

Fall 2019

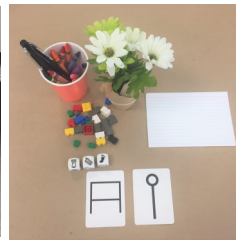
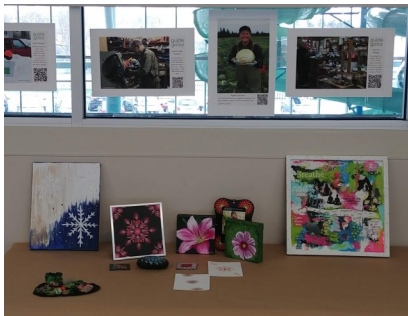
The Wellness Weaver



Putting our HeArt into it and Exploring our Creative Side

Well, it's been a while since we got together for the coalitions' Annual Gathering at the end of May, but the fun and creativity of the day stays with us nonetheless. Let's face it, we can all take our jobs - and life - a little too seriously at times, and forget about the important role that laughter, play and imagination have in our overall health and well-being. [Christine Hennebury](#) reminded us of that as she guided us through a combination of writing, drawing, and improv games. We heard from the [First Light Centre for Performance & Creativity](#); and members brought along various artistic-themed projects for our Pop Up Art Talks. Check out some of the pictures on this page. And get inspired!

-Heather, Co-Chair, Wellness Coalition-Avalon East



What's Inside?

Project Spotlight: Everyday Wellness Strategies at Octagon Pond Elementary

October 2019 Grant Recipients

Meet Worker Bee Yamuna Kutty

Active Spaces and Places Toolkits

Flu Clinics

Hi— a guide to wellness

Meet Our Members

We're sending a warm welcome to our newest coalition members! Find out what they do by clicking on the links.

[Ignite Circus –Social Circus Program](#)

[Royal St. John's Regatta](#)

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

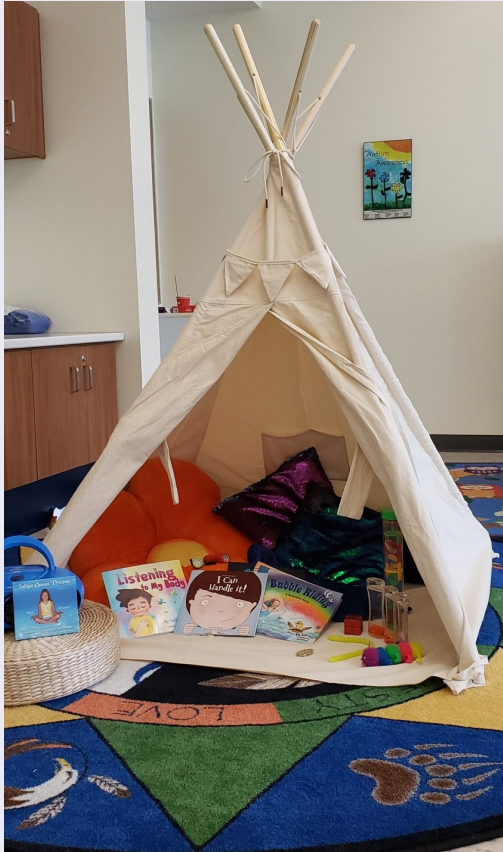


Join our Facebook group! Connect with other Wellness Coalition-Avalon East members, share what you're doing and find out about resources in our members-only group. [Click here](#) to join.

Wellness Grants Project Spotlight

Octagon Pond Elementary—Everyday Wellness Strategies at School

-based on project report written by Florence Strang



“Let’s do our belly breathing to calm down.” This is what one elementary student at [Octagon Pond Elementary](#) in Paradise was overheard saying to a classmate after the implementation of a school wide initiative to teach mindfulness and other calming strategies to students, staff, and faculty.

A main feature of the project was the creation of a **mobile relaxation station** that could travel to various classrooms and spaces within the school. With the help of partner Dr. Kimberly Maich, of MUN’s Faculty of Education, educational psychologist Florence Strang and guidance counsellor Wanda Pelley designed the station which included items such as a play tent, soft furnishings and sensory tools, hand held flashlights, meditation CDs, headphones, and children’s books about emotions and mindfulness. Students participated in a 40 minute session on how to use the relaxation station along with other mindfulness strategies including abdominal breathing exercises, guided visualization, body scan, five senses mindfulness, and progressive muscle relaxation.

In addition, the school week started out (and continues to do so) on a positive note, with Mindful Monday activities delivered over the PA system so the whole school can participate.

The project received lots of social media attention and was picked up by the local CBC radio!

