



On the Road to Wellness

Co-Chairs Message

Welcome to the fifth edition of the *"On the Road to Wellness"* Coalition newsletter! We now have 217 community groups part of the Coalition network! It is always so exciting to see and hear about the great things happening with wellness in communities! This newsletter has become a great way to share ideas and stories from all over the region. The commitment and enthusiasm to promote healthier living in our communities is truly amazing! Take time to read this newsletter and learn about what groups have been doing.



We would like to take a moment to acknowledge that many of our communities are still experiencing the effects from Hurricane Igor on September 21. In times like this you really see the compassion and concern that our communities have for one another. Over the last several weeks, we have seen and heard

many stories of devastation and at the same time those of courage and kindness, people helping people.

It will take time to deal with the aftermath of the hurricane for many families. What we do know is that Newfoundland communities have always been resilient in times of hardship. That resiliency comes from relationships that allow us to lean on each other for support when we need it. As we continue on with our wellness work, the sharing and support becomes even more important and needed.

We look forward to our continued work together. Share your good news stories with us. We would love to hear from you! We also want to send out a huge thanks to all those who contributed to this newsletter.

Tammy Greening and Sherry Kennedy

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Editorial Subcommittee:

- Tammy Greening
- Sherry Kennedy
- Lisa Osmond

Meet Steering Committee Member, Janet Fisher

Who do you represent on the Coalition Steering Committee?

My name is Janet Fisher and I work with Eastern Health as a Primary Health Care Manager for the Bonavista Area. My office is located at the Bonavista Peninsula Health Centre and I represent Eastern Health on the Bonavista Area Community Advisory Committee.

Tell us about yourself.

I was born in 1969 in Little Catalina, NL. After completing high school I attended Memorial University where I completed a Bachelor's of Nursing degree in 2002. I began working in Bonavista in 2003 where I've lived and worked ever since. I'm married and I have two boys, Matthew age 13 and Andrew age 9.

What are you involved in through your work?

Since I began working in Bonavista, I've worked in Acute Care, Emergency, Long Term Care, and Community Health Nursing. In 2004, I accepted a temporary position as Primary Health Care Facilitator which was identified as the Bonavista Peninsula representative on the Eastern Regional Wellness Coalition Steering Committee and I've been a member ever since.

As a clinical nurse, I had the opportunity to work in a variety of areas and learn a lot of new things. However, I really enjoyed my role in Public Health doing health promotion while working with schools and communities. In my current role I still have the opportunity to do just that and I really enjoy it. I consider the whole community as my client and I really enjoy working with groups and organizations along with my health professional colleagues to try and make a difference and help promote Healthy People Healthy Communities.

What are you involved in your community?

Currently I am an advisory board member of the Bonavista Area Youth Network (BAYNet) and I sit on the planning committee for the Cabot Loop Regional Games. Both of these are direct spin offs from being a representative of

the Bonavista Area Youth Advisory Committee. This committee is made up of representatives from a variety of local sectors with a vested interest in the well-being of youth on the tip of the Bonavista Peninsula and was responsible for initiating both groups by writing the original proposals and by establishing the respective committees. I have also volunteered with the local Bonavista Trinity Minor Hockey Association and the local Minor Soccer Association in the past where both my sons have been involved as well as the Canadian Cancer Relay for Life and my church.

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

As a person who works with many groups and organizations in my area of the region, I believe I can bring their interests and concerns forward to the Wellness Coalition and then work with other committee members to help guide the Coalition to meet community needs. I also like to network and share with my colleagues and then bring back new ideas, knowledge and information that I can share with groups in my own area.

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

My advice to any individual, group or community who wants to get active is to talk to other people. It can be friends, family, neighbors, or people you know who have similar interests and share your ideas with them. Find out what groups already exist in your community and who might be able to provide information, knowledge, skills, resources, etc. Then motivate others to work with you and seek out groups that might be able to provide support such as space, equipment, time, money, etc. It's important for groups to plan, plan, plan... know what you want to do, how you're going to do it, who's going to help, where are you going to do it and how can you maintain it. It's best to think it through. But most importantly, you need a positive attitude and believe strongly you can do it. I've learned over the years that we can do anything we put our minds to. There's no such thing as "We can't do it", and there are people and groups out there to help. The Eastern Region Wellness Coalition is one such group that can help get you going in the right direction. One final word of advice... find and keep a good leader and give them all the support you can.



