

A Network of Knowledge and Experience

Do you know that our coalition has over 200 members, comprised of over 160 community groups and 50 schools, in 11 communities in the Avalon East area? That's a whole lot of people working to make their little piece of the world a healthier place to be. And a whole lot of people who have carried out a multitude of wellness projects, developed and used resources, and well, are just in the know! The beauty about our coalition network, is that we can help share that knowledge and experience, and let others know what you're doing. So take advantage— send us a notice to share about an upcoming wellness event or workshop, write a story for the newsletter, or share your successes in our Facebook group. You never know who you'll inspire or what ideas you may spark!

-Heather and Jeff, Co-chairs



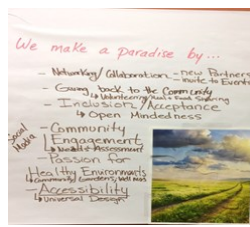
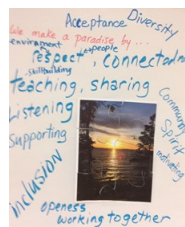
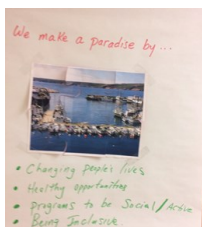
Meet Our Members

We'd like to send a warm welcome to our newest coalition members! Find out what they do by clicking on the links where available.

- [7th Step Society of Newfoundland](#)
- [Better Breathing Choir](#)
- [Canadian Parks and Wilderness Society-NL](#)
- [Kilbride to Ferryland Family Resource Centres Coalition](#)
- [Octagon Pond Elementary](#)
- [Ruah Counselling Centre](#)
- [St. John's Homestead](#)
- [Thrive](#)
- Trepassey Lions Club

To see who else is a member and perhaps find a potential wellness partner visit the [membership listing](#) on our website.

Making a Wellness Paradise at Annual Gathering



June 5, 2018 saw 40 coalition members come together for the Annual Gathering at the Paradise Ice Complex, to network and discuss how to make their community a wellness paradise. In addition to sharing their own thoughts, participants heard about wellness initiatives in the Town of Paradise from Deputy Mayor Elizabeth Laurie; what's happening at the neighbourhood level in St. John's; and about the formation of the [Northeast Avalon Healthy Communities Alliance](#).

What's Inside?

- Project Spotlight: thegreenrock.ca—In Its Place
- Meet Worker Bee Jeff Pinsent
- Dial-A-Dietitian
- Promotional Items

Wellness Grants Project Spotlight

thegreenrock.ca ~ Live Sustainably NL

Caught Green Handed! In Its Place waste diversion pilot

by Kim Todd

The Fall of 2017 brought a new twist to the breakfast program at **MacDonald Drive Junior High**. 'In Its Place' - the waste reduction education collaboration of thegreenrock.ca ~ Live Sustainably NL, the Kids Eat Smart Foundation, and MacDonald Drive Junior High School was piloted with support from the Wellness Coalition Avalon East.

Kids Eat Smart supports school-based nutrition programs, and the one at MacDonald Drive is big on fruit. Volunteers noted that there was no place to compost the peels, stems and cores and the idea to strive for zero waste was hatched.

At breakfast time throughout the pilot, trash cans in the cafeteria were displaced by appropriately-labelled compost bins, rinse sinks, and plastic and paper recycling bins. Island Compost took the compost, the City took the recycling that wasn't reused in school, and the students took pride and care in learning to put waste 'In Its Place'.

In Its Place started with students taking part in a schoolyard cleanup, where they learned how to sort waste into compost, paper, plastic, and trash. The pilot began during Waste Reduction Week with support from the City of St. John's and Clean St. John's. St. John's Farmers Market supported the 'Caught Green Handed' challenge, where students were ticketed for putting waste in its place for a chance to win a prize. Students volunteered to help, and a highlight of the pilot took place during the Kids Eat Smart Walk to Breakfast: after a walk, the entire school population of more than 800 enjoyed a breakfast of pancakes, fruit, and juice.

It's a pilot worth repeating!



Congratulations October 2018 Grant Recipients

- Canadian Parks and Wilderness Society (CPAWS): Putting a Healthy Environment First
- Connections for Seniors: HomeShare St. John's
- Kilbride to Ferryland Family Resource Centre Coalition: Book Buddy
- Octagon Pond School: Everyday Wellness Strategies at School
- Thrive CYN: CASEY Youth Workshop Series
- Seventh Step Society NL: Developing Healthy Thinking, Decision-making, and Eating Habits among Incarcerated Individuals

Next application **deadline:**

February 1, 2019

More info and application at:

wellnesscoalition-avaloneast.ca



Our Steering Committee - the worker bees behind the scene!

