

Spring/Summer 2008



WESTERN REGIONAL WELLNESS COALITION NEWSLETTER

West Coast Wellness



Western Region

Promoting Wellness throughout the Western Region of Newfoundland

FEATURE STORY!

Read about it on Page 3!



Intergenerational Program in Port aux Basques

- ◆ Mental Health Promotion ◆ Child & Youth Development ◆
- ◆ Environmental Health ◆ Health Protection ◆



- ◆ Healthy Eating ◆ Physical Activity ◆ Tobacco Control ◆
- ◆ Injury Prevention ◆

Is wellness a priority in your community? Tell us about it!

Inside this issue:

What's Happening in Your Community	2
WRWC Community Grants Program	2
Wellness in Action	3
Wellness Programs	3
8 Tips for a Healthy Spring & Summer	4
WRWC Contact Information	4



www.gohealthy.ca

Visit this website to learn more about the Provincial Wellness Plan for Newfoundland and Labrador

What's Happening in Your Community

WRWC Community Grants

50+ Wellness Days—Stephenville and Kippens

Public Health Nurses, Pat Young & Marie Budden gratefully received funding from the Western Regional Wellness Coalition to support 50+ Wellness Days in Stephenville & Kippens. The Wellness Days featured messages of healthy living & wellness, fun activities, health checks, nutritious lunch & lots of prizes. The Stephenville 50+ Wellness Day was held on February 5th, 2008 & the Kippens 50+ Wellness Day was held on February 19th, 2008 with both events attracting approximately 50 seniors.

A variety of speakers were invited to bring messages of healthy living & wellness to seniors on issues such as safety, healthy eating, physical activity & diabetes prevention. The wellness events also incorporated healthy living activities such as stretching, proper hand washing, & health monitoring.



Stephanie Hulan, Diabetes Education Nurse & Ruby Sharpe, Participant

The Stephenville Seniors Club & the Kippens Seniors Club also donated supplies for the refreshments & lunch. Students from the College of the North Atlantic's Community Studies Program attended & assisted with both events.



Pat Young, Public Health Nurse & Winnie Marshall, Participant



Marie Budden, Public Health Nurse

WRWC Community Grants Program Helps Promote Wellness Activities!

If you have an idea for a wellness event, project or program in your community, you can apply for funding through the WRWC to support your activities. Funding up to \$1000 may be available. Each newsletter will feature two of our award recipients to highlight their projects and showcase their community efforts.

Project: Cooking Lessons for Grads

Applicant: Pasadena Wellness Committee

Description: \$480.00 was awarded to teach 2008 Graduates some basic cooking skills & nutritional information including budgeting & label reading.

Did You Know?

**Over 20
community
projects were
awarded funding
from the WRWC
grants program
in 2007!**

Project: Moving for Health in Hampden

Applicant: Moving for Health Group

Description: This group has been active with a total of 114 sessions over 2 months. Funds were provided to purchase equipment such as therabands, exercise balls, DVD's, etc.

WRWC Healthy School Grant: *Snack Attack 2008—Promoting Healthy Eating*

Eating healthy, being active & smoke-free are the key steps towards better health. The Living Healthy Team consisting of students, staff, & the public health nurse of Corner Brook Regional High recently promoted these healthy living messages through a fun & creative idea – **Snack Attacks**.

The Snack Attacks were open to all students during lunch once a week for 4 weeks. Students were encouraged to participate in a different interactive

educational activity each week, offered a free fruit or vegetable, given a message fruit/veggie card & encouraged to view the display each week.

The Team incorporated physical activity into the Snack Attacks by hosting a hula hoop challenge & a Dance Dance Revolution challenge. Apples, bananas, oranges & carrots were given to students along with tips for a healthy lifestyle. We hope students continue to Make wise choices for better health.



Julia Young, Public Health Nurse & Robert Leamon, Level II Student

Wellness in Action

Intergenerational Program LeGrow Health Centre, Port aux Basques



Resident, Violet Keeping with Grade 5 Student

The Intergenerational program is in its third season at LeGrow Health Centre in Port aux Basques. Partially funded by the Western Regional Wellness Coalition, the program is designed to increase understanding between the young and old. The program aims to reduce the negative stereotypes of aging.

Participants include selected residents of the Long Term care unit at LeGrow Health Centre and the two Grade five classes at St. James Elementary. They come together once a month to participate in activities such as: crafts, games, sing-a-longs and for the final visit, there are plans to go to the bowling alley. The program continues to be strong and all feedback has been positive. This is a program that has been enjoyed by both young and old!

