

Fall 2014

## The Wellness Weaver

### What's in a Name?

The title of our newsletter, *The Wellness Weaver*, was chosen to partially reflect the work that you, the coalition members do everyday as you go about weaving elements of wellness into our communities; and also to connect to a new approach called *network weaving* that the coalition is undertaking to foster and support connections among our membership.

*Network weaving* involves enhancing connectivity within an organizational network through *knowing the network* (via survey data and network maps) and *knitting the network* (through well-tested network enhancing activities).

We're preparing to get to *know the network* through a member-wide survey starting in December. Please take the time to participate. And stay tuned for *knitting* activities later in the new year!

Heather and Jim - Co-Chairs

### What's Inside?

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Red Hatters Listening & Learning

### Meet a Member—The Red Hat Society –WISE Belles

*Submitted by Linda Hickey*

The Red Hat Society – WISE Belles - Bell Island Chapter has been in existence since October 2010. The RHS is a global society of women that connects, supports and encourages women in their pursuit of **Fun** (we celebrate life at every age) **Friendship**, (we solidify and expand the bonds of sisterhood), **Freedom** (we discover and explore new interests), **Fulfillment** (we realize our personal potential) and **Fitness** (we embrace healthy, life-lengthening lifestyles) while supporting members in the quest to get the most out of life.

Our chapter's purpose is to create, build and sustain community capacity and optimize health and well being for individuals in their homes and the community. We provide a fun, social outlet to share resources and provide an open, informal forum for learning, sharing and caring.

We focus on healthy living through social events, presentations and subject matter experts. Our partnership with the wellness coalition helps us to achieve these goals by supporting successful events like Hat's on to Healthy Living, Celebrity Cook off Challenge, and Tango, Talks & Teas. We encourage Red Hatters to bring a friend and invite the public to our fun events.

For information about our chapter email Linda Hickey, Chapter Queen at [l\\_hickey@nl.rogers.com](mailto:l_hickey@nl.rogers.com)

## Community Grants Spotlight

### Feature Project— Walk Your Way to Wellness

This project, carried out this past summer by the **Rabbittown Community Centre** and the neighbourhood tenant association, saw residents of the Rabbittown neighbourhood form a walking club that benefited their physical and mental health.

About 50 club members explored several walking trails in the city and surrounding communities. In addition to becoming familiar with the trails and parks in the area, participants also became familiar with one another. The walks proved to be a great opportunity for participants to connect with one another, and they now have an expanded support network right in their own neighbourhood.

Along with the grant funding, the club made use of coalition promotional items such as pedometers, water bottles, and safety bands.

Next deadline: **January 15th**

More info and application at:

Wellnesscoalition-  
avaloneast.ca



### Congratulations May & September 2014 Grant Recipients

- Boys & Girls Clubs of St. John's: Future Chefs
- Friends of Pippy Park: Growing Lead Free in Pippy Park
- Adults with Brain Injury Living Everyday: Getaway Day
- FEAST. : Open Garden Day
- Seniors Resource Centre: Awareness to Action
- Beachy Cove Elementary: Necessary Movement for Sensory Needs
- Vibrant Communities: Many Partners Create Healthy Environments
- Physical Activity Special Interest Council: PESIC Conference
- The R.E.A.L. Program: Equipment Bank
- Bay Bulls Bauline Athletic Association: Afterschool 2014-15
- Big Brothers Big Sisters of Eastern NL: In-School Mentoring Program
- Buckmaster's Circle Community Centre: Creating an Older Wiser Lifestyle (OWL)
- Daybreak Parent Child Centre: Cooking with the Chef
- Easter Seals NL: Adapted Climbing Wall
- MacMorran Community Centre: Food Before Fun
- Planned Parenthood/NL Sexual Health Centre: Creating greener, Safer Places
- Read to Ride Literacy Program: Wellness & Bicycle Repair

## Smoking Cessation Program for Individuals living with Low Income

On October 1, 2014, the Provincial Government launched a new *Smoking Cessation Program for Individuals with Low Income*. This new program provides access to two smoking cessation medications (Champix and Zyban) for individuals aged 18 years of age and older who smoke and meet eligibility requirements under the Newfoundland and Labrador Prescription Drug Program. Coverage is for up to 12 weeks once per calendar year. For information about the program, please call 1-800-363 5864.



