

Spring is here and summer is coming! Gardens have been tilled and planted, new treasures are being found at yard sales, and people are moving about for vacations, staycations, family gatherings and favourite summer activities and events. It's a happy, busy time. As you enjoy your summer with family and friends, be safe. Do what you can to prevent injuries, sunburns, food poisoning, dehydration and other conditions that can steal time away from your summer fun. Take care while you have fun this summer.

As always, we'd love to hear from you through our WWC e-mail:

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

## Active NL Fund

*Now Accepting  
Applications*



The Active NL Fund is designed to support active healthy living. Funding is available for initiatives, infrastructure, and equipment that increases participation in physical activity, sport, active recreation, and supports healthy eating for individuals of all ages.

Not-for-profit, community-based groups and organizations, schools, municipalities, Indigenous Governments and Local Service Districts are eligible to apply.

The application form, as well as program guidelines and eligibility criteria, are here: <https://www.gov.nl.ca/tcar/funding-programs/active-nl/>

The deadline to apply to the Active NL Fund is October 31, 2023.

## What's Inside

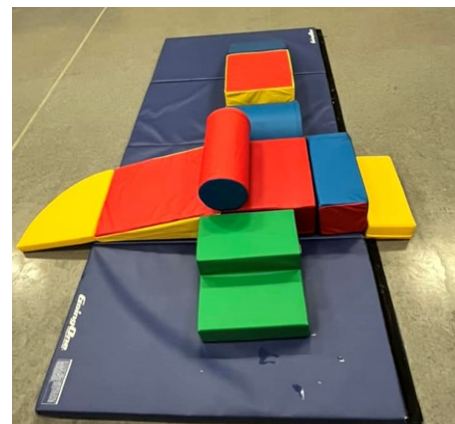
Page 2 Tiny Toddlers Active Start at Vine Place  
Page 3 Zen Den at Corner Brook Regional High  
Page 4 Summertime Screentime

Page 4 Recipe— Polynesian Pork Kabobs  
Page 5 Protecting Your Hearing  
Page 6 The Very Special gift of Organ Donation  
Page 7 Grant Information

# Community Grant Highlight

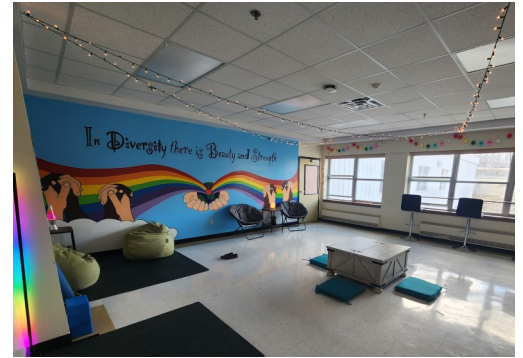
## Tiny Toddler Active Start Program

Vine Place Community Centre in Corner Brook was thrilled to receive funding from the Western Wellness Coalition to support something new at the Centre – the Tiny Toddler Active Start program. During the winter of 2023 Vine Place scheduled the Tiny Toddler Active Start program for every second Monday in our gymnasium. Our staff designed this program for toddlers and children ages 1- 5, with the goal of providing positive playful interactions while improving physical literacy and motor skills. The resources purchased enticed the children to crawl, climb, jump, toss, catch, stack and get creative. Social skills for communicating, sharing and taking turns were also developing. Parents told us that they appreciated the variety of activities and play materials, and the children certainly seemed to enjoy their time playing and growing together, as observed through their laughter, smiles and engagement with each other, the toys, games and activities. The materials purchased will be able to be used for a long time, so Vine Place plans to offer Active Start at different intervals throughout the year and we will explore different scheduling options to increase access for more families. As funding allows, we plan to add equipment to this program so that children remain excited by the variety and curious to explore new things while they develop new skills with different resources. *Submitted by Felicia Park*



