



www.westernwellnesscoalition.com  
**WELLNESS IN ACTION**

The Western Wellness Coalition (WWC) is so excited to launch its new logo and website! Take note of our slight name change, just a little shorter and matching our website address. Our hope is that the logo leaves you with an impression of vitality for our region. The features reflected have many interpretations. To start, a rising sun conveys potential and opportunities; mountains reflect our unique region, but also challenges and a call to overcome them; a stand of trees whose roots capture our history and whose branches stretch outward for future growth; birds on-the-wing portray our potential to achieve great heights together; and the river contains the essential component of water for health and wellness but is also a way to take us forward together.

Take a moment to find your interpretation of wellness in our new logo, and we'd love to hear from you through our WWC e-mail:

[info@westernwellnesscoalition.com](mailto:info@westernwellnesscoalition.com)

*Check This Out!*



**AS part of our new website, grant applications are online!**

Here are the highlights:

- ◆ One application for both community and school grants – just select if you are applying as a community group or a school and proceed.
- ◆ Many sections are checkboxes for easier completion.
- ◆ Submit it with a click. It comes directly to us and you get a confirmation message that your application was received.
- ◆ Final reports can also be completed online at the end of your project.

**The next grant deadline is April 30th, 2023.**

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# Community Grant Highlight

## Winter Fun at Tuckamore Ski & Snowshoe Club

In January 2022, the Tuckamore Ski & Snowshoe Club (TSSC) were very pleased to receive a community grant from the Western Wellness Coalition. With our funding, we purchased youth-sized ski equipment for the learn-to-ski program at TSSC. Children outgrow this equipment in a season, so to support families and reduce barriers, we took the approach of lending the equipment to youth participants. It appears to have been a great success. The program had 25 youth participants enrolled for the 2023 season. Families have expressed how being able to borrow ski equipment has made participation possible for their children. TSSC required that children be accompanied by an adult, so as an unexpected and welcomed result, there are more adults showing interest in skiing and snowshoeing. The TSSC has many plans for future growth and we hope to have more offerings such as youth skate-ski sessions, training more coaches (both adults and teens), and participating in fun races and events hosted by our club and other ski clubs in the region. As TSSC grows we'll continue to monitor our ski equipment inventory and purchase additional equipment while always keeping a focus on reducing the cost barrier to participation.

*Submitted by Meigan Aspin*



*Photographer  
Dru Kennedy*



## Tchoukball at Templeton Academy

Students at Templeton Academy in Meadows have been introduced to a new sport, and while it may be strange to say, tchoukball is easy and fun to play. Thanks to the WRWC School Grants, the school purchased the frames and balls needed to bring this sport to the school community. Tchoukball was created in the 1970's with the primary goal of being a non-contact sport to prevent injuries. Tchoukball is an inclusive game and easy to pick up with the main skills of throwing, catching and shooting. Without being too aggressive, tchoukball enables people of all shapes, sizes, genders, cultures and backgrounds to play together. Tchoukball is fast-paced and played by a "rule of three": players have up to 3 seconds, 3 steps and 3 passes with the ball before it has to be shot at a frame. These features make it a great sport to play in Phys Ed classes! The students at Templeton Academy have been having a blast playing Tchoukball this winter and the future plan is to incorporate this activity into the grade 4-12 PE curriculum for years to come!

*Submitted by Greg Sharpe*

Get a glimpse of the game here: <https://www.youtube.com/watch?v=kkHGO3pLMIE>



## Any reduction helps lower the risks. Every little bit counts.

Alcohol consumption per week  
Drinking less is better.

### 0 drinks per week

Not drinking has benefits, such as better health & sleep. During pregnancy, none is the safe option.

No risk



### 1 to 2 standard drinks per week

You will likely avoid alcohol-related consequences for yourself & others.

Low risk



### 3 to 6 standard drinks per week

Your risk of developing several types of cancer, including breast & colon cancer, increases.

Moderate risk



### 7 or more standard drinks per week

Your risk of heart disease or stroke increases.

#### Each additional standard drink

Radically increases the risk of these alcohol-related consequences.

Increasingly high risk



A standard drink means:



**Beer**  
341 ml (12 oz) of beer  
5% alcohol



**Cooler, cider, ready-to-drink**  
341 ml (12 oz) of drink  
5% alcohol



**Wine**  
142 ml (5 oz) of wine  
12% alcohol



**Spirits**  
(whisky, vodka, gin, etc.)  
43 ml (1.5 oz) of spirits  
40% alcohol

- If you or someone you know are concerned about alcohol use, call or drop-in to your [local Mental Health & Addictions office](#). Call 811 or visit [Bridgethegapp.ca](http://Bridgethegapp.ca) for mental health information, pro-
- For more information, review CCSA's [Final Report](#) & [infographic](#). Further resources & educational opportunities will be available soon.

