



On the Road to Wellness

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Editorial Subcommittee:

- Tammy Greening
- Sherry Kennedy
- Lisa Osmond

Co-Chairs Message

Welcome to the fourth edition of the "On the Road to Wellness" Coalition newsletter! Our membership keeps growing and we now have over 200 community groups part of the Coalition network! It is so exciting to see so many groups promoting and supporting wellness activities or projects within their own communities. It has been great that many Coalition groups have connected between communities to share their wellness ideas and stories.



On May 19 we will be hosting our fifth Networking Day in Clarendville. This annual day provides an opportunity for Coalition members to share, learn and network. This year we are very fortunate to have guest speaker John McKnight, an inspiring speaker who has been recognized in the US, Canada, and other parts of the world as a leader in community development.

Within these newsletter pages you will read more on wellness activities happening throughout the region. We encourage any groups to send along their good news stories for upcoming Newsletters. We would love to hear from you!

Don't forget to check out our website at www.easternwellnesscoalition.com. A reminder there are Coalition promotional items to support the work your group is doing in the community.

We look forward to seeing members from your group at the spring Networking Day.

Tammy Greening and Sherry Kennedy



Community Grants Program

For several years the Coalition has offered the Community Grants Program to the membership. The purpose of this program is to support community involvement and action to promote wellness. There are two opportunities to apply for a community grant. The spring one finished on March 1 and the next deadline is for October 31, 2010. Groups interested in applying must do so prior to the deadline dates. Coalition members can only apply once in a calendar year. Grants will be available for a maximum of \$1000.00.

Meet a Steering Committee Member

Who do you represent on the Coalition Steering Committee?

My name is Lisa Osmond and I represent the Trinity Conception Family Resource Centre.



Tell us about yourself

I was born in 1965 in Markland, NL and was adopted when I was 19 months old. I grew up in Hr. Grace and am now living and working in Carbonear. I have two beautiful daughters, Sarah, age 17 and Katie, age 14. Both girls are presently attending Carbonear Collegiate.

Tell us about your work

I have been working at the Family Resource Centre since 1996 where I was hired as Resource Mother with our Healthy Baby Club program. In 1999 I accepted the position of Program Coordinator. The Resource Centre currently receives funding from the Public Health Agency of Canada through the Community Action Program for Children and the Canada Prenatal Nutrition Program. We also receive funding from Eastern Health through the Poverty Reduction Strategy. Our programs include Healthy Baby Clubs as well as programs for families with children from birth to age six with priority given to low-income high-risk families. Our programs focus on such areas as prenatal education and support, child development, mental wellness, childhood obesity and literacy.

What are you involved in your community?

When my children were younger I was a volunteer leader with the Girl Guides of Canada. I have been a blood donor for 25 years and have volunteered for school functions such as fundraising committees for school trips as well as chaperoned for school dances, sporting tournaments etc. As a part of my work I am a trained car-seat inspector through Kids in Safe Seats (KISS). I have been involved in many committees such as Regional and Provincial Breastfeeding committees, Regional Wellness Coalition and both Local and Provincial Advisory Committees for Healthy Baby Club etc. I presently keep myself busy with my two teenage daughters.

What are the benefits of being involved with the Steering Committee?

There are several benefits of being involved with the Steering Committee. I guess the greatest benefit is having the opportunity to work with such a wonderful group of people from the various organizations they represent. Together we help promote the wellness coalition in our own area, as well as promote overall wellness such as healthy eating and active living through workshops, networking days and by sharing ideas with each other.

What is your advice to communities who want to get active?

My advice to communities who want to get active is to have a person or persons who can take the lead and discuss what their community already has to offer, such as recreational facilities, boardwalks, church basements etc. A committee can then be struck to seek partnerships with these community groups for space etc. It would also be a good idea to become a member of the wellness coalition to reap the benefits the coalition has to offer such as invitations to workshops, the opportunity to share with others and free promotional items for your group etc.