For more information, please contact Shelley Nichols, Recreation Development Specialist at (709) 695-4532.

Wellness Efforts Highlighted

Community Kitchen Project—Community Youth Network Burgeon, NL



The Shopping Experience!

Through funding from the WRWC, the Community Youth Network in Burgeo is offering a cooking program to nine youth. Under the direction of the CYN Regional Coordinator, Teresa Peterson and supported by the CIS Volunteer Coordinator, Yvonne Durnford, youth have had the opportunity to experience hands-on meal planning, cooking & grocery shopping.



The Cooking Experience!

The program started with youth participating in an information session focusing on Canada's Food Guide, the importance of label reading, portion size, food preparation, storage & handling, sanitation & hygiene. Public Health Nurse, Darlene Strickland was invited as the guest speaker to deliver this information session.

Youth will gain knowledge of how to prepare nutritious, low cost meals, using basic ingredients.



A Community Kitchen is a creative, healthy way to feed the souls as well as the stomach!

WRWC Supported Programs

Call or email us to learn how to bring one or more of these programs to your community!



Ticker Tom Programs promote healthy eating, physical activity,

staying smoke free



Heart Smart Restaurant Program recognizes restaurants that offer healthy choices for dining out



Moving for Health is an indoor physical activity program for adults



Smoke Free is a prevention program aimed at children 3-6 years



Born A Non-Smoker helps families create a smoke-free environment for newborns

8 Tips for a Safe, Healthy and Happy Spring & Summer!

Tip #1: Eat Well With Canada's Food Guide—Healthy Recipe

This easy soup recipe from Dietitians of Canada's cookbook, *Great Food Fast*, tastes great and can be ready in 15 minutes. Serve with whole grain toast or a bagel.

Tomato-Bean Soup with Cheddar *(Dietitians of Canada)*

Ingredients:

1 can (19 oz/540mL) tomatoes	1
1 can (14 oz/398 mL) beans in tomato sauce	1
1 cup water	250 mL
1/2 cup chopped onions	125 mL
1/2 tsp dried basil	2 mL
1/2 tsp dried parsley	2 mL
1 cup grated cheddar cheese	250 mL

Instructions:

1. Turn on stove to medium-high heat. Put tomatoes, beans, water, basil and parsley into a medium saucepan. Heat to boiling.
2. Turn down heat and simmer soup, uncovered, for 10 minutes. Stir several times.
3. Serve in bowls with grated cheese on top.



Makes 4 servings.

Per Serving:

Calories: 259
Dietary Fiber: 10 g
Fat: 10 g
Protein: 14 g
Carbohydrates: 33 g

Tip #2: Dress to be Seen!

Wear brightly coloured clothes so drivers can see you during the day. At night, wear reflective tape on your shoes, cap or jacket.



Tip #3: Simple Changes Add Up!

Park farther away from the entrance to the store or your workplace for a few extra steps each



Tip #4: Get Out, Get Moving!

Be active with your kids during summer break. Plan family activities like biking,



Tip #5: Smoke Free Spaces - Clean House!

Don't let people smoke in your home. Get rid of all ashtrays in your house.



Tip #6: Sun Safety

Avoid the sun from 11 a.m. to 4 p.m. when the sun's rays are strongest, unless well-protected by clothing & sunscreen.



Tip #7: Use Water Wisely!

Water grass in the morning to reduce the amount of evaporation. 50% of the water from a sprinkler evaporates before hitting the ground.



Tip #8: Laugh a Little—A little humour can go a long way to keeping us mentally fit!

National Non-Smoking Week—Race to Healthy Living!

The Tobacco Free Network sponsored a door decorating contest for National Non-Smoking Week 2008. St. James Elementary in Port aux Basques was one of the schools that participated in the contest. Shown here is the *Race to Healthy Living!* designed by Mr. Whitehorne & Mrs. Griffin's Grade 5 classes.

In the *Race to Healthy Living*, vegetables & fruit are in the lead leaving tobacco behind.



WESTERN REGIONAL WELLNESS COALITION

c/o Regional Health Educator
P.O. Box 156
Corner Brook, NL
A2H 6C7
Phone: (709) 637-5000 ext. 5355
Fax: (709) 637-5160
Email: tanyamatthews@westernhealth.nl.ca



Check out our website!
www.westernwellnesscoalition.com

YES, I would like to become a part of the WRWC Network!

Call or email to have your name added to our database to receive regular information and updates on wellness events or projects in the Western Region.