Susan Madore, Regional Addictions Prevention Consultant

## Carrot Lentil Soup

Lentils provide plant-based protein, are quick-cooking, economical and turn a sunny yellow colour when cooked. The milk adds a lovely texture and makes it even more satisfying. It's good for busy days, make ahead and refrigerate for up to 2 days



### INGREDIENTS

- 2 tsp butter
- 2 large carrots diced
- 1 onion finely chopped
- 1 clove garlic minced
- 3/4 tsp salt
- 1/4 tsp dried rosemary or thyme crushed
- 1 cup dried lentils rinsed and drained
- 3 cups water
- 1 tbsp all-purpose flour
- 2 cups milk
- 2 tbsp freshly squeezed lemon juice or wine vinegar
- Pepper
- 2 tbsp thinly sliced fresh basil and green onions

### INSTRUCTIONS:

- Step 1** - In a pot, melt butter over medium heat. Sauté carrots, onion, garlic, salt and rosemary for about 5 min or until onion is softened.
- Step 2** - Stir in lentils and water; cover and bring to a boil. Reduce heat to medium-low and boil gently, covered, for 15 min or until lentils and carrots are soft.
- Step 3** - Whisk flour into milk and gradually stir into pot; increase heat to medium. Simmer, stirring, for about 3 min, until slightly thickened (do not let boil).
- Step 4** - Stir in lemon juice and season to taste with pepper. Ladle into bowls and serve sprinkled with basil and green onions.

Recipe from Cookspiration.com

# Supporting Canadians Aging at Home: Have a Say!

The National Seniors Council is conducting a consultation to support Canadians to age in their homes and communities for as long as possible.

The council is inviting all Canadians, including older adults, caregivers, experts in the field of aging, and individuals representing diverse communities to participate in the consultation. The online survey is available until April 14, 2023 and can be accessed using this link:

<https://www.canada.ca/en/national-seniors-council/consultation-aging-at-home.html>



## The Approach Study 2.0

**get tested**

**HIV, Hepatitis C & Syphilis Tests**

Private. Judgment-free. Fast results.  
At participating pharmacies.

Testing is offered as part of the APPROACH research study. To be eligible, you must be 18 years or older, understand English, and have a valid health card number. If you have questions regarding your rights as a research participant, contact the Health Research Ethics Authority at (709) 777-6974 or info@hrea.ca.

[www.approachstudy.ca](http://www.approachstudy.ca)

The APPROACH Study 2.0 (*MUN School of Pharmacy*) is now offering point-of-care HIV, Hepatitis C, and Syphilis testing at participating pharmacies across the island portion of the province. This study will provide individuals who receive positive results with confirmatory bloodwork requisitions, as well as subsequent links to care. For more information, go online or call one of the participating pharmacies in Western Newfoundland.

### WESTERN

**Shoppers Drug Mart,  
Corner Brook**  
2 Herald Ave  
Bookings: 709-634-8875

**The Medicine Shoppe,  
Corner Brook**  
13 Union St  
Bookings: 709-632-2442

[www.approachstudy.ca](http://www.approachstudy.ca)

**Shoppers Drug Mart,  
Stephenville**  
42 Queen St  
Bookings: 709-643-5351

# It's Your Health on the Line



**It's Your Health on the Line** is a local workplace initiative supporting Mental Health Week, May 1-7, 2023. Workplaces are invited to support employee wellness by participating in an awareness initiative that asks staff to share their fresh ideas for brighter days.

## How to Participate

Print the materials in the toolkit. Staff will choose a paper cut out and write a message or draw a picture about what they do to revitalize their mind and body. They are then asked to hang it on the clotheslines for everyone to see.

## Prize Draws

1. Each participating staff will enter for a chance to win a prize.
2. Each participating workplace will enter for a chance to win the grand prize of a sponsored wellness break.\*

*\* Must complete & return the evaluation form to CMHI by May 8, 2023 to enter draw for workplace wellness break.*

**Register your workplace today!** For more information, call Quinn at 634-4321.



# Grant Information

## Community Grants funded in January 2023

## Wellness Priority Areas

Port Saunders Young Chefs
Corner Brook Autism Society Snowshoes
Rocky Harbour/ Norris Point Muddy Fingers
Rocky Harbor/ Norris Point Community Café
Reidville Indoor walking and Socials
Howley Community Kitchen
Steady Brook Physical Activity Equipment Library
Gillams Community Garden
Corner Brook Xavier House Community Kitchen
Corner Brook Prenatal Meditation
Stephenville Growing for Wellness
Port aux Basques Take a Hike



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

**A Wellness Facilitator can help with grant applications, budgets, and finding partners and resources. Here's how to contact one in your area:**

**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**

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



**WESTERN WELLNESS  
COALITION**