

Western Regional Wellness Coalition

Fall 2022



Greetings from the WRWC! Summer has said good-bye with a wave from each falling leaf and our colourful forests once again showed us the beauty of aging. Seasons keep changing, presenting opportunities to change and grow, to do and learn different things with new and old friends. Look inside to see what's been happening in Western, and as for what's new for WRWC this season, our website is under construction, so stay tuned for a launch early in 2023!



Stephenville Crossing
Summer Recreation - Pg. 2



Outdoor Creative Cooking
At Gros Morne Academy Pg. 3

*Help Create the New Look of the
Western Wellness Coalition*

The Western Regional Wellness Coalition started in 2003. At the 20 year mark, it's an opportunity to refresh the name, the logo and the website.

If anyone would like to submit a photo or two to feature on the new website, we'd love to hear from you. This is an opportunity to make the WWC website appealing and fresh, to display the beauty of the West Coast, and to show healthy living, healthy places and healthy people in photography.

Email your picture to our temporary e-mail:
wrvn@gmail.com
Entries selected for publishing will be contacted.



www.westernwellnesscoalition.com

WELLNESS IN ACTION

Community Grant Highlight

Stephenville Crossing Summer Recreation

What a summer in Stephenville Crossing for children, families and young at heart! Throughout the entire summer, weekly Summer Fun Camps introduced participants to a variety of sports activities including softball, basketball, ball hockey and soccer. It focused on skill development, teamwork, fair play and engagement with peers in a healthy, positive environment. Participants attending the camps and events came from other BSG communities, including St. George's, Barachois Brook, Flat Bay, Stephenville and the locals from Stephenville Crossing. The Summer Recreation Program was a great success due in large part to the skills and qualifications of quite a number of volunteers from the community. Contributions from community partners including NLESD, Town of Stephenville Crossing, St. Michael's Elementary and the WRWC Wellness grant enabled the Recreation Committee to offer this great variety of sports, as well as other events and activities to the entire community.



A Dino Dig at Black Banks Beach was a huge success. We had indoor and outdoor activities, a few adult outings and fun events for younger children. You can see it all on our Facebook page www.facebook.com/stephenvillcrossingrecreation.

Watch this short video, capturing many of the summer sport activities. It looks like everyone had a great time being active in Summer 2022!

<https://youtu.be/0Nq-l2qAAEU>



Creative Cooking - Outdoor Adventures Program



With some financial support from the Western Regional Wellness Coalition, Gros Morne Academy students were able to show their creative side through a “Creative Cooking—Outdoor Adventures Program”. The school purchased small propane stoves, cooking utensils, pots and pans, and healthy foods. Students bundled up during the winter months to experience outdoor cooking. The school is located in the heart of Gros Morne and

connections to nature are an important part of daily living for families living in that area. Spending time outdoors and exposing youth to new skill-building opportunities has been a really positive experience for the school. The cooking initiative is one component of the Outdoors Adventures Program, which also gives students opportunities to experience canoeing, a variety of physical activities and other outdoor initiatives. Student voices were key in determining what activities to plan and was an important part of relationship building with the whole school community. The school has collaborated with other schools in the area for some activities



and is always supported by families, student volunteers and the surrounding communities to help make these healthy ideas a reality. Different activities occur throughout the school year allowing students to develop a variety of skills with hopes of creating good citizens with a passion for health and wellness.



211 is a new information and referral service that connects Newfoundlanders and Labradorians to critical human, social, community, and government supports. It helps people navigate the complex network of government and community programs to quickly find the best resource for their unique situation.

211 is not a crisis management or counselling service. Community navigators are not trained to offer advice. What they can offer, though, is information and referral to the help that is already out there. They are experts in the human, social, community, and government resources that are available to Newfoundlanders and Labradorians.

Financial assistance

Food access

Programs for seniors

Newcomer support

Dial 2-1-1 or visit 211.ca



HELP STARTS HERE



What kinds of services are people referred to?

- Financial Assistance
- Food Access
- Programs for Seniors
- Newcomer Support
- Mental Health Resources & Supports
- COVID-19 Relief Programs
- Job loss or Training
- Parent Support
- Women's Shelters

And many more!

Lentil Spaghetti Sauce

Lentils, an excellent source of plant-based protein, come in red, green and brown varieties. Red lentils used here, break down and dissolve in the sauce. Lentils provide an abundance of carbohydrates, protein and fiber and can be the basis for an economical meal. Serve this sauce over any type of pasta or use it as sauce for lasagna. The combination of lentils and pasta in this recipe provides complete protein.

