

The arrival of daylight saving time leads us to believe that Spring is near, at least on the calendar, if not in the air and on the ground! In March, many of us are looking forward to a transition from the cold grasp of winter to the warming embrace of spring. Cheers to those who found joy and thrived in winter on skates, skis, snowshoes, toboggans and snowmobiles. Don't fret, if you are enticed or encouraged to do any of those things, there is still time and snow for that throughout most of this region!

The Wellness Coalitions of the province have been working through the winter as well, and recently we were featured on the Seniors NL webinar series, *Let's Talk About...The Wellness Coalitions of NL*. The recording is available here:

<https://www.youtube.com/watch?v=jLrJ-sHXSmA&pp=ygUJc2VuaW9yc25s>

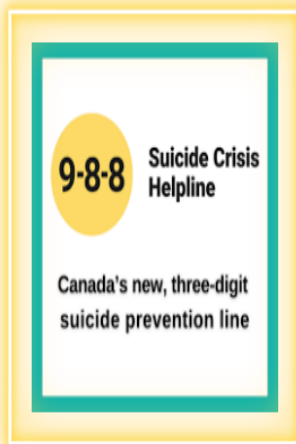
As always, we'd love to hear from you through our WWC e-mail:

info@westernwellnesscoalition.com

NEW

Canada launches 988 suicide prevention and mental health support line

Help when you need it most!



If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else, 9-8-8 is here for you. When you reach out, a trained responder will listen without judgement, provide support and understanding, and can tell you about resources that will help.

9-8-8 is here to provide moments of connection that create hope, support recovery and save lives. We help people connect to their strengths and find new ways to cope, live and thrive. Our vision is a Canada where suicide is prevented because everyone can access help when they need it the most.

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Community Grant Highlight

The Cross-Country Ski Clubs of Western NL

Usually this section of the WWC Newsletter features one community grant. This time, the editor has opted instead to highlight the Cross-Country Ski Clubs of the region, a shout-out to these physical activity partners who at some time have all been recipients of a Wellness Coalition Community Grant! Cross-Country skiing and snowshoeing are great winter activities that offer excellent opportunities for outdoor recreation and exercise.



Nestled in the trees alongside the Visitors Centre in Gros Morne National Park, you will find the **Tuckamore Ski & Snowshoe Club**. The TSSC is a busy club with a variety of programming and events that support physical activity for all ages and skill levels. Notably, Nordic Nights on Wednesdays gets locals out mid-week and it is quite exciting to see this club and community of skiers grow and expand.

Pasadena Ski and Nature Park is a winter wonderland found in the heart of the Humber Valley. For your winter adventures there are 18 km of cross-country ski trails and 12 km of snowshoe trails. Wednesday afternoons features a guided Seniors Snowshoe, and lit trails on Wednesday and Friday evenings.



Blow Me Down Trails is NL's largest Nordic ski club. Located in a snow belt just outside Corner Brook this club can offer the winter outdoor enthusiast access to cross country skiing, snowshoeing, biathlon and fat biking. Their goal is to make Corner Brook's long winters active and fun!

Whaleback Ski Park is located just outside the town of Stephenville and features 21 km of groomed trails designed for skating and classic skiers of all levels, as well as places to snowshoe. There is a 2.5km lighted trail for night use Monday to Friday.



If you have missed the chance for a winter adventure, check these places for all season hikes or biking and plan an outing for when the snow returns...it surely will!

Go, explore and have fun at any of these great places!

School Grant Highlight

Youth Voices, Healthy Choices - Southwest Coast Schools Collaborate

Youth Voices, Healthy Choices (YVHC) is a program meant to engage youth as leaders and to empower them to have a greater voice in promoting healthy decision making. This program provides youth with an opportunity to learn about health promotion and how to take action. With support from community partners, youth leaders address issues related to sexual & emotional health such as: relationships, self-esteem/body image, sexual identity, decision making, risky behaviors (e.g., unprotected sexual activity, alcohol/drug use) and harm reduction. YVHC focuses on skill development opportunities related to coping, assertiveness, communication & decision making for youth, paired with creating supportive environments.

This year, a group of community partners from the Southwest Coast worked with 4 schools in the area: Belanger Memorial, Grandy's River Collegiate, St. James Elementary & St. James Regional High to facilitate YVHC in these 4 schools.

Each school team created its own plan, below are some of the activities that youth leaders organized and conducted at their respective schools:

- Halloween & Valentines dances which featured mocktails and party safer information from Mental Health and Addictions
- Bell 'Let's Talk Day' activities for mental health awareness
- Pancake breakfast
- K-6 coloring contest
- Training on healthy coping skills & conflict resolution
- Week long activities for World Kindness Day
- Creation and delivery of Christmas cards for seniors in long-term care, and anyone hospitalized during Christmas season
- Door decorating contest during Halloween and Christmas
- Make and deliver cards during Staff Appreciation Week

More activities are planned for the remaining months of the school year in each school including a No Stress Fest at St. James Regional High. A June gathering is planned for the four YVHC groups to celebrate their accomplishments together.

