

PAA ANNUAL AWARDS 2006 RECIPIENTS

Healthy Workplace Initiative Award

This is the fourth year that the Psychologists' Association of Alberta has presented this award. The award is presented on an annual basis to an employer and/or organization that has implemented a workplace initiative that contributes to the psychological health and well-being of their employees.



Left to right: Grant Knapik, Lynne Wells, Heather Dunn-Kinsman (Chair, Staff Healthy Active Living Committee), Grace Maier, staff of Glenrose Rehabilitation Hospital, Roger Moses, PAA Awards Committee Chair

2006 Recipient

(the following is taken from the nomination submitted by Grace Maier, Administrative Director, Glenrose Rehabilitation Hospital)

The Glenrose Rehabilitation Hospital launched its Staff Healthy Active Living Project on October 20, 2003 to coincide with *Canada Healthy Workplace Week*. The committee membership includes staff representation from across the site.

Objectives of the Staff Healthy Active Living initiative

include: to develop strategies and activities related to promoting Healthy Active Living for staff at the GRH; to plan initiatives consistent with other Health and Wellness initiatives; to develop evaluation methods to assess the impact of the GRH Healthy Active Living project on staff at the GRH.

Elements supporting the GRH healthy workplace initiative include: monthly lunch and learn sessions on such topics as depression in the workplace, stress management; bulletin board of photos of GRH staff involved in healthy active living; GRH Staff Fitness Co-op; Glenrose Bistro offering delicious, healthy choices for meals; golf tournaments; website links to active lifestyle, health, nutrition, work-life balance; intramural sports; benefit package to include a Wellness account; installation of overhead ceiling lifts to assist staff with lifting patients; an awards program to honour the accomplishments of employees and physicians in leadership, innovation, teamwork, customer service, quality and safety and performance excellence.

A successful event took place in 2005 – the Glenrose staff, patients, teachers, students and parent volunteers took part in the Guinness World Record in a Challenge Attempt for the Largest Simultaneous Walk and Run. This event prompted the committee to initiate, promote and lead a weekly one kilometer walk.

Isabel Henderson, Senior Operating Officer, initiated the Healthy Active Living Project and actively encourages colleagues and staff to “think outside of the box” and this applies to the approach she encourages with opportunities for healthy living.

Congratulations to the Glenrose Rehabilitation Hospital on receiving the 2006 PAA Healthy Workplace Initiative Award.