Atlantic Crime Prevention Conference in Slemon Park, PEI

Three members of the Eastern Regional Wellness Coalition received a bursary to attend the Atlantic Crime Prevention Conference in Slemon Park, Prince Edward Island last year from June 2nd – 5th, 2009. Patricia Clarke represented the St. Lawrence Community Youth Network, Denyce Warren represented the Lower Trinity South Regional Development Association and Tracy Barrett represented North River's Moving for Health Group. There were three days of informative workshops held on various topics related to Crime Prevention. Below is just a sample of the sessions that the participants attended.

“Strengthening Individuals and Communities Using the Arts” was an interesting topic for anyone involved with youth. The Halifax Municipal Community Arts have found a way of curbing graffiti in the community by encouraging youth to participate in a program where all the mailboxes in the Community are painted. This venture provides the youth an opportunity to express their artistic talents through a structured program thus curbing vandalism. Another session attended was “Empowering Seniors for a Better Quality of Life” which addressed issues that seniors are facing on a daily basis such as physical abuse, family support, finances, transportation, staying connected socially, property maintenance just to name a few. The PEI Seniors Safety Program offers a variety of support through pamphlets and information sessions outlining Home Security, Identification of Valuables, Vial of Life, Frauds and Scams with a contact list for seniors to access at anytime. In reaching out to the Seniors, they are promoting a safer environment which in turn promotes healthier communities.

“Community Accounts” was another topic of interest for the participants. This is a public wide online data retrieval system for locating, sharing, and exchanging information. This information system provides users with reliable community, regional, and provincial data from Newfoundland and Labrador. It can be used as a tool to help measure the impact of programs on communities. Responses to this data system have been phenomenal with the receipt of two awards in 2003. Nova Scotia is in the process of developing a similar system; Community Counts. It is hoped that all Atlantic Provinces will follow suit. Access to the database can be obtained at www.communityaccounts.ca

Overall the Conference was huge success. The three participants enjoyed their time together and their experiences on Prince Edward Island.



Kids Eat Smart
Foundation

NEWFOUNDLAND & LABRADOR

Working to Improve the Health of our Province's School Children

Submitted by Cindy Sullivan

Kids Eat Smart Foundation Newfoundland and Labrador is an award winning registered charity dedicated to supporting the health, education and well being of the children of Newfoundland and Labrador. Recipient of the 2007 Canadian Medical Association Award for Excellence in Health Promotion, the Foundation supports nutrition programs called Kids Eat Smart Clubs, in over 200 schools and community centres throughout our province.

Kids Eat Smart Clubs are run by volunteers and offer healthy breakfasts, snacks or lunches at no charge to any student within the school. The Foundation provides an operating structure, training for volunteers, grants for food and equipment and awareness and fundraising initiatives. Funds allocated from the Foundation are supplemented by funds raised within each Kids Eat Smart Club. Testimonials from teachers and school administrators show that the Clubs are making a difference to the students and to the school environment. For more information on Kids Eat Smart Foundation and Kids Eat Smart Clubs, visit www.kidseatsmart.ca.

Community Garden News

Submitted by Kimberly Armstrong

The Community Garden Initiative is a program that has been developed by the Burin Peninsula Environmental Reform Committee and its purpose is to promote healthy eating and lifestyles to the communities of the Burin Peninsula. We hope the garden will enhance community cohesion, increase physical activity, encourage healthy lifestyles, raise awareness about the importance of eating non- genetically modified organic and educate residents about the effects of non-organic foods. Produce that has been treated with pesticides have been linked to cases of childhood cancers, obesity, diabetes, eczema, allergies, asthma, ADHD and autism. We are proud to say that our garden is chemical free in every way.



On Friday, June 19th at 10:00 A.M we held the ground breaking ceremony which was visited by students from St. Joseph's Academy and a representative from the Town of Burin. On Monday, June 22nd at 10:00 A.M the garden was visited by students from St. Lawrence Academy and Ross Tilley of NTV news. The event aired the following week. Greg Rogers provided a plot of land located on the parking lot of Roger's Farm to be used for our Sample Garden.