Many thanks to the community partners who are supporting this project: PAB Public Library, NL Schools, Peaceful Communities, Bruce II Sports Center, Women's Center, Family Resource Center and NL Health Services staff.



Canada's Food Guide - How To Cook More Often

Canada's Food Guide recommends cooking more often to help develop healthy eating habits.

Cooking allows you to: learn new skills; make foods that you and your family like and will eat; save money by avoiding extra money spent on meals eaten out; choose healthy ingredients like: vegetables, fruits, whole grains and protein foods.

Try the ideas below to help make cooking part of your routine.

- ◆ Cook once and eat twice
- ◆ Cook enough for another meal. That doesn't mean eating the same meal twice. Get creative with leftovers:
- ◆ Cook twice the chicken you need for sandwiches or soup throughout the week.
- ◆ Cook double the rice for your stir-fry and use the extras for rice and beans or fried rice.
- ◆ Keep flavours simple so foods can be used for many meals. Chili one night can be added to spaghetti or served on tacos the next.
- ◆ When preparing meals, chop or cook extra vegetables for meals or snacks the next day.
- ◆ Become a big batch cook: Batch cooking simply means making meals and snacks in bigger batches and freezing them in meal-size portions for weekday meals.

These healthy homemade options are ideal for batch cooking: soups, chili, spaghetti sauce and casseroles.

For more information and recipe ideas, check out the Canada's Food Guide website.

-Submitted by Kailey Pauls, Regional Nutritionist, NLHS, Western Zone



Spiced-up Butternut Squash Soup Recipe

This creamy soup will fill your kitchen with autumn-like smells and keep you feeling cozy. The hint of curry and cilantro takes this recipe up a notch, making it a family favourite.

Directions

- 1 med butternut squash (1.125kg)
- 750mL (3 cups) vegetable broth
- 1 tsp vegetable oil
- 2 tbsp chopped cilantro or parsley
- 1 onion, chopped
- ¼ tsp black pepper
- 2 cloves garlic, minced
- 1/3 cup Greek yogurt (optional)
- 2 tsp mild curry powder or paste
- Peel squash using a vegetable peeler. Remove seeds. Chop squash into equal pieces (about 2.5 cm/1 inch); set aside.
- In a soup pot heat oil over medium heat and add onion, garlic and curry powder. Cook for about 2 minutes. Add chopped squash, broth and cilantro, if using. Bring to a boil. Immediately reduce heat to a gentle simmer, cover and cook for about 25 minutes or until squash is tender.
- Remove from heat and let cool slightly. Ladle into the blender in batches and puree soup until smooth. Alternatively, use an immersion blender and puree in the pot.
- Stir in pepper and serve with a dollop of yogurt, if desired.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation

Menopause Quick Facts

What is Menopause?

- ◆ Absence of periods for 1 year
- ◆ Caused by lack of estrogen
- ◆ Can occur between 40—58 years of age

Which symptoms are associated with menopause?

- ◆ Vasomotor symptoms such as hot flashes and night sweats
- ◆ Vaginal symptoms such as dryness, itchiness, painful intercourse, urinary tract infections and incontinence.
- ◆ Changes in sleep and mood, headaches and joint pain can occur

Non-medication options to deal with hot flashes

- ◆ Wear layers
- ◆ Use a fan
- ◆ Avoid spicy foods, hot drinks, caffeine and alcohol
- ◆ Maintain a healthy weight
- ◆ Quit smoking

Topical agents that can help with vaginal dryness

- ◆ Vaginal lubricants (e.g. KY Liquid/Jelly) can be used as needed for vaginal dryness and/or painful intercourse
- ◆ Vaginal moisturizers (e.g. Replens or Gynatrof) are to be used regularly for vaginal symptoms, for example, every 3 days.

Recurrent Urinary Tract Infections

- ◆ If you have had 2 or more UTI's in the past 6 months or 3 or more episodes in the past 12 months
- ◆ Speak to your Doctor

Non-medication options to help with incontinence

- ◆ Pelvic floor muscle training

Non-medication options for sleep and mood changes

- ◆ Regular physical activity
- ◆ Meditation and mindfulness

Medication options exist by prescription for the symptoms of menopause identified above. Speak to your doctor or pharmacist to manage your symptoms and discuss all the options.

