

Summer 2020

## The Wellness Weaver

### Connecting & Creating Differently

To say that the last few months have been a challenge for most of us is an understatement I'm sure. Many of you have had to adjust the way you deliver programs, turn your kitchen into an office, worry about an uncertain future, or close your doors altogether.

But in the midst of the pandemic chaos novel and innovative ways of promoting wellness in our communities were created. Technology allowed us to connect and bring some programs on line; new partnerships were formed with other community sectors and business to increase access to healthy food; and the availability of our beautiful outdoor spaces gave rise to a renewed interest in outside activities.

We too at Wellness Coalition-Avalon East have to rethink how our network can connect and create differently. You've likely noticed the Annual Gathering didn't go ahead this spring, and like you, we've had to cancel other activities and workshops. Over the next couple of months, we'll be figuring out how we can continue to connect our network virtually and at a distance. So stay tuned! And in the meantime, please share with us any ideas you may have.

Stay safe this summer.

-Heather, Co-chair



### Meet Our Members

**Do you know there are 55 schools in our region who are coalition members?**

Schools are active health and wellness leaders in our communities, providing both formal learning and extra-curricular activities that promote the well-being of students, teachers, staff, administrators, and the larger community.

Initiatives such as recess/outdoor play, mindfulness programs/relaxation rooms, school-community gardens, or whole school events such as Commotion Days are some of the inventive ways schools engage in wellness.

Wellness Coalition-Avalon East can provide an avenue for schools in the region to connect with the broader community; and for community groups to connect with and support healthy living in schools.

You can find out if your school is a member by clicking [here](#).

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



### What's Inside?

**Project Spotlight:** Volunteer Gardens and Trail Improvement at Manuel's River

February 2020 **Grant Recipients**

Meet **Worker Bee** Bruce Knox

**Wellness Resources** - vaping, healthy fundraising ideas, health literacy, and more!



**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 find us and join the 85 members already there!

## Wellness Grants Project Spotlight

### Manuel's River Natural Heritage Society: Volunteer Gardens and Trail Improvement

*-based on project report by Gillian Davidge*



When the [Manuel's River Natural Heritage Society](#) (MRNHS) set out in the spring of 2019 to complete a number of gardening and trail improvement projects along the Manuels River trail system, they ended up getting a lot more than they expected. The goal of the project was to engage with their existing volunteer base, but to also involve volunteers from their partners - [United Way NL's Day of Caring](#) and [MUN's Make Midterm Matter](#). To aid the new volunteers, a few experienced gardeners were recruited to provide clear instructions and planting tips. Many of the volunteers commented on how much they enjoyed learning more about gardening, and one even took these newly acquired

skills and applied them to her garden at home.

MRNHS reports being very pleased with the outcomes of the project. Not only did volunteers help with the tasks at hand that day, but a number of people expressed interest in being on-going volunteers to assist with special events, programs, and trail maintenance. Another United Way Day of Caring volunteer returned later in the season, bringing her family to take part in the annual Bobber Day Carnival at the river.

The project is a wonderful example of not only the work that can be accomplished when many hands come together, but also of how this work benefits the community. Manuels River benefited from the invaluable amount of work done on the gardens and trails as well as the positive energy the volunteers brought to the centre. The volunteers were introduced to the Manuels River Hibernia Interpretation Centre and trail system as a place to return to for recreation, exercise and education. And the work they completed enhances the Manuel's River experience for local residents and visitors to the area.

### Congratulations Winter 2020 Grant Recipients

- District School - Back to Basics: ABCs
- Easter Seals NL - Swimming Program
- First Light - Rebuilding the Community Trapline
- Juniper Ridge Intermediate - Outdoor Club
- Radhoc Youth Leadership - Youth Leadership Summer Camp
- St. Francis of Assisi School - Wellness Day
- St. Peter's Junior High - Yoga and Stretching Workshops
- Topsail Elementary - High Five for Exercise
- Town of Portugal Cove St. Philips - Laugh and Learn at the Library
- Larkhall Academy - Mindful Me

Next application **deadline:**

**October 1, 2020**

More info and application at:

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

## Wellness Resources Round Up



### The New Look of Nicotine Addiction: E-cigarettes and Vaping

The number of youth vaping in Newfoundland and Labrador has rapidly increased. Recent data from the 2018-19 Canadian Student Tobacco, Alcohol, and Drug Survey (CSTADS), clearly indicates that vaping among youth in this province is reaching a crisis level. A total of 47% of the province's students in grades 7-12 have tried vaping, with almost 30% of those students using vapes in the last 30 days. This is much higher than the Canadian rate, and in fact, the rates in this province are among the highest in the country.