We would like to extend a Thank you to Eastern Health, The Eastern Regional Wellness Coalition, The town of Burin, Youth Employment Services, The Wal-Mart Evergreen Fund, Conservation Corps, ESDNL, the Newfoundland and Labrador Green Fund and many local Businesses who have supported this project. Our sample garden is shared by The Smallwood Crescent Community Kitchen, St. Joseph's Academy in Lamaline and St. Lawrence Academy. Our main garden will be shared by families and non-profits in the region.

Members of the garden are encouraged to tend to their individual plots. BPERC will also be planting crops to be shared among organizations such as the Local Food Banks, Brighter Futures as well as schools, churches and public service organizations. The committee will also sell some at the local Farmer's Market. Proceeds will be tilled back into the garden. Due to space limitations, not all interested parties were able to take part in the project this year, but by next year all can be involved. We apologize to those individuals and businesses that missed out this year and would like to express our gratitude to the many individuals, schools, businesses and non-profit organizations that supported this worthwhile community enhancing program.



Lids For Kids - Bike Safety

Submitted by Deidre Patey

The Clarenville Primary kindergarteners are riding their bicycles safely with the help from the Eastern Regional Wellness Coalition. With a grant of the ERWC, we were able to provide approximately 40 bicycle helmets to our kindergarten class for students to take home. We have introduced the program, *Lids For Kids*, at Clarenville Primary. This was a day program that taught the kids the rules of bike safety, the importance of their bike helmet and at the end of the day they were all fitted with their very own helmet to take home. With some intense demonstrations, (the smashing of a watermelon on the floor) the kids got to see first hand what could happen if they do not wear a helmet while bike riding! Thanks to everyone involved that day but it would not be made possible without the help from the ERWC!! Thanks again and hopefully we can continue Lids For Kids in the future.



Cervical Screening Initiatives Program

Did you know that only one third of women in our province have annual Pap tests? This is something the Cervical Screening Initiatives Program hopes to change with education, promotion and recruitment. A Pap test screens for cervical cancer and can save a woman's life by picking up the abnormal cells before they ever become cancer. All females need a pap test once they become sexually active because we now know that the Humanpapilloma Virus is responsible for causing this type of cancer. We also know that early onset of sexual activity, multiple partners, smoking and most importantly, not having a Pap test, put women at risk for cervical cancer. The CSIP has many free resources to help educate students, staff and the public. We can also help with displays, learning activities or presentations. Please contact one of the regional coordinators in Eastern Health; Susan.earles@easternhealth.ca 752-4353 in St. John's or Dawn.mercer@easternhealth.ca 466-5847 in Clarenville.



**Cervical
Screening
Initiatives**

A simple Pap test can save your life!

Stepping Out

*Written by Olive Cullimore, Trinity Bay North
50+ Club*

Have you ever stopped to wonder how life would be at home
If the only thing you did all day was talk on the telephone.
Maybe you just weren't feeling well, not wanting to go out
Or mix with other people to see what life was all about.

Then one day a friend comes by, she's in quite a rush
Why don't you come with me tonight and join the 50 +.
Thinking oh what the heck, what have I got to lose
I could leave at any time if that is what I choose.

I had become a loner over these past few years
I stayed at home all by myself and gave in to tears and fears.
My friend came by and got me and together we went inside
I was so darn nervous, I very nearly cried.
I looked all around the place, smiling faces I did see
Some were waving and saying hello, and really welcoming me.

Now I'm as busy as a bee I don't have time to worry
I'm making quilts, I'm in a choir, joining I am not sorry.
Now when I am able, it's off to choir I go
And every Thursday afternoon, I'm getting ready to sew.

Come on out and join the club and become one of us
The best move I ever made was join the 50 +.

Ticker Tom Program Summer 2010

The Ticker Tom program is a targeted for children aged 5 – 10 years. The three key messages are Eat Healthy, Be Active and Stay Smoke Free. Are you planning on hiring students this summer? Do you want children engaged in Ticker Toms program?

