

Spring 2014

The Wellness Weaver

New Venture

Welcome to the first edition of *The Wellness Weaver*. This new venture is intended to help you get to know coalition members, showcase some of the great work being done to promote wellness, and to give you ideas, tips and resources to promote health and well-being.

We plan to bring this newsletter to you three times per year—Spring, Fall, and Winter—and welcome your feedback and ideas for future editions. So send an e-mail or give us a call. As our tagline states we're in this *Together for Wellness*.

Heather Powell and Jim Crockwell
Co-Chairs

What's Inside?

- Community Grant Program
- Survey says...
- Longest Day of Play
- World No Tobacco Day
- Health Topics Resource
- Healthy BBQ Ideas
- Up and Coming



Spring blooms...soon!

Meet a Member—Wesley Healthy Lifestyle Group

Submitted by Sue Ford

The Wesley Healthy Lifestyle Group, located in St. John's, formed over a decade ago. It is a friendly and enthusiastic group of men and women of different backgrounds and faiths, all sharing common interests – staying fit, having fun and trying something new.

The group meets on Tuesday and Thursday mornings for walking and exercises. In summer the group meets once a month to walk the city trails and enjoy an outdoor cup of tea. The Wellness Coalition has provided armbands and pedometers for the walks.

The Fitness Group also organizes workshops on various topics. This year, through a grant from the Wellness Coalition, they were able to conduct a Dance and Fitness workshop. Last fall they organized a Safe Driving workshop. These workshops are open to the public and are always well attended. Twice a year, a social event is held for members and their friends with emphasis on healthy food choices.

In addition to fitness, there are bridge sessions on Tuesday afternoons and a women's choral group which meets on Wednesday evenings. This group sings at various venues around the city as well as out-of-town venues.

To connect with Wesley Healthy Lifestyle Group, e-mail Sue Ford at illnew664@gmail.com

Community Grants Spotlight

Feature Project—Calvert Community Hall Yoga Group

Submitted by Sue MacFadden

"I do it for relaxation." "It's a great way to de-stress." "It helps with my arthritis." These are just a few of the comments from people who have taken part in the yoga program at Calvert Community Hall this past year.

Sponsored in part by the Wellness Coalition, this endeavor was tailored to suit beginners and experienced yoga practitioners alike and the response was amazing from the first day. Through classes taught by a licensed instructor, participants have been able to take part in a healthy, gentle form of exercise benefitting the entire body, mind and spirit while enjoying social interaction and mutual support.

This program has been such a huge success and we thank the Wellness Coalition for its support. Couldn't have done it without you!



Congratulations January 2014 Grant Recipients

- Town of Torbay: Headlamp Safety Project
- Planned Parenthood-NL Sexual Health Centre: LGBTQ Wellness Day
- Canadian Cancer Society-NL: Pathway to Peaceful Passing Kits
- Holy Spirit High School: Archery Club
- Home Share NL: Awareness Campaign
- Vanier Elementary School: Community Garden
- the greenrock.ca: Community Threads Connection Project
- WISE Belles Red Hat Society: Tango, Talks, & Teas
- St. John's Citizens' Crime Prevention Committee: Seniors & Crime Prevention: A Forum on Safety
- Association communautaire francophone de Saint-Jean: Yoga & Relaxation Classes

Next deadline: **May 15th**

More info and application at:

wellnesscoalition-avaloneast.ca

The results are in! Here's some of what you had to say in The Annual Two Cents & More Survey...

- 68% of respondents were aware of the member directory and almost 40% have used it to connect with other members
- 65% of you have made a useful connection at a coalition event
- The top 3 sectors you would like to connect more with are government departments, community centres, and schools
- You'd like us to keep sending info about funding programs and provide networking opportunities
- You'd like to learn more about advocacy, grant writing, and project evaluation



Join the Fun on the Longest Day of Play!

ParticipACTION is launching Canada's Longest Day of Play on **June 21st** and wants you to get out, let loose, get active and PLAY!

On the longest day of the year all Canadians are being encouraged to take advantage of the extra daylight hours, turn off the TV, and get out and play in the park, schoolyard, or at your local recreation centre.

Go to ParticipACTION.com to see how you can be part of the Longest Day of Play.

Did you know?

May 31st is World No Tobacco Day. Join the World Health Organization and partners everywhere in highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption.

This year's theme is *Raise taxes on tobacco*. Research shows that higher taxes are especially effective in reducing tobacco use among lower-income groups and in preventing young people from starting to smoke. A tax increase that increases tobacco prices by 10% decreases tobacco consumption by about 4% in high-income countries and by up to 8% in most low- and middle-income countries. More information about World No Tobacco Day can be found online at <http://www.who.int/campaigns/no-tobacco-day/2014/event/en/>



Looking for information on various health topics? Check out Eastern Health's **Healthy Living A-Z** pages that cover more than 100 health topics from active living to birth control, bullying to healthy eating, child development and much more!

[www.easternhealth.ca/
YourHealthAtoZ](http://www.easternhealth.ca/YourHealthAtoZ)

Up and Coming

Annual Gathering June 4, 2014: Weaving the Network in the Land Before Time. Manuels River Interpretation Centre, CBS. Contact Heather for more details.

Keep a look out again this summer for the big cat with the big heart as the **Go Healthy with Ticker Tom Summer Program** starts up in June.

Healthy Food Ideas for your next Community BBQ

Mix potato salad with a low-fat salad dressing instead of mayonnaise.

Make your own hamburgers using lean ground beef and spices.

Marinate meat, poultry and fish before cooking to add flavour. Use an oil-free marinade that contains a strong acid like lemon juice or balsamic vinegar.

Grill corn on the cob and rub with garlic cloves and lime juice instead of butter.

Grill a variety of colourful vegetables for a delicious warm side dish.

Have a variety of fresh toppings such as shredded lettuce, diced tomatoes, avocado, onions and cucumber available for hamburgers and chicken burgers so guests can mix and match to their liking.

Quench your thirst with water! Add lemon, lime or cucumber slices to water for a refreshing drink.



Wellness Coalition-Avalon East Steering Committee

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

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Jim Crockwell, Co-chair, MacMorran Community Centre 722-1168 or jcrockwell@macmorran.ca

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 Kutty, Multi-Cultural Women's Organization NL