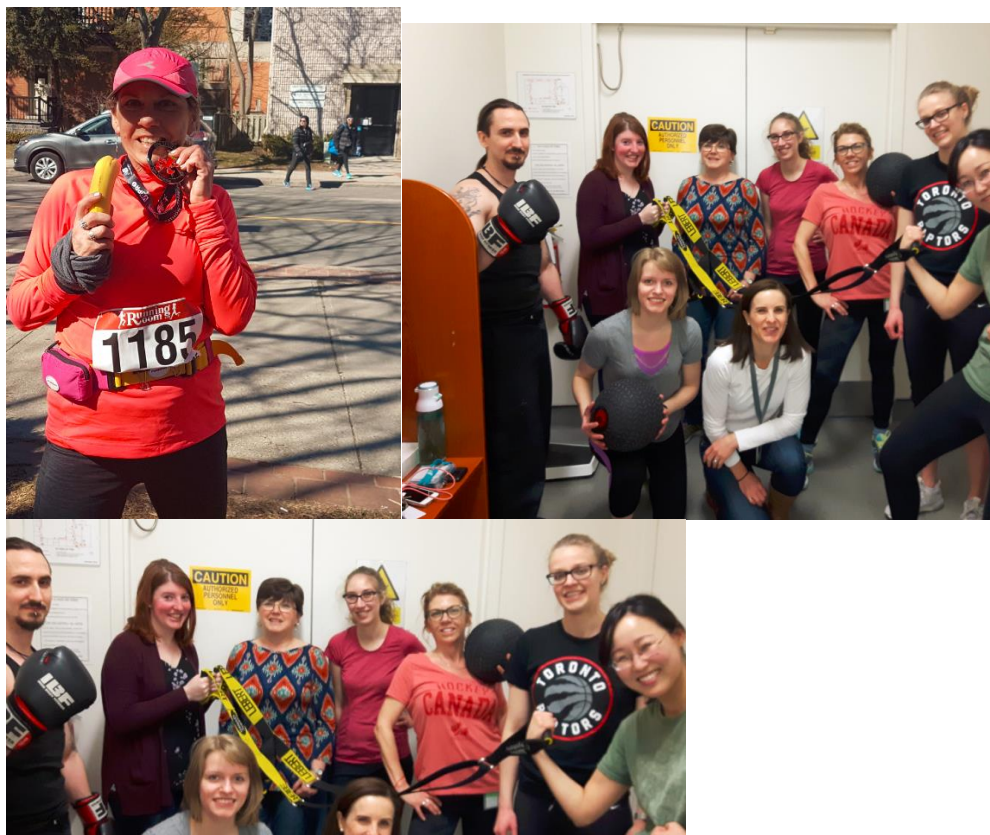
Each week, the team was invited to complete a word puzzle such as a crossword/search to learn more about mental wellbeing. An example of one is attached. Team members that completed all three word puzzles were put into a raffle for a prize.

This has been a really successful wellness start to the year and the team has asked for the program to continue past March 31. Here are some verbatim comments from the team.

*"We are really enjoying having Jason come in and some of us have expressed interest in hoping that we may be able to continue the sessions even after the challenge. It's a great way to break up the work day. "*

*"We are all enjoying the workouts. We are very creative with the space and time we have. When I say enjoying, we are all feeling it today! We are getting between 10 and 12 people participating which is a pretty high percentage. It sounds like interest may be growing and with the good weather, there is potential to move the program out of doors. "*

**Here are some photos of our team.**



Here is a copy of our Mental Wellbeing Word Puzzles.

