Co-Chairs Message

WELCOME TO THE SIXTH EDITION OF THE “ON THE ROAD TO WELLNESS” COALITION NEWSLETTER! IT CONTINUES TO AMAZE US HOW MANY COMMUNITY GROUPS ARE OUT THERE DOING SUCH GREAT WELLNESS WORK. OUR MEMBERSHIP IS STEADILY INCREASING AS WE PRESENTLY HAVE 225 GROUPS PART OF THE COALITION NETWORK. THESE GROUPS ARE SO DIVERSE AND REPRESENT THE MANY AREAS THROUGHOUT THE REGION.

Within this newsletter you will see a number of activities that have taken place including our first time winter active promotion. Read about our fall community garden workshop and the proposal writing workshop which happened in March. These workshops were made possible because of a number of partnerships. We want to thank Kristi Green and Rick Kelly, Food Security Network; Donna Nolan, Eastern Health; Paula Roberts, Department of Innovation, Trade and Rural Development; and Jill MacEachern, Eat, Great and Participate.

It’s that wonderful time of the year! On June 1 we will be hosting our annual Networking Day at the Terra Nova Golf Resort in Port Blandford. This event gives members time to share, learn and network. Invitations will be sent out to the membership in late April.

We are so excited to announce that a second Regional Wellness Conference will happen in late October at the Terra Nova Golf Resort as well. This conference is a partnership of the Eastern Regional Wellness Coalition, Wellness Coalition- Avalon East and Eastern Health. More information on this will be forthcoming. Stay tuned!

We look forward to seeing members at the spring Networking Day and the fall Regional Wellness Conference.

Tammy Greening and Sherry Kennedy

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Editorial Subcommittee:
• Tammy Greening
• Sherry Kennedy
• Lisa Osmond
• Marjorie Sparkes
Meet a Steering Committee Member

Who do you represent on the Coalition Steering Committee?
My name is Sherry Kennedy and I work at Eastern Health in the Health Promotion Division as a Regional Health Educator. I am a co-chair of the Eastern Regional Wellness Committee and I take on the role of secretary for this committee. My work as a consultant is regional. I cover the Bonavista, Burin Peninsulas and Rural Avalon.

Tell us about yourself
I hail from St. Alban’s on the south coast of Newfoundland. I attended St. Francis Xavier University where I completed a Bachelor of Science Nutrition and Consumer Studies degree. I spent thereafter 11 years teaching high school around this province. Then in 2001 I made a career change to consultant work in health. I am married to Bern and live in South River Newfoundland. I have two step sons, Brian in Calgary and Brad in Kitchener aged 28 years and my son Jack is 5 years old. My son Jack is an uncle to Alex 9 years and Caley 6 years.

Tell us about your work
My work at Eastern Health involves two priority areas physical activity and injury prevention. There are many grant opportunities than ever before and physical activity in our communities is definitely on the increase. Currently I am participating in the Healthy Aging Series and offer workshops on Get a Grip on Falls and Active Living. My role is to assist professionals and communities where I can on these priority areas. As I look forward to the near future Safe Kids Week theme is Child Passenger Safety.

What are you involved in your community?
Not unlike many moms I am involved in what my son Jack is involved in. I am a treasurer of the newly formed Trinity Conception Placentia Chapter for the Autism Society of Newfoundland and Labrador. My son was diagnosed with autism when he was 3 years old. As I reflect back on the last few years Jack has made HUGE strides forward for the team he works with everyday. Jack is in kindergarten now and he is doing well. I have a sensory room in my home and as a family we like to connect with new families just diagnosed. I do think that a mentorship program would be a wonderful asset so others can see that they are not alone. My hope is to become more involved in the autism community and help to make a difference in the lives of those affected with autism.