Networking Day 2010 - Sharing our Gifts

On May 19, 2010, we held our annual Networking Day in Clarendville. The theme was *Sharing Our Gifts* and 67 people came out to participate in the day. John McKnight was our guest speaker for the event and his talk was very inspirational and empowering. All groups who presented did a fantastic job in sharing their community stories with us. Hats off to all of you in showcasing the wonderful work in wellness that is happening throughout our region.



I especially enjoyed...

- Learning more about the coalition and hearing the stories
- Networking at tables, community stories
- John's presentation, thinking of my own gifts that I can share
- The talks that some of the clubs gave about what they are doing
- John's presentation, I find it very informative and I feel he was speaking about my community

One thing I learned...

- To focus on my community's local strengths rather than deficits.
- Reinforced importance of partners
- Coalition does much more than just newsletters and community grants.
- Is that one small thing can make a big difference
- There are a lot of wonderful people in our region working so hard towards a healthy community. I walked away inspired by the success stories and the sharing experience at the table

The Community Sector Council Newfoundland and Labrador (CSC) formerly the Community Services Council, is an incorporated charitable organization dedicated to advancing the distinct role of the community sector. The CSC fosters volunteerism, social innovation, collaboration, community/social enterprise and knowledge building.

For over 30 years the CSC has been pioneering community based research and responding to the needs of the community sector in NL. Community consultations across the province resulted in volunteers and community organizations communicating concerns with respect to increasing stresses and strains. The CSC developed a profile of the voluntary, community-based sector resulting in the report: The Leadership Gap: Perception or Reality.

In an effort to respond to the Leadership Gap report, the CSC, with financial support from the Government of NL, initiated the Voluntary Clusters Project. The project was developed to explore opportunities to improve the capacity of voluntary organizations, increase opportunities for organizations to work collectively, build networks of voluntary community based organizations, and strengthen the relationship between the voluntary sector and government.

The pilot project is being operated in two areas the Cabot Loop on the Bonavista Peninsula and the Burin Peninsula. In each area, a facilitator has been hired and a leadership team comprised of local volunteers has been established.

The CSC offers many programs and resources for volunteers and community organizations. To learn more about the CSC contact Penny Rowe toll free at 1-866-753-9860, or by email: pennyrowe@csc.nf.net

Cabot Loop Cluster Project (2008 – 2010)

Some of the activities include:

- Volunteer Appreciation Receptions in 2009 and 2010
- Offered two workshops on board governance issues (chairing meetings, officer roles, making motions, charity status, legal liabilities, etc.)
- Hosted two large group sessions on planning for volunteer recruitment.
- Held a Volunteer Recruitment Fair.
- Conducted three peer learning exercises – Basic Proposal Writing, Basic Book Keeping and Facilitating Group Sessions.
- Volunteer management support. E.g. how to write volunteer work descriptions.

Any groups or group members interested in participating in peer learning sessions or other opportunities in the Cabot Loop area can contact **Barry** at **709-469-2299** or by email: barrypearce@csc.nf.net

Burin Peninsula Voluntary Clusters Project (2009 - 2010)

Some of the activities include:

- Hosted and planned in partnership with local volunteers a networking event including the CSC's Finders Keepers Recruitment and Retention workshop.
- Held meetings in different areas of the Burin Peninsula to identify areas where local groups were interested in working together.
- Planned in partnership with local communities and volunteers a Regional Volunteer Appreciation Event in April 2010.
- Supporting groups to learn more about community enterprise by helping the CSC to plan a Building Community Enterprise workshop, engaging local community leaders to help plan the event, and arrange a panel of 3 successful local community enterprises to share lessons learned.

Anyone interested to learn more about the Burin Peninsula Voluntary Clusters Project and upcoming activities can contact **Trina Appleby** at **1-866-753-9860** or by email: burinclusters@csc.nf.net





Atlantic Summer Institute (ASI) on Healthy & Safe Communities

The sixth Atlantic Summer Institute (ASI) on Healthy & Safe Communities was held in Charlottetown, PEI, from August 17-20. ERWC through the Bursary Program supported three members – Barry Pearce, Cyndy Stead, and Joanie Bruce, to participate in this year’s conference. Tammy Greening, ERWC Co-Chair/Health Promotion Consultant with Eastern Health also attended. The conference theme was “Innovation and Collaboration: Building Resilient Communities”.

ASI is a curriculum-based learning institute offering participants three different pathways: Foundations- preparing to work together across sectors and cultures; Applications- Advancing learning in a case study approach to planning; Specializations-Strengthening Community Action on Health and Safety. This conference also provided valuable information through a variety of guest speakers, panel discussions, poster boards and tabletop presentations. This allowed for much opportunity to listen to and share experiences and community stories from throughout Atlantic Canada.

