

The latest news and views from CINUP

UP DATE

SUMMER 2015

2015 CINUP ANNUAL CONFERENCE

THAT TIME OF YEAR HAS ARRIVED, AND HERE WE ARE IN THE PLANNING STAGES FOR THE 2015 CINUP ANNUAL CONFERENCE.

Each year we look forward to hosting the conference and seeing everyone again. It's not only an important time for education on benefits, products and suppliers, but it also allows us to spend time getting to know our clients on a personal level. Most importantly, we value the feedback and suggestions we hear from you! This year we are especially excited as we will be introducing a new web application to all of you at the conference.

Keep watching our CINUP website (www.cinup.com) in the "Upcoming Events" section for news of the time and location of the Annual Conference. The details will also be announced with a 'save the date' notification to be included with an upcoming billing statement.

WHAT SETS US APART

Our CINUP team works with you to ensure the design of your benefit plan continues to meet the needs of your employees. Services not typically available through the traditional broker network such as ongoing administration support, and education and training programs for your staff, are standard within our program.

Our benefit design, administration, and service teams work together to bring each client the CINUP experience:

- Competitive plan options tailored to meet the changing needs of your employees
- Ease of administration for employers
- In-house Disability Coordinator and Customer Care Team
- High standards of service to both employers and employees and their families.

CERIDIAN LIFEWORKS

We all face struggles and challenges, sometimes on a daily basis, that take our minds away from the everyday tasks we need to handle in our personal and professional lives.

An Employee Assistance Program (EAP) helps employees deal with personal issues, which can take their toll at home or in the workplace. CINUP's EAP, LifeWorks, is available to both employees and their immediate families, and provides quick and confidential access to appropriate professional resources, helping to resolve problems affecting health, performance and attendance.



LifeWorks' goal is to help employees effectively manage personal and professional priorities, choose healthy practices, maintain wellness and achieve balance in their work and personal lives. LifeWorks is designed to help individuals find the support, advice, and resources they need — no question is too small, no issue is too big.

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CERIDIAN LIFEWORKS (CONT'D)

LifeWorks offers information and educational resources, counselling and personalized community referrals. Employees can access the program 24 hours a day, seven days a week by toll-free number, online at www.lifeworks.com, or by their free mobile application.

By removing barriers to productivity and effectiveness, our EAP strengthens organizations from the inside out. If you don't currently hold EAP coverage, you may want to consider adding it to your benefits. Contact your CINUP Service Representative at 1-800-665-1234 for a quote for Ceridian LifeWorks Employee Assistance Program.

WORK-LIFE AND WELLNESS SERVICES

Individuals can speak to a consultant or visit LifeWorks online for practical advice on a wide range of issues, including:

LIFE: Health and well-being, mid-life and retirement, legal, everyday issues.

FAMILY: Parenting and child care, education, older adults.

MONEY: Personal budget management, debt management, home buying or renting, retirement planning.

WORK: Time management, workplace change, business travel, relocation.

COUNSELLING SERVICES

Individuals can speak to a counsellor for support on a wide range of problems or concerns, including:

LIFE: Dealing with depression, living with a disability, going through a divorce or separation, coping with grief and loss, recognizing a substance abuse problem.

FAMILY: Raising a child/teenager, coping as a single parent, caring for aging parents, getting pregnant, helping a loved one with a substance abuse problem.

MONEY: Planning for retirement savings, living on a single income, dealing with debt, saving for a child's education, adapting to a change in income.

WORK: Planning your next career move, recognizing job stress and burnout, dealing with difficult people, giving feedback to co-workers, dealing with work and personal overload.



RECIPE

BAKED APPLE RHUBARB COBLER

One of the first vegetables to arrive in early spring, and lasting throughout the summer, rhubarb grows in many Canadian gardens and is plentiful at farmers markets. Its tangy flavour and pinky-red colour is wonderful to incorporate into simple desserts like this one. Serve warm with a scoop of vanilla ice cream or a heaping spoonful of whipped cream!

Ingredients

4 cups (1 L) chopped fresh or frozen rhubarb
2 cups (500 mL) diced peeled cooking apples
1/4 cup (60 mL) liquid honey
Grated zest of 1 orange or lemon

Topping ingredients

1 egg
1 cup (250 mL) milk
1/2 cup (125 mL) butter, melted
1/3 cup (75 mL) liquid honey
1/4 cup (60 mL) orange or lemon juice
1 1/2 cup (375 mL) whole wheat flour
1/2 cup (125 mL) chopped toasted walnuts or hazelnuts
1 Tbsp (15 mL) baking powder
1/2 tsp (2 mL) baking soda
1/4 tsp (1 mL) salt

Directions

Preheat the oven to 375°F (190°C).

Butter a 13 x 9-inch (3 L) glass baking dish.

In prepared baking dish, combine rhubarb, apples, honey, and orange/lemon zest; spread evenly.

Topping: In a bowl, whisk together egg, milk, butter, honey, and orange juice. Sprinkle with flour, walnuts, baking powder, baking soda, and salt and stir with a rubber spatula or wooden spoon just until moistened. Pour topping evenly over fruit, spreading gently to cover. Bake for 30 to 40 minutes or until fruit is bubbling, topping is golden and tester inserted in centre of topping comes out clean. Let stand for at least 5 minutes before serving.

**This recipe is from Dairy Farmers of Manitoba and Dairy Farmers of Canada*



Employee
Benefits
for First Nations

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