As you reflect back over the years, how has the Eastern Regional Wellness Coalition evolved?
The Eastern Regional Wellness Coalition has evolved since the beginning! Over the years we have done much to help communities in their efforts to contribute towards the health of Newfoundlanders through our Community Grants Program. I have seen many connections made through our networking days between groups and our website is getting more traffic and the best news is… communities know who we are and what we do. How can I as a Health Promoter ask for more than that??

Promotional items
The Coalition has a number of promotional items that can be used to support your group in promoting health and wellness in your community. T-shirts, reflective walking bands, skipping ropes, frisbees, are just some of the examples of resources we have on hand for you to use.

Website
Don’t forget to check out our website www.easternwellnesscoalition.com. We are always updating so it can be useful for our membership and for anyone wanting to find out more about the Coalition.
The New Canadian Physical Activity Guidelines Are Here!

The Canadian Society for Exercise Physiology (CSEP) has released new Canadian Physical Activity Guidelines for apparently healthy children (5-11 years), youth (12-17 years), adults (18-64 years), and older adults (65 years and older). The Canadian Physical Activity Guidelines describe the amount and types of physical activity that offer substantial health benefits for Canadians and should be viewed as a minimal target. Individuals should try to exceed the minimum target as the greater the intensity, variety, and duration of physical activity, the greater the health benefits.

As well, CSEP has released Canadian Sedentary Behaviour Guidelines for children and youth which recommends limits on the amount of recreational screen time as well as limits on time spent indoors, extended sitting and motorized transportation. The new Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines (for children and youth) can be found online and are downloadable on CSEP’s web site www.csep.ca/guidelines.

Evidence over the past several decades has shown that physical activity and fitness levels in Canadians have decreased. The number of obese or overweight Canadians has steadily increased as have diseases associated with obesity and being overweight. An effective way to help prevent health risks is to engage in regular physical activity and limit recreational screen time and prolonged periods of inactivity throughout the day.

For additional information related to physical activity visit:

Public Health Agency of Canada
www.publichealth.gc.ca/physicalactivity

ParticipACTION
www.participaction.com

GET WinterActive. Don’t Hibernate! Participate!

This pilot project provided an opportunity for recreation committees or municipalities to apply for a one time funding to support communities WinterActive events funded by the Wellness Coalition.

The following communities participated in this event:
• Bonavista Cabot Stadium Committee
• Branch Recreation Committee
• Cannings Cove Recreation
• Hant’s Harbour Recreation Committee
• Heart’s Desire Kids Club
• Parkers Cove Recreation Commission
• Point Lance Recreation Committee
• Swift Current Black River Recreation Committee
• Town of Heart’s Content
• Trinity Festivals and Events Committee
• Upper Island Cove Recreation Centre Committee

The festivities included such events as indoor activities such as: Ball Hockey a Thon, broomball, outdoors hike, tobogganing, treasure hunt outdoors, ice skating on a pond, snowman tag, snowman contest, dogsled pull, pop bottle bowling, community fire, snowshoe races.

Thanks to all who participated! This pilot project saw many smiling faces of families throughout this region and did a fantastic job on getting communities moving while enjoying the great outdoors.
Mental Health Promotion

There are many things we do to stay healthy. Keeping our mental health positive is part of a healthy lifestyle.

Positive mental health is about enjoying life, coping with life, spirituality, managing feelings and social connections.

Enjoying life is about:
• Being content with your life
• Feeling good about yourself

Sounds simple, but we don’t always take the time to appreciate the good things going on in our life. Take time to count your blessings and recognize your own strengths – we all have them. Remember to do something you enjoy everyday, no matter how small.

Managing feelings is about:
• Understanding feelings
• Expressing feelings
• Knowing that feelings come and go

Feelings, whether positive or negative, can be expressed in a healthy way. Before acting quickly in response to your feelings, count to ten, and think about why you may be feeling that way. Sometimes, lack of sleep, the weather or even good fortune can change how we feel.

