

# Western Regional Wellness Coalition

Spring/Summer 2022



Hello again from the WRWC! If you have been looking for us online, our website is under construction, but will return soon with a new look, including an online grant process! A busy Come Home Year is underway for 2022 so have a safe & healthy summer with family and friends!



A Covid-Friendly Community Kitchen in Howley



The Court at Xavier Junior High Pg. 3

www.westernwellnesscoalition.com  
WELLNESS IN ACTION

**SUN SCREEN Tips**

Canada.ca/sun-safety

**KEEP BABIES OUT OF THE HEAT & DIRECT SUNLIGHT** whenever possible

ASK A HEALTH PROFESSIONAL ABOUT USING SUNSCREEN ON BABIES LESS THAN 6 MONTHS OLD

USE A WIDE-BRIMMED HAT

USE LOOSE, LIGHTWEIGHT CLOTHING

KEEP BABIES WELL HYDRATED

**For an ADULT**

Use *about* 7 tsp (35 ml) for the entire body. 1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back

**DON'T FORGET** often missed areas: tops of ears, nose, shoulders, feet, scalp (if hair-challenged)... Use a sunscreen lip balm to protect your lips, too!

**Choose a sunscreen with...**

- BROAD-SPECTRUM PROTECTS AGAINST BOTH UVA AND UVB RAYS
- SPF 30+
- WATER RESISTANT

• CHECK THE EXPIRY DATE

Apply sunscreen **15 min** before going outside

Re-apply every **2 hrs** or more often

...especially if swimming, towelling off, or sweating heavily

Consider testing your sunscreen on a small patch of skin

If your skin develops a rash, becomes itchy, or otherwise reacts:

- Stop using the product
- Talk to your health professional if you have questions or concerns OR
- Choose a product with different ingredients

Health Canada Santé Canada

Canada

## Community Grant Highlight

# Howley 60+ Club & Recreation Committee's Community Kitchen

The members of the Howley 60+ Club and Recreation Committee found many ways to impact their community during their most recent Community Kitchen Program. Their program ran for six weeks and enhanced participants' healthy eating knowledge and food skills. Each session included a brief education on various topics like food safety, label reading, grocery shopping, affordable healthy eating and preparing meals to share together.



When the group met, they started thinking of their community members that couldn't attend this program. Were there community members that they could share the food? The group decided to donate cooked meals to two seniors in the community. The seniors were very happy to receive these meals, and it was a rewarding experience to share.

Another participant suggested that the food scraps be donated to a local farm. From the picture provided you can see that the pigs thoroughly enjoyed the vegetable peels. Community Kitchen Facilitator, Donna Hann said "being able to offer meals and creating a no waste event was very gratifying to all involved."



# The Court at Xavier Junior High



Physical activity levels among young people are directly influenced by their surrounding environment. When safe outdoor spaces are available, research shows that children and youth are more active. The staff at Xavier Junior High in Deer Lake are working towards creating a healthy built environment for youth of the community by creating “The Court”.

The Western Regional Wellness Coalition in partnership with Western Health was able to contribute to this outdoor project to create healthy built environments in the region. The school is in the process of setting up a multi-purpose outdoor space for students to use during the school day and on evenings and weekends. So far they have purchased basketball nets for the space and this summer the Town of Deer Lake will be installing paved surfaces before the new school year begins in September. Students are excited to have a usable outdoor space at their school to increase physical activity and socialize with friends during school days and other times as well.

When children and youth are active early in life, they tend to stay active as adults. Hopefully The Court will get much use and youth will find it a safe and enjoyable place for games, socializing and being active.



# Western Health on Facebook

<https://www.facebook.com/westernhealthnl>

Western Health is embracing the reach and flexibility of social media. Through Facebook, Western Health Staff are sharing their knowledge and expertise in short recordings that you can watch at home, at a time convenient for you.

You can find video clips there on healthy eating, breastfeeding, mental health, hearing, physical activity and more. Follow Western Health to catch the new additions.

June 21, 2022 at 1:00 pm will feature the Robinsons Walking Buddies. Maybe their story will inspire more walking groups in the western region!



## Easy BBQ Chicken & Bean Burgers

*Beans and rolled oats add flavour and fibre to these juicy burgers. Serve on burger buns with tomato, onions and crisp lettuce for a flavour and texture explosion.*



### INGREDIENTS

- 1 lb Ground chicken
- 1 can BBQ style white and red kidney beans
- 1 cup Large-flake rolled oats
- 1 Egg
- 1/2 cup Grated carrot
- 1/2 cup Parsley, fresh, minced
- 1 tbsp Worcestershire sauce
- 2 tsp Mustard, prepared
- 1 tbsp Chili powder
- 1/2 tsp Black pepper

### INSTRUCTIONS:

- ◆ Add all ingredients to a large bowl. Mix well.
- ◆ Form seven portions about 1/2 cup each and about 1 inch thick.
- ◆ Chill uncooked patties for about 30 minutes.
- ◆ Prepare grill by spraying the grate with vegetable oil and preheat to medium heat.
- ◆ Grill burgers until internal temperature on meat thermometer reads 165°F
- ◆ For a cheeseburger version, top each burger with a slice of cheddar during last minute of cooking.