## Zen Den at Corner Brook Regional High

Students at Corner Brook Regional High now have another student-centered, safe place within their school to rest, relax and rejuvenate throughout the school day. Students, staff and community partners have come together through a Comprehensive School Health (CSH) working group to design and create a 'Zen Den' in a classroom on the second level of the school. This was a collaborative effort involving a number of teachers, administrators, custodian staff, students, community organizations and NL Health Services Western Zone staff. A number of students in the art program designed and created a colourful, inclusive mural on one of the large walls. The Western Wellness Coalition provided funding that was used to purchase soft lighting, comfortable seating and small tables for this space. Everyone pulled together to get the room ready for the grand opening during the recent Connecting Hearts and Minds Through Education Student Conference that happened on May 5th. Work will continue in the fall to add additional elements such as games, electronics, books and other resources. This space will be available to community partners to use for programs and offering services to students throughout the school year. Congratulations to CBRH on the opening of your new student space!



# Screen time in Summertime:

Read the Canadian pediatric society position statement on children and screen time:  
<https://caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-young-children>

Too much screen time can negatively affect children's health and well-being. During summer, find a balance between screen time and other activities. Here are some suggestions to help reduce your child's screen time and encourage a healthier and more active lifestyle:

- Schedule or earn screentime: allow screentime after completing a few age-appropriate chores, reading or playing outside.
- Use Sun Safety recommendations - avoid the sun between 11 am to 3 pm. Schedule a short period of screentime during this time of day, and promote outside time when it is cooler, with shade in mornings and evenings.
- Screen-free times - Make meals and the hour before bed screen-free times.
- Have options: toys, games, or loose parts can keep kids active.
- Outings are inherently screen free – time at the beach, hiking, biking and playgrounds are places where children are active and happy without screens.
- Bring a friend – children are social and will entertain each other.
- Let kids be bored. They will get creative if they have the opportunity.
- Visit <https://activeforlife.com/>, to find activities for kids and ways to reduce screentime this summer.

## Polynesian Pork Kabobs

*These colorful kebabs are perfect for casual entertaining or for a special family meal. A great addition to your summer barbecue menu.*



### INGREDIENTS

1/4 cup	sodium-reduced soy sauce
2 tbsp	lemon juice
2 tbsp	liquid honey or brown sugar
1 tsp	vegetable oil
1 tsp	ground ginger or minced ginger root
1 lb	lean pork loin or tenderloin, cubed
1 1/2 cups	cubed fresh pineapple
1	red bell pepper, cut into chunks
1	green bell pepper, cut into chunks

- \* Eight 8-inch (20 cm) wooden skewers — *Soak skewers for 30 minutes to prevent burning.*
- \* Fresh pineapple works best in this recipe; it has a firmer texture and can be cut into larger chunks.

### INSTRUCTIONS:

#### Step 1

In a medium bowl, combine soy sauce, lemon juice, honey, oil and ginger; add pork cubes, tossing to coat. Cover and marinate for at least 30 minutes or overnight in refrigerator.

#### Step 2

Thread skewers alternately with pieces of pork, pineapple, red pepper and green pepper. Brush kebabs with marinade; discard any left over.

#### Step 3

Preheat barbecue or broiler. Barbecue kebabs over medium-high heat, turning once, for 10 to 12 minutes or until pork is cooked in the center. Alternatively, grill under broiler, turning once, for 8 to 10 minutes or until cooked through.

Recipe from Cookspiration.com

# NOISE AND YOUR HEARING

Sources of noise invade our everyday lives. Environmental sounds such as traffic noise, work sounds such as loud machinery noise, and recreational activities sounds such as noise from chainsaws, snowblowers or lawnmowers are all part of a normal day for many of us. Noise or loud sounds can cause hearing loss. It is important to remember that hearing loss can occur from loud sounds that we enjoy and do not consider noise such as listening to very loud music.