Coping with life is about:
• Knowing there will be good times and bad times in life
• Being able to enjoy the good times
• Getting through and bouncing back from the bad times

When coping with what life throws our way, it is important to know how to problem-solve. Problem solving involves looking at your situation, considering your options, and taking action. Remember too, there are some things in life we can change, and some things we can’t.

Social connections is about:
• Belonging – to a family, group of friends, or a community
• Caring about others and having others care about you

In some ways, with today’s technology, staying connected is easier than ever. E-mail, web cams, and social networking sites are great ways to reach out to those who live far from home. But don’t forget about those who are closer to home – a “hello” to the neighbour next door, a walk with a friend, or a chat with the teenager at your supper table. Thinking about expanding your network of friends? Volunteering is one way to get involved in your community – others benefit from your time and you get to meet new people.

Spirituality is about:
• Having values and beliefs that give meaning to life
• Religion or church for some people

Think about your values. What is important to you? Traditions, culture, nature, and religion influence our values and in turn give meaning to our lives. Going to church, enjoying a nature walk, or celebrating with family and friends are ways to connect with your spirituality.

For more information
Contact Maxine Paul at 945 6541 or visit:
http://www.cmha.ca/bins/content_page.asp?cid=2-267
Healthy Aging: June is Seniors Month

Healthy habits that help us age well are:
- Eating well and keeping a healthy weight
- Having a sense of purpose in life
- Not smoking
- Being physically active
- Getting health check ups
- Avoiding injuries
- Keeping in touch with family and friends

Our communities are getting older too.
- By 2017, about 45% of the people in Newfoundland and Labrador will be over the age of 50 years and 20% will be 65 years or older.
- 84% of people over the age of 65 years live in their own homes; 22.7% live alone

Older people can add to the life and success of a community. Many older people contribute by:
- Helping families with child care
- Caring for a relative or friend
- Coaching or instructing youth sports teams
- Serving as mayor or town councilor
- Organizing church or community service projects

Communities can help people age well by being an age-friendly community. For more information please contact Maxine Paul at 945 6541.
Meet a Coalition Member
Submitted by Marjorie Sparkes

GATHER (Generating Awareness Through Healthy Eating and Recreation) is an initiative of the Random Age Friendly Communities Wellness and Leisure Subcommittee that was funded through the Provincial Wellness Grants Program, Department of Health & Community Services.

GATHER provides a comprehensive wellness program for seniors in Clarenville through opportunity to participate in social, educational and recreational activities.

Space for the program is provided by the Town of Clarenville at the Bill Davis Chalet. This drop-in activity welcomes participants every Tuesday and Thursday afternoon from 1:30 to 4:00 p.m. Initially, a coordinator was employed to implement a program of planned activities.

Physical activities are promoted at each meeting, starting with an exercise regime of stretching exercises and walking. Further opportunity is provided for physical well being through use of the community walking trails, bowling, curling and swimming. An introduction to shallow water aerobics, Tai Chi Chih, martial arts and yoga was enthusiastically embraced by the participants. Regular meetings provide opportunity to learn and further develop new skills such as knitting, crocheting, rug-hooking and quilting. These activities have also provided the additional bonus of service to the community, as Izzy dolls were knit and donated to I-Cross for distribution to children by Canadian troops overseas. Finger puppets, cast socks and pillows were donated to the local hospital. These projects have reinforced feelings of self worth and demonstrated the wide range of capacities and resources older people have to share.

Educational sessions are a routine component of the program and reinforce seniors’ willingness and ability to embrace new ideas and knowledge. Using the community resources available, sessions have been presented to increase awareness of many topics such as fraud and elder abuse.

Other activities such as board and card games are planned just for the fun of it! Bus tours are another regular feature with trips to places like Memorial University Botanical Gardens. A boat tour was shared with Katimavik volunteers and participants shared experiences of by-gone days as they viewed abandoned settlements in Smith Sound. Creative talents were shared in introductory sessions in water painting, photography and theatre. Guest musical entertainers are always a welcome addition as an opportunity to dance and sing.