## Presenting...Local Vegetables: A How-to Introduction to Hosting a Food Skills Workshop



Darrell and Adrienne with beet-stained hands after roasting beets!

Participants from nine community organizations gathered on October 24, 2014 to learn how to creatively prepare and promote the consumption of local vegetables with their community groups.

The workshop, hosted in partnership with **Food Security Network NL** and **Eastern Health**, was based on the **Root Cellars Rock Food Skills Toolkit** and offered a sampling of ready-made mini workshops all with a vegetable theme. Participants learned how to roast beets, grow their own sprouts, enhance a salad with a home-made dressing, and blanch vegetables for freezing.

The toolkit, which includes other workshops on planting, picking, preparing, and preserving local food can be found at [rootcellars-rock.ca](http://rootcellars-rock.ca)

## Did you know?

As the clocks go back and day light hours become shorter, many of us will experience fluctuations in mood that we often refer to as the winter blues. Some of us will experience a more serious version of this, known as Seasonal Affective Disorder (SAD), with symptoms ranging from severe (2-5% of the population) to mild (10-15%).

**But did you know that exercise can help ward off the winter blues?** And if you can exercise outside during natural daylight, then even better! So bundle up and go for a walk, find a winter activity, or take part in one of the many community winter festivals.

For more information about SAD, visit [http://www.camh.ca/en/hospital/health\\_information/a\\_z\\_mental\\_health\\_and\\_addiction\\_information/depression/Pages/default.aspx](http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/depression/Pages/default.aspx)





## RBC SPORTS DAY IN CANADA

Get ready to get out and play at the fifth annual RBC Sports Day in Canada on November 29, 2014!

RBC Sports Day in Canada, presented by **ParticipACTION**, CBC and True Sport, will take place on Saturday, November 29 in communities from coast to coast to coast. This national celebration of sport, from grassroots to high-performance, is an opportunity for all Canadians to celebrate the power of sport, build community and national spirit and facilitate healthy, active living. For more information visit: <http://sportsday.cbc.ca/home>

## Healthy Eating for Healthy Aging—a new resource!

Are you an older adult or provide service to older adults? If so, the province has just released a new resource with you in mind.

**Healthy Eating for Healthy Aging** will provide you with information about healthy eating and how to plan and cook meals using Canada's Food Guide.

It includes practical information to encourage healthier eating choices from the planning stages to putting meals on the table. Get ideas on how to make mealtimes more satisfying. Tips for shopping, eating alone, using leftovers, and having an emergency food shelf. It also includes nutritious recipes that are kitchen-tested right here in Newfoundland and Labrador.

Why not get copies to share with your groups?

For an online copy visit, [http://www.health.gov.nl.ca/health/publications/Senior's\\_Healthy\\_Eating\\_Resource\\_Web.pdf](http://www.health.gov.nl.ca/health/publications/Senior's_Healthy_Eating_Resource_Web.pdf)

Or, order hard copies (free of charge) from [hpresourcecenter.stjohns@easternhealth.ca](mailto:hpresourcecenter.stjohns@easternhealth.ca) or 752-4907.

**Remember, healthy eating can be Easy, Tasty... & Nutritious!**

## 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

*Karen Sherriffs*, Recreation Division, City of St. John's

*Margie Coombes*, Health Promotion, Eastern Health

*Dawn Gallant*, Primary Health Care, Eastern Health

*Mariel Parcon*, Eastern Health/NL English School District

*Maureen Bethel*, Day Break Parent Child Centre

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