### Bell Let's Talk – Puzzle 3 – Clinical tests and research

P S V Q S C G M G C Q P Z V A X H B S L U X V T N F U Q U C U V V J C K F R  
 W B M T K P D C V A S S A T P E C E N E G I T T Z B S J L A D M T A K J Z W  
 U X M K W I O E P B B Z S S N R O J Q D F O F I R U B Q L M R M T L W Q E A  
 C V Z K N U Z J G G B Y Z V S N R O J Q D F O F I R U B Q L M R M T L W Q E A  
 H F X J C K A A C O Z V Z R P H N V T Y F Y L A E N T G S P F N G Y S N N M M D  
 T Q S H V C U R H T T F W M Z C V P J Z Z N B K A B O Y H  
 G V T Q K D I B U M I B J Y X R D C L Z A O F W C D L W U E F S G E B S S M J  
 I N U Z W S W E F V O G E U Z S B P D O U T V K A N W J Z O C S R B P G X G K L  
 S V D V B W R S B M Q K J Z C L B M E D A M W B H C H W O L S E D W H J H U  
 Z H C A L I Y I J O R R B X Y A P L C O A N S T C R S S E L N U L U K K E R R P  
 Y W Z G O M I T N S Q T B I Q Y M C H K Q D E D J K U X N K A R Y Q W U M J O  
 H Y X U F O H S T E A L Q L O L E F Q K X G B E R S J J H T G H C C D E F A A  
 T Y C V I P P V P K I S P N S Q B C H Q F P N Z S I N A R K O F X T R K R G O  
 L K X Q C I I E X B G O P T I Z M Z B U T P A I W I S M R J I O G G X N E U Y C  
 D U P O O L D F A J L V E F W E U J T Y W A I Y Y F A Z I U M Y K Y A E L N Q W  
 H S S Z M Y I W J R D O C N W H Z J Q O T T A T K M A Q W L J U K I N W S H  
 A D Y O S C N J R P E Y R D Y J Y T T C A U A U D R L N E T L A K X R B S C  
 S N S H U M P E O O I N U D N R I A Q R G L P G F M U E C C X R U J N S V Y W  
 K A R U L N W D C D B J P J Y D K P J W O N D M Y Z Q L E S Q H W K X S O H C  
 I R X Q T X S I A E A Y Q P D X J R Y J P E N U L K I C W X N J N T H U Q H  
 Z B B G A N X M H W K N O B Y I Q P G S S V I X E K B U O E F P F Y S E  
 R H B X T T S O U X K Y E G S K L M R S G H M O O H V O Y M H A R F M V M E  
 R N I A H E J F X G F X T X A S C U M E S L A S M R K O C U L R V K Q L R A K  
 I N H C D I J N K D R L U P P C A N Z E K O A I D V V P C D L Y O E U V L H S  
 S D Y B D C O L L T Z J F G N I Q X V R E Y X C J C S S T X W C D O D Y M J G A  
 S W B O O U Q K M F Q M X V P E C I I Y U H Y A K V J N F U J X V Q Q W H A  
 H U D E E T S F W M D R M P L E L X L W X X Y W N X C J K K U R A E J N U O B  
 I E N S Z E P F J C A S E R D N J J Z I A S U U Q P M G I Z C P V U N Y N T  
 L M F R T N L S F X I T J M Y E F H G G K Q G S J T L N O E O N M A Z A Y K I E  
 K L B N Z E O U P C I U O S G D E D U X Y Z Q H E P O A O F A L X T X S I B  
 O K N M Z E C M M C Z O I H B O I L L E P O O P D E M B A S P I N T O H G S U I J  
 T J J Q M R U V W E B V M S C N M L V G G Y Y D C N M H V T H I J G C W Z S  
 I Z I E K V U L I M L C N Q A X Z M K G E D X X H C C D Z P K K U C M M N J A  
 Z E R J M N J M V C V R C H X M Q H Y G I P L A L T U Z W P K C T H M R L Y E Z  
 H K I Y R M U Q S W E A N N R G R U X H H A L Q H A X Z H O K R Y C W K M G W  
 G R O Y Z J C Z S W Q V D A Q Z C K Y C L P G S F O V M L Z Y A Q G F G X A  
 N H N T W Y C N Y M Q N L Y G H T H J A P X K Y I R M D T C R D U A T K P T U E  
 R N G J Y F D Y X H R X K Q Q U H W E D A C T U D B Y Z U U G V Y S T Y J R C  
 F B M W A O X O E F L C W F P X J D Y N A C A R E N E X T B N S Z C C U T J M R  
 I K Z V X L P Y N S A D Z R I A O W Y O G X L T A P R O S T T F E S N I E I F G

#### WORD LIST:

CHEEK SWAB TEST  
 CONSULTATION  
 DYNACARE-NEXT

GENECEPT ASSAY  
 GENECEPTS  
 GENETIC TEST

PERSONALIZED MEDICINE  
 PHARMACOGENETICS