Be sure to contact the co chairs Tammy Greening and/or Sherry Kennedy if your group is interested in attending a Ticker Tom Training workshop.

This program has been revamped with an expanded activity guide and new promotional items such as Ticker Tom Quizzler. In addition the usual promotional items of tattoos, T shirts, stickers and beach balls are also available.

Call to pre book your space for two people per group to attend the workshop closest to you – Marystown, Clarenville, Harbour Grace, Placentia, Bay Roberts, Whitbourne and Bonavista. If you cannot attend one of these sites, we may be able to accommodate your request.



Proud to be smokefree

Eastern Health is proud to promote and support an environment free from tobacco and second hand smoke. As of September 23, 2009 Eastern Health is tobacco and smoke free.

Eastern Health prohibits the use of all tobacco products on properties owned and leased by Eastern Health including buildings, grounds and parking lots (including all vehicles parked therein).

The Smoke Free Environment Policy is in keeping with our vision of “Healthy People, Healthy Communities”. Eastern Health believes a tobacco and smoke free environment is an important step to ensure we do everything we can to promote, protect and improve the health of employees and those we serve.

If you have any comments or questions about the policy please email proudtobesokefree@easternhealth.ca.

50+ Walking Group Submitted by Marie Butt

Fifty plus residents of Swift Current, Black River and Garden Cove availed of the gym at Swift Current Academy to participate in a walking group initiated by members of the Swift Current/Black River Recreation Committee. From the opening date of January 20th, 2009 until the final date in May, when the gym became unavailable, approximately 50 people attended the event. An average between 20-25 walkers came each Tuesday and Thursday evening from 6:30 to 7:30. Participants enjoyed an eclectic selection of music as they walked and appreciated the opportunity to socialize when they took a break. The response was enthusiastic and positive and so the group has continued. A grant from the Wellness Coalition has provided the means to purchase 25 pedometers and some additional resources to support the group. We are looking forward to continued success and growth.



Meet a Coalition Member *Tourism Elliston Inc.*

Tourism Elliston is a group of volunteers, which formed in 1997. The goal of the committee is to promote economic sustainability and make the community a more vibrant place to live.

For the past 12 years we have organized the annual Bird Island Puffin Festival, a festival which celebrates our culture and heritage and draws thousands of people to the area. During the busy summer season Tourism Elliston offers guided tours of the root cellars and puffin site; we also operate the Elliston Adventure Craft and Gift Store and Visitor Information Centre. One of the other activities that our group oversees during the summer is the hiring of someone to plan and organize activities for the younger kids in the community.

Tourism Elliston received two lots of funding from the Wellness Coalition; one was for exercise equipment for a group of residents that get together each week and the other was to buy floor hockey equipment for the kids. If you want to learn more about Tourism Elliston and its many activities you can visit our website at www.rootcellars.com.



Laval High School Wellness Initiative *PAY IT FORWARD*

PAY IT FORWARD
OOO

What is Pay it Forward?

“Pay It Forward” is a book written by Catherine Ryan Hyde. In the book a boy is inspired by his social studies teacher to develop a school project based on a simple concept. The concept included the boy helping three people in a big way expecting anything in return. Instead the three people are asked to “pay it forward” with a kind gesture to someone else. In fact, since the book was released, in January of 2000, a real-life social movement has emerged worldwide.

One of the Laval Wellness Team members (Dave Constantine) had previously participated in one of these initiatives at a Physical education national meeting in Toronto. A teacher from Quebec explained the concept of “Pay It Forward” to him and the next day the two of them did a good deed for three strangers in Toronto. However, that is another story. When Mr. Constantine returned to Laval High School, he brought this idea forward to the school's Wellness Team. At a planning session, Mr. Constantine explained “Pay It Forward” and the team decided to incorporate this “idea” as one of its 2008 – 2009 school initiatives. The rest is history.

Here are two examples of the “Pay It Forward” initiatives that have occurred.