Tammy presented a posterboard presentation entitled “Stone Soup: A Recipe for Wellness Coalitions”. It was an excellent way to showcase the wellness work being carried out by Coalition members.

“ Through this conference I learned that communities are constantly changing and we need take these changes into consideration when planning. We also need to be flexible enough to face any challenges and/or opportunities as they may arise. There was a wealth of knowledge presented and I feel I gained new skills and tools that will help in my role as Youth Employment Counsellor in Bonavista and Surrounding Areas. I feel reenergized by this learning opportunity. ”

—*Cyndy Stead*

“ I learned that the challenges we face here in NL are not that different from challenges facing the rest of the Atlantic Canada and the best approach to dealing with challenges is with a bottom up approach –where the solution is within the community. There are communities in Atlantic Canada where residents have come together to grow the town without too much outside help or government assistance. We can learn from that experience. Leadership, collaboration, partnering, knowledge, communication, relationship building, taking ownership, and inclusion are all necessary to build resilient communities. ”

—*Barry Pearce*

“ Marie Burge, the opening speaker, explained that, “Resiliency usually has the sense, either on a personal level or a community level, of the capacity to bounce back after a hard time, a set-back, or a disaster.” She believes resiliency means returning not to original condition, but moving ahead to an improved state, taking the present moment and transforming it into newer and greater. There were interesting perspectives on building resilient communities from all the speakers. Overall, this was a most interesting conference and I’m grateful to have had the opportunity to attend. ”

—*Joanie Bruce*

My summer and Birthday Celebrations with Ticker Tom

Submitted by *Natasha Burton*

If someone were to ask me how my summer of 2010 went, I would have to say exciting, fun, active and one of the best! With the Ticker Tom Program I coordinated and participated in many events along with Ticker. Between the leaders, adults, parents and children I would not be able to say who enjoyed the activities more, be it tug of war, Ticker Toms awesome race, or our greatest hit, potato sack races along with many other activities.



As a popular mascot and a sociable cat, Ticker Tom had many friends and children eager to celebrate his 10th birthday. Being the 10th year anniversary for the program, I was busy

incorporating birthday party activities and themes at various site visits, a little extra just for Ticker on his birthday. Be it pass the parcel Ticker Tom style, or receiving the lute bags with our Ticker Tom promotion items the kids enjoyed it to the fullest.

Although I couldn't be in multiple places at once and neither could Ticker, sending along our free promotional items such as, quizzlers, tote bags, tattoos, stickers, beach balls and t-shirts is how I reached out to the recreation groups I was unable to visit. A great way to ensure a visit by us and Ticker is to book us early!



Regional games, festivals, community events or just spending the day with recreation groups and children for a Ticker Tom day are some examples of the summer events the Ticker Tom program incorporates. Although it is more developed for use during the summer, since The Ticker Tom program is all about being healthy, being active and staying smoke free many activities can be adapted for use during every season. Booking the mascot or ordering promotional items are still options groups can choose throughout the entire year.



Eat Great & Participate is all about promoting healthy eating to kids participating in recreation, sport and community activities and events. To develop life long healthy habits, it is important for kids to receive consistent messages around the importance of healthy eating and being active every day.

Building from the great work of the *School Food Guidelines* we are working with recreation directors, community leaders, coaches, parents, volunteers, food service providers, town councils, and facility operators to increase healthy food and beverage choices in recreation and community facilities and at events.

The *Eat Great and Participate* project is a joint partnership between the Department of Tourism, Culture and Recreation (TCR) and the Department of Health and Community Services. It is funded by TCR and the Public Health Agency of Canada. Partners include Recreation NL, Sports NL, School Sports NL, Regional Health Authorities/ Regional Wellness Coalitions, the Community Youth Network and Dietitians of NL.

Contact us for more information about *Eat Great and Participate*. Call Jill at 709-729-4432 or email

jillmaceachern@gov.nl.ca. Project resources are available on-line at www.livinghealthyschools.com/eatgreat.html

Let's all work together to make the healthy choice the easy choice for our kids!