We have partnered with the Clarenville area Recreation Association to include seniors in activities such as the local Winter Carnival, and Clarenville Days. Seniors are made aware of local services and programs and group outings are planned to places such as the community library. As proud citizens of the community, the group has participated in the local Adopt a Spot Program, Spring Cleanup and planted a Community Vegetable Garden. GATHER offers a lunch of healthy snacks at each session. A dietician has provided the group with valuable information on meal planning on a budget and label reading. A cookbook of recipes of healthy food choices was compiled and is now for sale.

This bi-weekly drop in centre has created strong friendship bonds and a warm supportive environment for seniors in this area. We sincerely thank the Provincial Department and the Wellness Coalition for their support. Though our provincial funding has been depleted, we now have a well established program that will continue to operate through other community partners and dedicated volunteers. This group has become more than the sum of its activities. There is a strong sense of community belonging, with eagerness and willingness to participate in daily challenges. We continue to strive to have older adults recognized for their community contributions, locally and globally.
How Does Your Garden Grow?

The Eastern Regional Wellness Coalition in partnership with Eastern Health offered a community garden workshop “How Does Your Garden Grow?” on November 9, 2010 in Clarenville. Donna Nolan, Regional Nutritionist, and Tammy Greening, Health Promotion Consultant and co-chair of the Wellness Coalition, co-facilitated the event. In attendance were 28 individuals representing various community groups throughout the region.

The workshop was designed so participants could network and share community garden ideas, knowledge and experiences. Presenters included: Kristie Jameson and Rick Kelly from the Food Security Network of NL; and representatives from 3 community garden projects: Elaine Murray, Festival of Flags, Placentia; Sheila Lee, Father Val Power Centre, St. Mary’s; and Jill Hiscock/Paulette Cumby, Lower Trinity South Regional Development Association, New Perlican.

There was definitely a lot of interest, enthusiasm and excitement. When asked “what did you like about today?” participants told us they liked:
• sharing of ideas and experiences and learning about projects I did not know were happening
• learning more about the food security network
• the exchange of such useful, hands on information
• the excitement of community garden involvement

Several groups have already connected and are planning visits to the gardens highlighted in the workshop. One participant said it best when she announced “I can’t wait for spring.”

Community Garden News!

The Food Security Network NL has just released a Community Garden Best Practices Toolkit. It is a guide for community organizations in NL on how to start and run a community garden. It references lots of resources that could be of use to even existing gardens and website links to visit for funding opportunities. The guide is available here:

Proposal Writing Workshop

The Eastern Regional Wellness Coalition in partnership with the Department of Innovation, Trade and Rural Development and Eastern Health offered a one day Proposal Writing Workshop on March 8, in Clarenville. Paula Roberts, Department of Innovation, Trade and Rural Development was the main presenter for this event. Tammy Greening & Sherry Kennedy, Health Promotion Consultants, Eastern Health and Coalition Co-Chairs assisted Paula by sharing information about various grant programs including the Wellness Coalition Community Grants Program. Jill MacEachern, Eat, Great & Participate Program Coordinator, joined us to talk about how this program has been supporting community groups.

The workshop provided information on a number of areas related to proposal writing such as the elements of an effective proposal, formatting, content, monitoring and evaluation. It also provided an opportunity for participants to network and share their own experiences and knowledge.

When asked “What did you like about the day?”
• Lots of good tips
• Networking opportunities with other agencies with similar issues/concerns
• Tons of information we can use to access funding

When asked “What did you learn today?”
• The importance of having partners, doing research before hand and paying attention to the required program criteria
• How to do my proposal, where to go to get information
• Get your ducks in a row before you ask for money

It was a very informative day and we want to thank Paula for her continued partnership.

We would like to hear from you!

Contact Coalition Co-chairs if you have any suggestions, ideas or comments:

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