INGREDIENTS

- 1 tbsp vegetable oil
- 1 large onion, chopped
- 1 large stalk celery, chopped
- 2 cloves garlic, chopped
- 1 cup dried red lentils, washed
- 2 cups beef broth or water
- 1 can (156 mL) tomato paste
- 3/4 cup water
- 1 tbsp chopped fresh parsley
- 1/2 tsp dried oregano
- 1/2 tsp salt
- Pinch cayenne pepper
- Grated Parmesan cheese

INSTRUCTIONS:

Step 1

In a large saucepan, heat oil over medium heat; cook onion, celery and garlic for about 5 minutes until tender. Add lentils and beef broth; cover and cook over low heat for about 35 minutes or until lentils are tender.

Step 2

Add tomato paste, water and seasonings; cook, covered, for about 15 minutes or until lentils are soft and mushy. Serve over cooked spaghetti; sprinkle with cheese.



Recipe from Cookspiration.com



In October, the Western Regional Wellness Coalition held a **Neighbourhood Networking** session in Stephenville and Pasadena.

The purpose of the sessions was to provide an opportunity for community groups to connect with new and existing neighbours, explore possibilities to build capacity and work together on a potential project to meet the needs of the community.



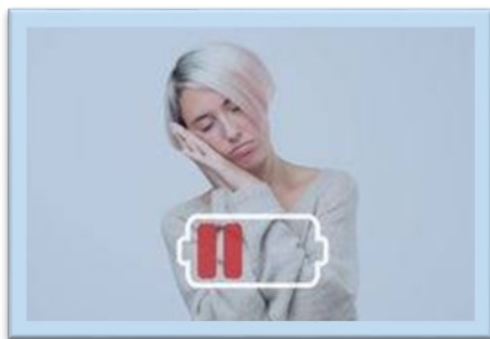
"Very helpful and informative – truly enjoyed the social aspect of brainstorming and sharing ideas. Hands on approach is fantastic. Thank you."

"It was nice reconnecting. Feels like things are getting back to normal."



Manage the “Winter Blues”

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. The specific cause of SAD remains unknown but research suggests that the decrease in sunlight causes a decrease in our serotonin and melatonin levels (natural brain chemicals) that are involved in controlling many important functions such as sleep, aggression, eating, sexual behaviour and mood.



Signs and symptoms may include:

- *having little to no energy*
- *change in appetite or weight gain*
- *oversleeping*
- *loss of interest in activities you used to enjoy*

Increasing your exposure to light, monitoring your diet, sleep patterns and exercise levels are important first steps. For those who are severely affected, devising a treatment plan with a health care professional consisting of light therapy, medication and cognitive-behavioral therapy may also be needed.

Other tips include:

- *Spend time outside during the day*
- *Trim tree branches that block light*
- *Keep curtains open during the day*
- *Move furniture so that you can sit near a window*
- *Vacation to a sunny destination*



It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see a health care provider.

DoorWays provides quick access to mental health & addictions counselling. Individuals can drop in or call when they need a service. Have the option to see the same counselor or a different counselor for as many sessions as needed. Visit <https://westernhealth.nl.ca/doorways-2/>

Grant Information

Community Grants funded in September 2022

Rocky Harbour Treehouse Families Skate Together
Pasadena Leo Community Kitchen
Corner Brook MOM's Support Group
Corner Brook Tiny Toddler Active Start
Irishtown-Summerside Weekly Wellness Activities
Humber Arm South HAS 50+ Colour It Up
Corner Brook Straight Talk and Tattered Teddies Training
Stephenville and Bay St. George Community Snowshoe Lending Program
Port aux Basques Walking For Enjoyment

Wellness Priority Areas



Healthy Eating
Physical Activity
Injury Prevention
Child & Youth Development
Sexual & Reproductive Health
Healthy Environments
Tobacco Control
Mental Health Promotion &
Addiction Prevention

If you are planning an activity, event, or project that focuses on one or more of the priority areas, you may be eligible to apply for a community or school grant!

Community Grants Program

- Community groups within the geographical boundaries of the WRWC can apply.
Maximum Funding: \$1000
Deadlines: January 30, April 30, & September 30

School Grants Program

- Schools located between Port aux Basques and Bartlett's Harbor- -a teacher, student, principal, or parent may apply.
Maximum Funding: \$1000
Deadlines: February 1 & November 1

Contact a Wellness Facilitator:

Bay St. George & Area, Port aux Basques & Area, Burgeo & Area
leannefleming@westernhealth.nl.ca
Corner Brook, Bay of Islands, Deer Lake and White Bay
amandaearle@westernhealth.nl.ca
Bonne Bay and Area, Port Saunders and Area
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