Did you know that our wellness coalition is led by a wonderful group of members who volunteer their time to make sure everything runs smoothly: from developing annual plans and budgets, to organizing gatherings and workshops, reviewing grant applications, contributing to our communication platforms, and representing the coalition at various meetings and events. There's a lot that goes on behind the scenes by people you may not even know. Well, we thought it's about time to shine a spotlight on some of our worker bees. And here's our first... **Meet Jeff Pinsent.**



What group, organization or sector do you represent on the Coalition Steering Committee? I represent the City of St. John's Recreation Division. I have been working with recreation for the past 14 years and the last seven years as the Fitness and Active Lifestyles Coordinator.

Tell us about your work

As a resource in the community, we offer support and programs to residents of St. John's and all over the Avalon. Wellness is such a broad area as it relates to so many people in different capacities. I see firsthand the benefits of eating right and moving daily; participants in our programs have seen life changing results. People of all ages come up to me after classes and tell me how much better they feel physically, how they enjoy the social component of coming each and every day to our facilities. The fact they can exercise for less than the cost of a coffee and muffin helps with the financial side of wellness too. Being surrounded by people who want a healthier lifestyle empowers me to want to help others more.

What are the benefits of being involved with the WCAE?

Being a member of the Wellness Coalition-Avalon East is such a positive networking opportunity. You meet others in the community who are as motivated and passionate about living healthy, getting outdoors and enjoying the most that life has to offer. It is a great group and I encourage others to join the coalition; it is completely free. Check out our website at <http://www.wellnesscoalition-avaloneast.ca/>. To find out more about recreation opportunities with the City of St. John's, go to <http://stjohns.ca/living-st-johns/recreation-and-parks>

Join our Facebook group! Connect with other Wellness Coalition-Avalon East members, share what you're doing and find out about resources in our members-only Facebook group. [Click here](#) to find us and join the 85 members already there! And if you are there, get active, share your info! We'd love to know what you're at.

facebook

New Resource

Dial-a-Dietitian NL



What should I feed my baby?

How can I get more iron in my diet?

Dial-a-Dietitian is a FREE service that offers evidence-based healthy eating advice, delivered by local dietitians by calling the NL **811 HealthLine**. Dial-a-Dietitian connects residents directly to a dietitian. No referral from a health care provider is needed.

Examples of advice for nutrition related concerns include: healthy eating, meal planning, heart disease, diabetes, weight management, food safety, breastfeeding, infant feeding, picky eaters, nutrition for seniors, and food allergies and intolerances. Advice is provided by phone or email and when necessary, Dial-a-Dietitian will refer to local services for in-depth counselling or further support.

Dietitians are available from 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m., Monday to Friday. Calls outside of regular hours will be returned next working day. Dietitians are also able to respond to email inquiries anytime by using the Dial-a-Dietitian link at www.yourhealthline.ca. Questions will be answered within three business days or less.

What foods contain hidden gluten?

How can my family eat healthy on a budget?

I have diabetes; what kind of meals should I cook?



Coalition Promotional Items

New items available! A limited supply of promotional items are available to coalition members to help support/promote a wellness activity. For more information or to request an item please contact 752-4912 or e-mail heather.powell@easternhealth.ca. Items available include:

- Lunch Bag
- Tote Bag
- Skipping Rope
- Food Container
- Small Bouncing Ball
- Magnetic Bookmark
- Notebook & Pen set **new!**
- Kneeler Pad (gardening) **new!**
- Measuring spoon **new!**

Wellness Coalition-Avalon East Steering Committee

Contact Coalition Co-chairs if you have any questions, ideas or comments:

Heather Powell, Co-Chair, Health Promotion, Eastern Health 752-4912 or heather.powell@easternhealth.ca

Jeff Pinsent, Co-chair, Recreation Division, City of St. John's jpinsent@stjohns.ca

Ruth MacDonald, Community Sector Council NL

Yamuna Kutty, Multi-Cultural Women's Organization NL

Tracy English, Health Promotion, Eastern Health

Peggy Orbasli, Eastern Health/NL English School District

Melanie Hiscock, Primary Health Care, Eastern Health

Ashley Crocker, Health Promotion, Eastern Health

Jennifer Clarke, Public Health Nursing, Eastern Health