Initiative #1

The 1st “Pay It Forward” initiative was by the Laval Wellness Team. One of the students heard a teacher say she needed to decorate her classroom but couldn't seem to find the time. The Wellness Team decided this would be a good project to begin their “Pay It Forward” program. The team targeted this teachers' math class to be the recipient of their first gesture. The team came into school on a long weekend and decorated the classroom. When the math teacher came into her homeroom and saw the decorations – she cried!! On her white board was: “Math 3207 class, this is for you - 'Pay it Forward' within the next two weeks”.

Optional activity #2

The Laval Wellness Team and Lady of Pink Group organized a girl's night. The only request of the two groups who organized the night - Pay it Forward! There have been numerous requests by girls at the school to do this again – it will happen! Not to be

outdone, a group of male teachers at Laval hosted a “boys only” night at the school. The only request by the teachers was - Pay it Forward! There have been numerous requests by boys and girls at the school to do these activities again – it will happen!

How was this worthwhile initiative made possible? The student Wellness Team, under the supervision of Mr. David Constantine and Ms. Alison Power, applied for and received an **Eastern Regional Wellness Coalition Community Grant**. This money was used to:

- design and purchase a Laval “Pay it Forward” banner. The art class designed the banner. It is our goal to have every student who is involved in this initiative sign the banner.
- design and purchase Laval pay it forward t-shirts. (every time a group completes a “Pay it Forward” initiative, one member of the group receives a t-shirt.)
- purchase copies of the “Pay it Forward” book and video. Several copies will be kept at the school for teacher and student use. Laval's two feeder schools will also receive a copy of the book and video to be placed in their school libraries. Furthermore, these schools will be asked to pick a student/group, in their school, who has been involved in a “Pay it Forward” type of initiative that the school wants to recognize. These students will receive a “Pay it Forward” t-shirt.
- ensure that the “Pay it Forward” initiatives are profiled to the student body through pictures on the television rollover, newsletters, announcements, “Pay it Forward” banner, local newspaper, website

These structured initiatives have sparked an awareness within staff and students that has resulted in many kinds, informal gestures of people helping people throughout the school.

If you have any questions about this worthwhile initiative you can contact the teacher co-chairs of Laval's Wellness Team at 227-2041. The co-chairs are David Constantine and Alison Power.



Results of 2009 Newfoundland Nutritious Food Basket Survey for Eastern Health Region – Rural Avalon and Peninsulas*

The results of the 2009 Newfoundland Nutritious Food Basket Survey are available and can be accessed on the Eastern Regional Wellness Coalition website at <http://www.easternwellnesscoalition.com/index.php> Click on “News and Events”.

This survey provides information about the cost of healthy eating in Newfoundland and Labrador. In the Eastern Health Region – Rural Avalon and Peninsulas*, the survey is conducted by the Regional Nutritionists with Eastern Health, in cooperation with the Department of Health and Community Services and the Newfoundland and Labrador Statistics Agency.

Quick facts about the survey:

- takes place during a designated 2-week period in June 2008
- prices are collected on a “food basket” list of 63 basic food items in six selected grocery stores in the region.
- items in the food basket are priced at the lowest price available in the store in a specified purchase size, regardless of brand.
- the average weekly cost of the nutritious food basket is available for 23 age and gender groups, including pregnancy and lactation. See Wellness Coalition website for this information.



The basket is not a recommended diet. It is a way to monitor the cost of healthy eating. It is based on food purchasing patterns and has some similarity to the foods generally purchased in the province.

The list does not include:

- convenience foods
- items with little nutritional value (soft drinks, candy, etc.)
- foods eaten away from home
- non-food items such as soap, toothpaste, toilet paper and cleaning supplies.

Information about the cost of a nutritious food basket may be used to promote and support policies and programs which increase access to healthy foods. For more information, contact Donna Nolan, Regional Nutritionist at 229-1575 or donna.nolan@easternhealth.ca

Special Thanks

- Editorial Subcommittee
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- Strategic Communications Department, Eastern Health
- St. Clare’s Print Shop, Eastern Health

We would like to hear from you!

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

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Sherry Kennedy at 945-6531
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