With this in mind, the **NL Alliance for the Control of Tobacco (ACT)** has developed and launched an advertising campaign about the harms and risks associated with vaping: **The New Look of Nicotine Addiction**.

For more information about the campaign and resources to start a conversation about vaping visit: <https://actnl.com/>

*Content adapted from article by Melissa Moore, ACT*

### Health Literacy Resources: ABC Life Literacy Canada

On the [ABC Life Literacy Canada](https://www.abc-lifeliteracy.ca/) website **health literacy** is defined as *the degree to which an individual has the capacity to obtain, communicate, process and understand basic health information and services to make appropriate health decisions.*

[ABC Health Matters](https://www.abc-lifeliteracy.ca/) includes free workbooks and other resources that help adults better manage their health by improving their confidence to talk about their own and their family's health issues and to better understand how to access health services.



### Eat Great and Participate: Healthy Fundraising and Healthy Beverages

Two resources from **Eat Great and Participate (EG&P)** that have been around for a while but are still relevant for this time of year are [Healthy Fundraising Ideas](#) and [Beverages that Support Health and Physical Activity](#). Check out some ways that your community group can raise money with healthy food items like local vegetables; or the best way for you and your program participants to quench your thirst this summer.

Interested in other [Eat Great and Participate](#) resources or want further information? Contact their Registered Dietitian at:

[sobrien@recreationnl.com](mailto:sobrien@recreationnl.com), or (709) 729-4490



### Wondering about how to be Sun Safe this summer?

Check out the [Canadian Cancer Society's Be Sun Safe](#) information.



## 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 Bruce Knox.**



**What group, organization or sector do you represent on the Steering Committee?** I represent the City of St. John's on the Coalition Steering Committee. My role with the City of St. John's is in the Department of Community Services, and I work in the area of [Healthy Communities](#).

**Tell us about your work.** In Healthy Communities our work is all about looking for ways for the City of St. John's to support health, wellness and inclusion of all citizens. Most of my work centers around the development of a healthy city strategy. The [healthy city strategy](#) will be our long-term plan that focuses on building healthy neighbourhoods that support healthy people. This work is guided by six key pillars: Healthy Neighbourhoods and People; Housing; Urban Design; Transportation; Environment; Inclusion.

Our healthy city strategy will help us build a healthier St. John's, where all residents, regardless of their background, or what neighbourhood they live in, have access to the conditions (physical, social, economic and environmental) that promote health and wellbeing.

**What are the benefits of being involved with the WCAE?** I find that by participating in the WCAE workshops, meetings, and as a member of the Steering Committee, that I'm better able to connect people to projects. There is so much going on in the Avalon East region, and by keeping up with the WCAE I'm able to keep informed about what is happening in our communities and who is leading this work. This is especially important for our work on the St. John's Healthy City Strategy because part of this work is to reduce duplication of efforts and align activities so that collectively we can achieve more by working together across sectors, disciplines and of course, with communities/neighbourhoods. I stay involved with the WCAE because I find that the gatherings are great places to network, the workshops are great opportunities to learn, and as a member of the Steering Committee I get a chance to share my passion for health and wellness through the projects of the WCAE.

### Coalition Promotional Items

Promotional items are available to members to help support/promote a wellness activity. To order, call 752-4912 or e-mail [heather.powell@easternhealth.ca](mailto:heather.powell@easternhealth.ca) . Items available include:

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

### Wellness Coalition-Avalon East Steering Committee

*Heather Powell*, Co-Chair, Health Promotion, Eastern Health 752-4912 or [heather.powell@easternhealth.ca](mailto: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