Recipe from [Cookspiration.com](http://Cookspiration.com)

# Every Day is a Good Day to Quit Smoking!

Quitting can feel challenging, but you don't have to do it alone. There are people to support you, programs to provide assistance, plus tools and resources to guide you on this life-changing journey. So don't quit quitting, and every day is a good day to start!

Turn  
One Day  
into  
Day One!



## People Can Help

Health Care Professionals are ready and willing to help you quit smoking. Doctors, nurses and pharmacists are able to assist you in many ways. They will listen, answer questions and talk about your options. Start the conversation, gather some information, lots of people are there to help.



## Programs Can Help

There are a variety of programs available to support individuals with quitting, depending on their needs and the level of support they require. The Provincial Smoking Cessation Program provides financial support for individuals registered under the NL Prescription Drug Program to assist with the cost of smoking cessation medications and nicotine replacement products that are proven to help with quitting smoking. Call the Smokers' Helpline (1-800-363-5864) to learn more.



## Tools and Resources can Help

A wide variety of services, online resources and print materials are available to guide you through quitting. Counsellors at the Smokers' Helpline are available to help you make a plan, recommend resources, provide information and support you throughout the quitting journey. Check it out at [smokershelp.net](http://smokershelp.net).



# Summer Fun & Boating Safety

For many of us, the summer season means enjoying outdoor activities such as fishing, powerboating or canoeing. But each year, tragic and avoidable boating-related fatalities occur across Canada.



**Prevention:** Always wear a lifejacket or PFD: A properly worn personal flotation device (PDF) is the basic safety item for everyone on a boat. It keeps you at the surface of the water during unexpected or unintentional entries into water, and can help you reach safety. Everyone on board, even strong swimmers, should wear one for the entire outing.

**Be aware of environmental conditions:** Check weather and water conditions before heading out and monitor changing conditions while out. Return to the nearest point of safety if conditions change. The presence of cold water, wind, waves, current and darkness make recreational boating activities much more dangerous.

**Stay alert and in control:** Never consume alcohol before or during a boating outing.

**Plan and prepare:** Ensure the operator of the boat is experienced, the vessel is loaded properly, and that appropriate safety equipment is on board. An emergency plan should be established ahead of time.

## Checklist for Choosing a Lifejacket or PFD

- ◇ Is it Canadian-approved?
- ◇ Will it support the person it was made for?
- ◇ Are all the snaps, belts, ties, tapes and/or zippers in good condition?
- ◇ Is it easy to put on and take off?
- ◇ Can you move your arms freely when wearing it?
- ◇ Does it let you bend at the waist?
- ◇ Can you see the ground at your feet and walk over obstacles easily?
- ◇ Does it keep your head above water?
- ◇ Can you swim and maneuver easily in the water?
- ◇ Have you attached a whistle to your flotation device?



**For Boating, Swimming and Water Safety information in all seasons and in different setting, visit the Canadian Red Cross at:** <https://www.redcross.ca/training-and-certification/swimming-and-water-safety-tips-and-resources/swimming-boating-and-water-safety-tips>

# Community Support

It's now quicker than ever to access Mental Health & Addictions. That's right – **NO WAITLIST!**



Mental Health & Addiction Services

**DoorWays** provides quick access to mental health & addictions counselling. Individuals can drop in or call when they need a service. They have the option to see the same counselor or a different counselor for as many sessions as needed. Some examples of what could be discussed are: stress/coping, depression, anxiety, bullying, grief/loss, substance use, and/or relationship issues.

Drop in or call your local office to see us today. In-person or Telehealth options available.

DoorWays is not an emergency service. If you or someone you know requires crisis or emergency support, call 911 or go to the nearest emergency department.

Quick Access to  
Counselling.

No Waitlist.



## Reach Out. We're Here to Help.

Port aux Basques	695-6250
Burgeo	886-2185
Stephenville	643-8740
Corner Brook	
Adult	634-4506
Children & Youth	634-4171
Deer Lake	635-7830
Norris Point	458-2381
Port Saunders	861-9125

Drop-In or Call Monday to Friday.  
In-Person & Telehealth Options.



Bridge  thegapp.ca



**Mental Health Crisis Line**

**1-888-737-4668**

**Crisis Text Line**

**Text 'Talk' to 686868**

**Kids Help Phone**

**1-800-668-6868**



# Grant Information

## Community Grants funded in April 2022

Port Saunders Port Saunders Walking Club
Hawkes Bay Come Home Year Events
Rocky Harbour Rocky Harbour Community Garden
Rocky Harbour & Norris Point Summer Active
Trout River Intergenerational Community Kitchen
Meadows, Irishtown - Cox's Cove Little Gardeners
Corner Brook Green Gardening
Stephenville Crossing Summer Youth Fun Camps

# Wellness Priorities



- 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](mailto:leannefleming@westernhealth.nl.ca)**

**Corner Brook, Bay of Islands, Deer Lake and White Bay**

**[amandaearle@westernhealth.nl.ca](mailto:amandaearle@westernhealth.nl.ca)**

**Bonne Bay and Area, Port Saunders and Area**

**[caracullihull@westernhealth.nl.ca](mailto:caracullihull@westernhealth.nl.ca)**