

Summer 2016

The Wellness Weaver

### Who are you weaving with this summer?

Aaah, summer. The time of year when the longer and brighter days motivate us to get together with friends and family; a time to do a little personal networking.

Some of us will chose to spend more time with the main people in our life—the people we have the strongest ties with and the **core** of our network; others may **cluster** around friends who share a common interest such as camping or running; and some will take the time to connect with friends or relatives not seen regularly and are on the **periphery** of our network.

Most of us will do a little of each, knowing that connecting with others in each part of our network is important for our own social health and well-being.

Have a safe and healthy summer!

*Heather Powell and Jim Crockwell*

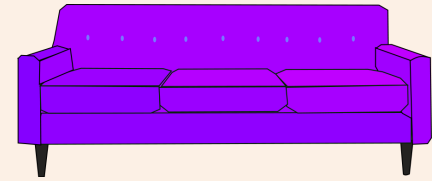
Co-Chairs

### What's Inside?

- Community Grant Profile
- Out and About with WCAE
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- Water—a tasty alternative



*Room to Grow*



### Meet a Member

**Home Again Furniture Bank**

*Submitted by Maureen Lymburner*

Home Again Furniture Bank is a nonprofit organization that provides gently-used furniture and household items to individuals and families in need. We work through a referral system of local agencies to help end furniture poverty.

Home Again. Two simple words. But establishing a home isn't always simple. For those in transition from situations of abuse, homelessness, prison or war, for the un- and under-employed or for those with disabilities, the struggle to create a new life is just starting. Part of this struggle involves establishing a home. For those lacking the means or social connections to make that happen, Home Again Furniture Bank can assist.

In providing furniture, Home Again brings both comfort and dignity into the lives of recipients. The physical, mental and emotional well-being of furniture recipients is promoted when they are able to live comfortably without the financial burden of establishing a home.

If you would like to support Home Again as a volunteer mover, or through a donation, please connect with Maureen Lymburner or Amy Tulk at [homeagainfb@gmail.com](mailto:homeagainfb@gmail.com). For more information, please visit our website: [www.homeagainfb.ca](http://www.homeagainfb.ca)

## Community Grants Spotlight

### Feature Project—The Children’s Centre Vegetable Garden

What does your garden grow? Well, if you’re at The Children’s Centre, the answer is carrots, potatoes, and green beans! This spring, children, parents, and staff of the parent-run childcare centre transformed their outdoor play space into a portable vegetable garden with the use of fish pans. Using pans instead of a raised bed or in-ground garden allows for greater flexibility of the limited space and the plants can be moved for maximum sun exposure.

Partners such as Food First NL, and MUN Botanical Garden provided tips on garden preparation, planting and harvesting; while The Seafood Shop and local fisherman donated the fish pans; and The Garden Box Company led the planting day.

Staff report the children love getting outside to get their hands in the dirt and are very interested in the science behind gardening and the life cycles of growing vegetables. Harvest time will be an exciting time as everyone gets to taste what they’ve grown!



### Congratulations May 2016 Grant Recipients

Next deadline: **September 15th**

More info and application at:

[wellnesscoalition-avaloneast.ca](http://wellnesscoalition-avaloneast.ca)

Association Communautaire Francophone de Saint-Jean: Books by the Beds

Beachy Cove Elementary: Healthy Meals and Snacks -Unpacked

Buckmaster’s Circle Community Centre: Healthy Meals & Deals Slow Cooker Program

Eric & McKay Street Neighbourhood Centre: Seniors Wellness Day in the Park

Froude Avenue Community Centre: Healthy Together Teen Camp

Goulds Elementary: Little Green Thumbs Garden

May Queen of the World Elementary: Ping Pong Program

Rabbittown Community Centre: Community Garden

St. Berndard’s Elementary: Growing Sustainability

St. John Bosco School: Bosco H2O

## Out and About with Wellness Coalition-Avalon East

Wellness Coalition-Avalon East members enjoyed stories of all kinds at the Annual Gathering held on May 18th in beautiful Petty Harbour. The theme for the gathering, *Come 'Er I Tells Ya: Stories from Petty Harbour and Around the Region*, was certainly realized as those in attendance heard about yoga, fitness, and music programs, fruit tree harvesting, and twine lofts.

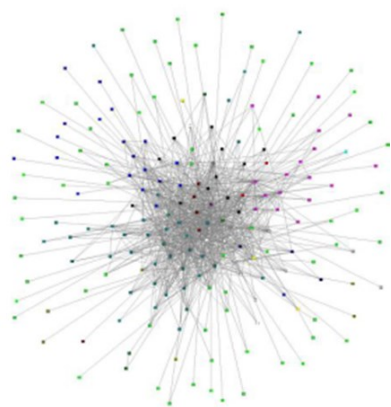
The day started with the captivating and humorous stories of Newfoundland poet and storyteller Tom Dawe as he spoke of the importance of storytelling in his life; and ended with a scenic walking "story" of Island Rooms of Petty Harbour and their efforts to enhance the rich fishing culture in the community.

Of course it would not be a coalition event if a little weaving didn't take place! Members connected over common program interests and discovered at the weaving wall that we all have many resources we can share with one another.



### Weaving Words

This is a new section where we'll keep the network weaving concept alive by sharing some of the terminology used to describe the approach. The terms selected this time are used to describe network structure.



**Core**— the centre of a network where there are denser ties. People can access most individuals through their direct connections.

**Periphery** - the outer part of a network, consisting of individuals who are only connected to the core through one or two people. A large periphery is important because it is the core's connection to new ideas and resources, and a gateway into many other networks.

**Clusters** - sets of individuals who are all similar in some way and tend to interact frequently. Examples are people from a certain geography, type of organization, social class or background. Clusters often have their own jargon and practices.

### Did you know...

Your child's life-long health, well-being and coping skills are shaped by his/her first five years of life?

That's right! And that's why we invite you to browse Eastern Health's [URaParent website](#) to learn about child development, and how as a parent (or caregiver), you can best meet the needs of your little one.

The URaParent website is targeted to parents of children up to age 5 years with plans to expand to older age groups. URaParent provides parents with information about children's behaviour and their development under four areas: [Love](#), [Listen](#), [Learn](#), and [Lead](#).

[Love](#) is about providing structure and warmth for a child.

[Listen](#) is about communication. Infants and children communicate in many ways. It means paying attention to what they are saying, even if they cannot talk.

[Learn](#) is about child development. You can help relieve some of your frustration and help your child grow by learning about child development.

[Lead](#) is about discipline. Positive discipline is an approach for parents to help prepare children to be caring independent and self-reliant adults.

There is even a section to help parents deal with challenging behaviours such as biting and tantrums!



### Want a tasty way to quench your thirst this summer without reaching for a sugary drink?

Try adding a few wedges of lemon, lime or orange to your [water](#). Citrus not your thing? Liven it up with fresh or frozen strawberries, blueberries, or raspberries; or try some refreshing cucumber or melon. Experiment further by adding a sprig of mint or basil and you've got yourself a delicious alternative to sugar sweetened beverages!



### Wellness Coalition-Avalon East Steering Committee

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

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*Eileen Bartlett*, Easter Seals NL

*Tom Dawe*, Teachers on Wheels

*Jeff Pinsent*, Recreation Division, City of St. John's

*Tracy English*, Health Promotion, Eastern Health

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*Krista Manning*, Eastern Health/NL English School District

*Maureen Bethel*, Day Break Parent Child Centre

*Jennifer Clarke*, Public Health Nursing, Eastern Health

*Yamuna Kutty*, Multi-Cultural Women's Organization NL