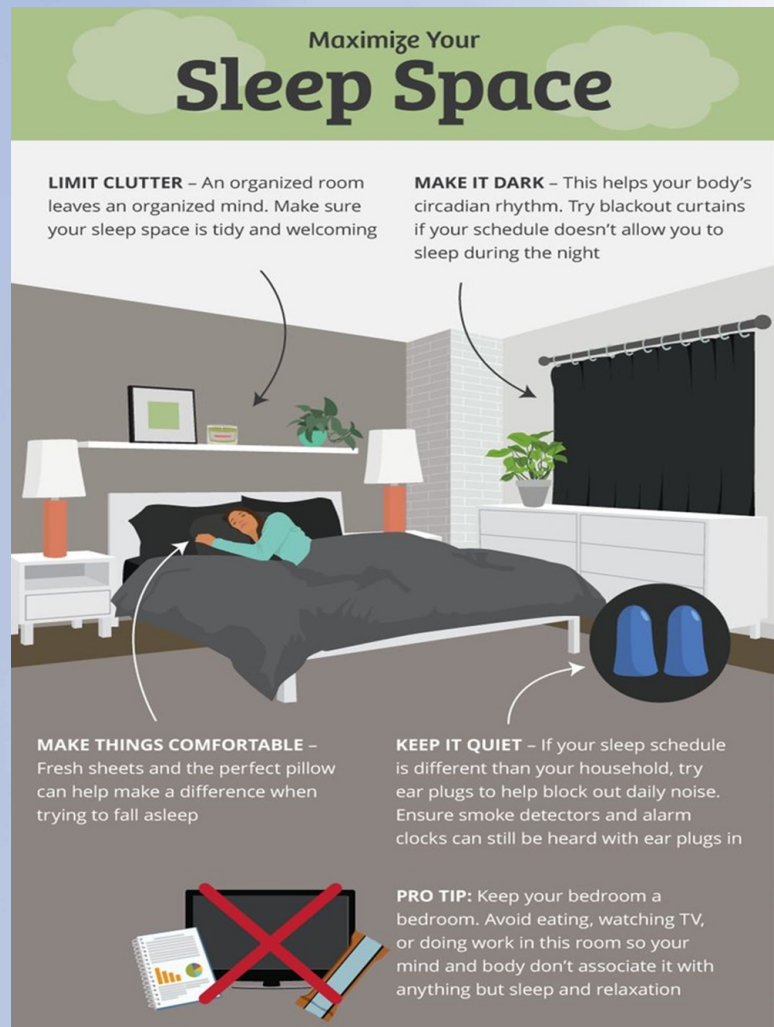
References: CPS Menopause: Vaginal Symptoms, Hygiene, and infections; Urinary Tract Infections; Urinary incontinence in Adults Chapters.
Created by Caitlyn Coles, MUN PharmD Student



10 Tips for a Good Night's Sleep

Quality and quantity of sleep matters, and having enough good quality sleep each night contributes to your mental physical health and wellbeing. With daylight - savings time in effect for the next seven months, here are some tips to help you sleep well and feel rested.

1. Go to bed and get up at regular times, even if you're tired in the morning. Getting up half an hour earlier in the morning may help you get to sleep at night.
2. Don't try to make yourself sleep. If you're unable to fall asleep after 20 – 30 minutes in bed, get up and do something relaxing. Do not return to bed until you're sleepy.
3. Avoid heavy meals before bedtime, or going to bed hungry (a small snack before bedtime may be helpful).
4. Develop a sleep ritual before bedtime. This is some activity you do every night before you get into bed. A hot shower or bath before bedtime may help you relax.
5. Avoid alcohol, caffeine and nicotine. These can affect your ability to fall asleep and to stay asleep.
6. Exercise during the day.
7. Avoid napping during the day.
8. Reduce noise with ear plugs or a noise masking machine.
9. Keep your room temperature cool. Too warm or cold tends to interfere with sleep. Use fans if air conditioning is unavailable.
10. Don't be afraid of insomnia. Accept those nights when you don't sleep as well. You can still function the next day, even if you had only a couple hours sleep.



Start Small! Making small changes can have a large impact on your sleep. Don't try to do everything all at once. Instead, pick one or two strategies and try them consistently. When you're ready, try adding a new strategy. The goal is to slowly start increasing behaviours that can help you sleep, while reducing the things that are interfering with your sleep.

Grant Information

Recently Funded Grants

Community Grants
Birchy Head: Tableland Quilters Wellness Group
BSG South Area Development Ass. : Farm to Table
Cape St. George: Oceanview Yoga & Wellness
Daniel's Harbour: Suit Up & Boil Up
Corner Brook Family Outreach: Healthy Families
Our Lady of Mercy: Spinning Yarns
Pasadena Ski Park: Senior Snowshoe Program
Benoit First Nation: Community Garden Wellness Program
Stephenville Crossing Wutaney Lka'taqn (Community Garden)
St. George's Community Garden and Trail Committee : 2024 Trail Blazing
Humber Arm South: Positive Aging with Gardening

School Grants
Stephenville Middle School-Student Wellness Room
Templeton Academy-Enhancing our Outdoor Space
LeGallais Memorial-Active Living Day
All Saints All Grade-Garden Expansion
Elwood Elementary-Elwood Eagles Wellness Day
St. James Elementary-Crunch & Sip
French Shore Academy-Movement Room
Elwood Regional High School-Outdoor Learning Space
Long Range Academy-LRA Winter Outside
Ecole Notre Dame Du Cap-Hoops For Joy
St. Peter's Academy-Smoothie Days
Pasadena Academy-Building Connections
St. Thomas Aquinas Elementary School-STA Fit: Our Physical Wellness Outing
Jakeman All Grade-Made in the Shades

Wellness Priority Areas

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



Wellness Facilitators can help with grant applications, budgets, and finding partners & resources. Contact one in your area:

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