

Weaver Project Comes to a Close...but Weaving Continues

As the Fall begins to wind down and we move into the winter season, so does the formal part of the **Network Weaving** project come to a close—the part where we learned about network analysis, the difference between a node, a hub and a twosie; and where we held conversations to explore **partnerships** and **child and youth development** issues.

Thanks to those of you who participated in these activities which resulted in lots of learning and connecting! Over the next few months, the steering committee and the weavers will take some time to reflect and develop a plan to keep weaving. Stay tuned...

Heather and Jim - Co-Chairs

What's Inside?

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Meet a Member—Mount Pearl Lions Club

-submitted by Claudette Coombs

The 36 [Mount Pearl Lions](#) practice their motto: “We Serve”. With other Lions and community partners, they strive to meet the mission of Lions Clubs International: “to create and foster a spirit of international understanding and cooperation, through humanitarian service.” Lions act locally and globally to improve the well-being of individuals and communities.

Lions contribute to positive health outcomes by engaging in academic, sport, recreation, arts, medical, environmental, social, employment, citizenship, and disaster relief programs at home and world-wide. Programs target all age groups and any live-work-play settings.

A Province-wide Lions’ initiative supports international efforts to recycle eyeglasses. Lions of Newfoundland collect used glasses, which Correctional Facility residents refurbish in Newfoundland, for redistribution. In October 2015, Lions of Eastern Newfoundland, along with Team Broken Earth, held an eye clinic and distributed eyeglasses in Haiti!



A member of the Wellness Coalition-Avalon East for several years, Mount Pearl Lions Club has been active in the coalition by participating in annual gatherings and learning workshops; serving on committees, and initiating wellness projects funded through the coalition’s grant program.

For more information about Mount Pearl Lions Club, visit www.MountPearlLionsClub.ca

Community Grants Spotlight



Feature Project

Canadian Cancer Society NL Division: Peaceful Passing Kits Bring Information & Comfort

Contribution by Angela Noseworthy

On a daily basis the Canadian Cancer Society (CCS) receives inquiries from terminally ill cancer clients and their families regarding end of life issues. Issues that range from legal, to funeral planning, and even the death and dying process—a lot of information to gather and take in during a difficult time.

With funding from Wellness Coalition-Avalon East in January 2014, the CCS developed the **Pathway to Peaceful Passing-End of Life Kit** in partnership with MUN Centre for Nursing Studies and staff of the Provincial Breast Screening Program. The aim of the kit is to increase the mental well-being of individuals beginning end of life planning as they navigate through community supports and resources.

100 kits were created and are offered to any individual who has been diagnosed with terminal cancer. Kits are available through the CCS offices, Daffodil Place, cancer centres, and palliative and bereavement services in St. John's and throughout the province.

To date, feedback from the project and community partners has been overwhelmingly positive. For more information, please contact Canadian Cancer Society at 1-888-753-6520 or 1-709-753-6520.



Congratulations September 2015 Grant Recipients

Canadian Cancer Society-NL Division: Defy Cancer Program

Environmental Education Commission: Get Out Project

Fishing for Success: Petty Harbour Twine Loft Project

Ocean View Quilters Guild: Charity Project 2015

S.A. New Hope Community Centre: Fitness program

St. John's Women's Centre: Wellness Fair

Mall Walkers Program: Speakers Series

Next deadline: **January 15th**

More info and application at:

www.wellnesscoalition-avaloneast.ca

Help End the Stigma of Alzheimer’s Disease and Related Dementias—Become a Dementia Friend

—submitted by Danielle Moore

A Dementia Friend is someone who learns a little bit more about what it’s like to live with dementia and then turns that understanding into simple actions that can help people with dementia live well.

Registering to become a Dementia Friend is easy and means joining a growing movement of individuals and workplaces who are increasing awareness and creating positive change.

If you haven’t already registered, you can do so by visiting the Dementia Friends Canada website at www.dementiafriends.ca.



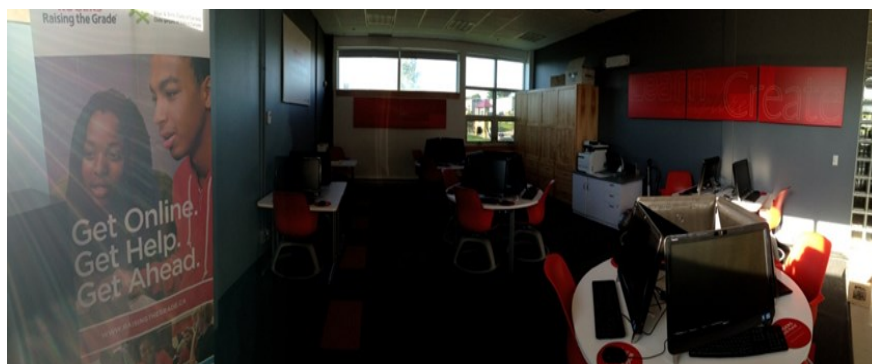
Boys & Girls Clubs
of St. John's

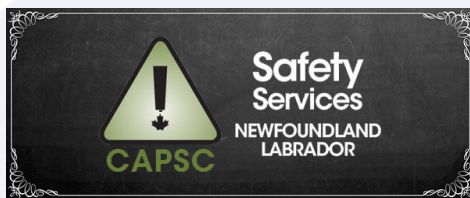
Technology Centre Available to Community Partners—submitted by Alicia Bailey

As part of our youth programming, the **Boys and Girls Clubs of St. John’s** facilitates a free educational program called **Rogers Raising the Grade**. This program is designed to support youth in discovering their interests, setting and attaining goals, and planning career and post-secondary educational paths.

As program partner, Rogers has provided a state of the art technology centre at the club’s Buckmaster’s Circle location. The tech centre is equipped with 18 computers and 5 tablets—all used to facilitate learning and programming.

This tech centre is now available free of charge, Monday to Thursday—8:00 am to 2:30 pm, to community groups interested in hosting technology workshops or training. For further details about this space opportunity or more information about the Rogers Raise the Grade program, contact Alicia Bailey at abailey@bgcstjohns.ca or 579-0181 Ext.105.





Did you know? - Great Safety Info Available from Safety Services NL Newsletter —contribution by Christina Marshall

Safety Services NL, a provincial not-for-profit organization produces a free monthly newsletter packed with all kinds of valuable safety information. Find out about upcoming driver education courses and occupational health and safety workshops, the latest safety stats, news, and events, or get links to great educational and awareness videos.

Check out this link to a distracted driving video— [You Won't Cat-Video and Cook](#). To subscribe to the newsletter, contact Christina at cmarshall@safetyservicesnl.ca.

Healthy Snacking Important for Teenagers!- submitted by Kristin Hedges

Hedges

Teenagers bodies are physically going through plenty of changes and because of this they are feeling hungry more often and need more food to fuel their bodies. Snacking between meals can help you feel fuller longer and ensure we don't overeat at meal times. Snacks should include 2 of the 4 food groups from Eating Well with Canada's Food Guide. Try these snacks at home with your teenagers today:



- Apple slices spread with peanut butter.
- Black bean dip with whole-grain crackers
- Cut-up vegetables with low-fat ranch dressing
- Hummus & whole-wheat pita
- Trail mix (1 serving - 1/4 cup)
- Low-fat yogurt with a tablespoon of chopped walnuts.
- Oatmeal made with low-fat milk with strawberries

Information adapted from: <http://teens.webmd.com/features/healthy-snacks-for-teens>

For more information on Kids Eat Smart Foundation Newfoundland and Labrador please visit www.kidseatSMART.ca

Wellness Coalition-Avalon East Steering Committee

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

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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