Meet a Coalition Member Islandview Youth in Motion

Submitted by Winnie Fisher

On any given Friday evening between October and May from 6:15 – 10:00pm you will find youth of ages 4 years and up having fun and fitness at The Islandview Salvation Army church in Musgravetown. This program was created and is coordinated by a retired physical education teacher, Max Oldford, who has a love for children and their physical well being. About 60 – 70 young people come to these free sessions but on the side lines you will see another 20 parents watching their children learn necessary skills. The youth take part in various motor skills, sports skills, recreational games and other gym activities. The youngest take part in tag games, soccer skills, floor hockey, scooters and jumping. The older children participate in basketball, volley ball, floor hockey, team handball as well as other recreational activities. Fun, fellowship and fitness in a healthy environment are the main goals of this program. Winning or losing is not important but the effort shown and sportsmanship demonstrated are. Cheering, laughter and excitement can be seen on many faces during the evening. These young people who come are not only from Musgravetown or Bloomfield area but also Bunyan's cove, Canning's Cove, Lethbridge and as far away as Princeton area.

Since the program started in 2008 we have partnered with several groups and the Eastern Regional Wellness Coalition has been there with their support. A grant of \$1000.00 was granted which purchased much needed equipment. The Salvation Army church offers the building free of charge and several volunteers plan, organize and chaperon each night. We have a partnership with the Vista Family Resource Centre where they use our equipment to hold a Jump and Run session weekly for preschool children and parents. At the end of each year we have had a small get together where the youth and parents come together for a close out lunch, where the friendships made can be acknowledged. We want to thank Tammy Greening (Co chair) of the Eastern Regional Wellness Coalition for her support and invite anyone who wishes to drop by any Friday night and see our children having fun and learning much needed skills as well as giving them something worth while to do on a Friday night.

How Does Your Garden Grow?

Submitted by Patricia George

The Eastern Regional Wellness Coalition has supported Ascension Collegiate's (Bay Roberts) environment group, Gaia. Our "Garden" project took an unpaved clay parking lot and transformed it into a garden space, complete with a gazebo, a running brook and small pond, octagonal picnic tables, trees, shrubs, benches, and it grows on...The idea was to provide a



green space that would double as an outdoor classroom. People come to have lunch, bicycle through, or sit to wait for a child taking swimming lessons. Families come to eat a Sunday supper, take pictures, or have a chat. Teachers take the class outdoors into the invigorating fresh air, and grads and new brides get their pictures taken there. Groups come and use the BBQ to share a lunch, or to use the space to help a mentored friend in smoking cessation. Students, teachers, residents and businesses in the community helped lay sod, shovel and spread rock for the walkways, or to plant trees and shrubs.



The Coalition has supported our garden through the grant program. The shrubs purchased have allowed those that helped plant them, to have time developing a positive environmental stewardship, to socialize and to relax. We applaud the Coalition's vision in recognizing the need for this type of green space in our schools. This year we are aiming for an outdoor green gym that would be free to participants. We hope our "Garden" will be a role model to other schools to help reconnect people with nature and build a healthier lifestyle.

Baccalieu Trail Seniors Resource Centre Satellite Office

Submitted by Marie A. Ryan, Regional Coordinator

The Baccalieu Trail Seniors Resource Centre Satellite Office located in the Spaniard's Bay town hall, opened in April 2009. We provide service to seniors and family members in 60 plus communities along the Baccalieu Trail. Since opening, the satellite office has formed great partnerships with other agencies and organizations which enable us to provide a wealth of information and educational programs to seniors. The office has received over 650 senior's requests and calls to date.



We are not a senior's social club or group, but an organization that can provide services to assist all seniors enabling them to make decisions that will enhance and support their well-being and live independently. The Satellite office also offers programs promoting social inclusion and education.

We wish to thank the Eastern Regional Wellness Coalition, Community Foundation of NL and the many partnerships we have formed since our opening. Without their assistance our services and programs would not be possible.

We strongly believe that the seniors in our rural communities along the Baccalieu Trail have benefited from the Baccalieu Trail Seniors Resource Centre Satellite office. We recognize that the services we provide assist seniors with invaluable information. Seniors are welcomed to call our office for any type of information and if we don't have it in our database, we will get it!

There have been many partnerships formed since the opening of the Baccalieu Trail Seniors Resource Centre Satellite Office. A few examples are:

- Canadian Hard of Hearing Association of NL - the Satellite office serves as an Outreach Site by providing 'assisted listening devices' to seniors who wish to borrow a variety of equipment on a loan basis
- Bell Aliant Pioneers – through the generous donations of refurbished computers, the Satellite office can provide seniors with free computers
- Local High Schools - 'Student Volunteer Program'. This program involves high school students who wish to obtain mandatory volunteer hours throughout the year. The Satellite office will match up students and seniors in their local area to do chores such as snow clearing, yard work, etc....it's a win-win situation for both parties!
- Trinity Conception Family Resource Centre - Healthy Cooking Programs which promoted healthy eating, budgeting, food safety and improve intergenerational connection between different generations.

We would like to hear from you!

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

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