Congratulations October 2019 Grant Recipients

Association Communautaire francophone de Saint -Jean: Healthy Eating and Lifelong Reading

Beachy Cove Elementary: The Wellness Wall

Day Break Parent Child Centre: Helping Newcomer Families Understand Parenting in NL

East Point Elementary: Focus with Movement in Grade 5

First Light NL: Elder/Youth Intergenerational Project

Holy Spirit High: Falcons Mental Health Survival Kit

Les P’tits cerfs volants: Physical activity, child and youth development

Virginia Park Community Centre: Tea Talks

Next application **deadline:**

February 1, 2020

More info and application at:

wellnesscoalition-avaloneast.ca

Wellness Resources

New Toolkits Support Physical Activity

Check out these three new [Active Spaces and Places](#) tool kits developed in partnership between our provincial government and ParticipAction: [Learn Better](#), [Community Better](#), [Work Better](#). The kits help build a culture of movement where we live, work, learn and play.

Within each of these toolkits are a variety of articles, tip sheets, downloadable posters, movement guidelines, pre-written social media posts and additional information with links to supporting programs/initiatives that you can use to support increased physical activity and reduced sedentary living in our province.

Visit [Recreation NL](#) to see all three toolkits.



ParticipAction App

The new [ParticipACTION App](#) is now available! This app shows you your daily physical activity levels, provides you with how-to videos for exercises that can be done at home, work, or wherever you choose.

There's also the **chance to win prizes**—such as gift cards for Sportchek and Amazon— just for simply opening the app, reading articles, or reaching goals. Draws happen weekly, monthly and quarterly.

“Everything Gets Better When You Get Active!”



New Health Information Website –Hi!

Have you visited the ‘Hi’ website yet? Eastern Health’s new Health Information section, known as Hi, is the go-to for relevant and credible online health and wellness information for you, your family and your community! You will find information on a wide range of health and wellness topics for all ages. Check it out today at:

hi.easternhealth.ca.



Wondering where you can get your flu shot?

An advertisement for Flu Vaccine Clinics. It features a large blue diamond shape with the text 'Flu Vaccine Clinics' inside. To the right, it says 'Lower your Flu risk. Get vaccinated!' and provides contact information: 'Visit: www.easternhealth.ca/FluClinics' and 'Call: 709-752-7850 (St. John's and surrounding areas) 1-877-925-2100 (toll-free)'. The Eastern Health logo is at the bottom right.

You can view Eastern Health’s [flu clinic schedule on line](#). This year’s vaccine will protect individuals from the most common strains of influenza, including H1N1, as well as a type B strain. The vaccine is available at no cost to any member of the general public ages six months and older.

The vaccine is most effective if taken in advance of flu season, which typically runs from December to April each year.

Our Steering Committee— the worker bees behind the scenes



This is our Worker Bees series, where we highlight a member of our steering committee. The steering committee members, with the support of their organizations, give their time to promote the wellness coalition and make sure everything runs smoothly. They develop annual plans and budgets, organize gatherings and workshops, review grant applications, contribute to our communication platforms, and represent the coalition at various meetings and events. **Meet Yamuna Kutty.**

What group, organization or sector do you represent on the Coalition Steering Committee?

I represent the Multicultural Women’s Organization of Newfoundland and Labrador (MWONL). Currently, I am the President and volunteer on a Board of 12 members. The organization was founded in 1982 as a support for Immigrant women to our Province, helping them to better integrate.

Tell us about your work We offer culturally competent comprehensive programs and services for advancing immigrant women’s equality. Our key activities include health and wellness programs, cultural awareness and diversity programs, career, leadership and skill development, counselling by a trained Social Worker, outreaching and referral, violence prevention, and partnering with government and community agencies.

What are the benefits of being involved with the WCAE? I have been involved with WCAE for many years and the benefits are innumerable. Our organization benefits by networking with other member agencies, getting ideas, and participating in workshops offered by the coalition or other agency partners that are valuable to our members. Through the coalition we were able to connect with Eastern Health and offer a [Finding Balance](#) session to our Seniors on the importance of physical balance. We’ve participated in healthy eating and food security discussions and are eagerly looking forward to the upcoming Healthy Eating for Everyone workshop. There are always, newer and better programs being offered!

Coalition Promotional Items

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

- Lunch Bag
- Food Container
- Notebook & Pen set
- Tote Bag
- Small Bouncing Ball
- Kneeler Pad (gardening)
- Skipping Rope
- Magnetic Bookmark
- Measuring spoon
- Headlamps
- Cell Phone Pockets

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

Vacant, Co-chair, Community Organization

Bruce Knox, City of St. John’s

Yamuna Kutty, Multi-Cultural Women’s Organization NL

Jennifer Clarke, Public Health Nursing, Eastern Health

Sarah Stapleton, Health Promotion, Eastern Health

Susan Barry, Eastern Health/NL English School District

Jim Crockwell, MacMorran Community Centre

Ashley Crocker, Health Promotion, Eastern Health