Noise induced hearing loss can happen gradually or may happen quickly depending on the type of noise exposure. Gradual noise exposure can be from things such as factory noise, machinery, power tools, chain saws, quads, or loud music. Damage is caused by repeated and longer exposure and is usually slow in progressing. Loud bursts of noise can cause hearing loss to happen more quickly such as exposure to gun shots, explosions, or impact tools. Damage to the ear is often noticed immediately.

Based on data collected from hearing tests, Speech Language and Audiology Canada reports that nearly 24% of adults ages 20-69 show signs of noise induced hearing loss. Hearing loss can impact us in many ways such as affecting hearing and following conversation, hearing the television, hearing on the telephone, hearing environmental sounds, having tinnitus (sounds in our ears), and causing headaches, irritability and stress.

While noise induced hearing loss is permanent, it is almost always preventable! We can prevent noise induced hearing loss by doing the following:

- ◆ Be aware of sources of harmful noise.
- ◆ Distance yourself from the noise source.
- ◆ Wear hearing protection when around loud sounds.
- ◆ Reduce the volume of loud sounds when possible such as listening to loud music.
- ◆ Reduce the time spent around noise sources.
- ◆ Give ears a break in quiet spaces when possible.



Our hearing is precious for good communication. Be sure to protect yours!

*Submitted by Christine Simms, Registered Audiologist*

# The Very Special Gift of Organ Donation

## Frequently Asked Questions:

### How do I register?

Go to [www.my.gov.nl.ca](http://www.my.gov.nl.ca) to register your intent or visit [www.donateyourorgans.ca](http://www.donateyourorgans.ca) for more information.

### I'm Registered. Now What?

- 1) Communicate your decision to your family, and
- 2) Keep on living well!

When the time comes, if (and only if) you die in a very specific way, you'll be considered for organ donation. Only 1-2% of people who die actually become donors at the end of their lives, which is why it's so important for as many people as possible to register their decision.

### Will everything possible be done to save my life?

YES! Every effort will be made to save your life. Only after death has been declared will you be considered as an organ donor.

### Who can be a donor?

Anyone can be a possible organ donor. There is no age limit for organ donation. Following death, each potential donor is assessed by trained health care staff.

Submitted by  
Suzanne Careen BN RN  
Organ Donor Coordinator

For many people, an organ transplant provides a new beginning. Many Newfoundlanders and Labradorians are awaiting an organ transplant. These people can only wait and hope. Many will die waiting. Organ donation is based solely on human compassion.



The more registered organ donors there are, the more chances there are to save and improve lives. There are over **4000** Canadians on the organ waitlist. This is why registration matters!

## Tell the people you love that you intend to be an organ donor.

It can be difficult to talk about dying while you're still living. Letting your family know why organ donation matters to you will help them to honor your wishes later during an extremely emotional time.

Here are some inspirational stories:

[Jeff's Gift: One Family's Journey to Organ Donation | Eastern Health's StoryLine](#)

[Breathing New Life: A Mother's Story of Organ Donation | Eastern Health's StoryLine](#)

<http://www.transplant.bc.ca/about/news-stories/organ-donation-transplant-stories/aaron%E2%80%99s-health-was-a-gift-to-him-and-now-he-was-able-to-pass-that-gift-on-to-others>



# Grant Information

## Community Grants funded in April 2023

Trout River Family Resource Centre - Little Chefs
Trout River - Tidy Trails
Corner Brook Community Youth Network - Youth on the Move
St. George's Community Garden Connections
Benoit First Nation – Community Greenhouse Healthy Foods
Corner Brook Breast Friends – Exercise Program for Breast Cancer Survivors
Community Mental Health Initiative - Care for the Caregiver
Cormack Recreation - The More You Know Info Sessions
Rose Blanche - Community Garden

## Wellness Priority Areas



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**

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

**Bonne Bay and Area, Port Saunders and Area**  
**[caracullihall@westernhealth.nl.ca](mailto:caracullihall@westernhealth.nl.ca)**



**WESTERN WELLNESS  
COALITION**