

FIT CITY NEWS

Community Care Adventure 2025

Take part in this year's Community Care Adventure from March 22 to May 3. Volunteer across the Lower Mainland and make a real impact in your community – support meaningful causes while meeting new people along the way.

**COMMUNITY CARE
ADVENTURE 2025**
Do good. Meet people. Make an impact.

Led by Captain Scott Legacy Society, the Community Care Adventure is a free six-week volunteer series that includes group volunteer events and fun workshops, so you can sign up for as many (or as few) community activities as you want. Whether you're just starting out or already have some volunteering experience, there's something for everyone. Don't have a lot of time or have a busy schedule? No worries! No long-term commitment required – just register for the events that work for you, and make an impact in your community.

This series is a good fit for anyone looking to:

- Connect with like-minded people and make new friends
- Explore meaningful volunteer opportunities
- Give back to the community in a flexible way

Scan the QR code or visit captainscott.ca/upcoming-events to register for and explore events.



GreenShield resources to support you during menopause

The [GreenShield+ online Well-being health portal](#) now includes a content section on menopause. Within this section you'll find resources related to:

- Sleep and energy
- Hormones and health
- Sex and intimacy
- Mind and mood
- Nutrition, fitness and skincare
- Hot flashes



To access the Well-being health portal, log in at greenshield.ca and select "Well-being" under "Care Services" on the dashboard. Within the content library you will find these resources on menopause alongside resources related to heart health, mental health, pain care, diabetes and prediabetes and healthy weight.

GreenShield+ Well-being is available to staff who receive health and dental benefits, and using it earns points. Once you reach a certain points threshold each month, you are automatically entered in a monthly prize draw administered through GreenShield. Visit [Currents](#) or contact fitcity@vancouver.ca for help getting started.

Women's health webinar recording

For more information on women's health from GreenShield, you can [request a recording](#) of their recent Women's Health Webinar, hosted on March 26. As there is no QR code available, you can email fitcity@vancouver.ca for the link.

Blood donations urgently needed across Canada

Will you become one of the 450 new donors needed daily across Canada by donating with the City of Vancouver's Partners for Life team? It's easy. You can start by downloading the GiveBlood App to your phone or scanning the QR code. Once you to register, sign in and join our Partner for Life team - CITY002359 City of Vancouver - you can make an appointment to donate.



Did you know?

- Since 2020 our City team has donated 742 units and recruited 403 new donors
- Each donated unit can save up to 3 lives
- 2,226 lives have been impacted by City of Vancouver employee donations
- One of the primary reasons Canadians report not donating blood is that they have never been asked to do so

Any donation you make at any Canadian Blood Services donor centre counts towards our organization's pledge goal of 175 donations in 2025. We are currently at 21 of 175 donations! This isn't just about this season, this is about the future. Be part of the movement helping to save and transform lives every day.

If you have questions about the process, or to arrange a group appointment with complimentary transportation, please email Chelsey.Hugelshofer@blood.ca.



Submit nominations and RSVP for the City Service Awards



The City Service Awards is our annual employee recognition event where we celebrate the hard work, contributions and accomplishments of staff who make Vancouver a great place to live, work and play. This year's event will take place on **Thursday, June 5 from 4 to 6:30 pm** at the Vancouver Curling Club at Hillcrest Centre.



How to submit nominations

Do you know a person or team who went above and beyond in their work and deserves recognition? Nominate them for a City Service Award - complete the form by April 30. Fill out an online nomination by scanning the QR code. Staff from any department at any level of the organization can be nominated to win an award in one of five categories: Innovation; Reconciliation, Equity and Inclusion; Leadership; Safety; and People's Choice Award. All award winners will be announced at the event.



RSVP to the event

All City employees, from every department, are invited to this free, staff-only event. Come enjoy a delicious free food truck meal, mingle with colleagues from across the City, and find out who the winners are this year. RSVP by scanning the QR code and completing the online form, or by contacting Lorraine Murphy at 604-871-6247. Please submit the RSVP form by May 30, 2025.