

Summer 2015

The Wellness Weaver

Let the Weaving Begin!

Many, many thanks to those of you who completed the coalition's network survey –75% of you actually! Your responses are helping us to get to know our network. We're now ready to start network weaving and are excited to begin a **coaching program for weavers**. Participating in the coaching is Adrienne Pratt, Amanda Kinsman, Kate Nossereau, Krista Manning, Matthew Cooper, Maureen Bethel, and Heather Powell.

Using survey data, **weavers** will invite coalition members to connect on various wellness and capacity building topics. So keep your ears and eyes open—an invitation may soon be coming your way !

Heather and Jim - Co-Chairs

Congratulations **Burnt Cove-St. Michael's-Bauline Recreation Committee** for completing our network survey and winning **\$100** towards a wellness activity!

What's Inside?

- Community Grant Program
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Meet a Member—Soul Yoga Warrior for Youth

Submitted by Jennifer Cake

[Soul Warrior Yoga for Youth](#) is a for purpose, not-for-profit organization, dedicated to bringing yoga to youth. The Soul Warrior team sees the need to reach out to our community and bring the teachings of yoga into schools and community groups .

We offer free lunch time and after school programs to provide a place where youth can connect to themselves and their well-being. Through yoga we teach environmental sustainability, global compassion, inner reflection and awareness. We are dedicated to creating change in the wellness of the youth of Newfoundland and Labrador. This includes the promotion of mental, physical, emotional and spiritual well being. Through the teachings of yoga and mindful awareness we can make dramatic shifts in the future health of our province.

This summer, during July and August, we are thrilled to offer [Camp in Tune](#) — a weekly yoga, art, and nature camp for youth aged 6-12 years. A big thank you to JustChange St. John's who provided us with a grant this past May to help make our camp a unique experience for youth.

For more info go to soulwarrioryoga.com , also check out justchange.ca for information on how to apply for the next bi-monthly grant.

Community Grants Spotlight

Feature Project

Newfoundland & Labrador Environmental Network:

Understanding Diversity of Newfoundland Coastlines

-submitted by Sheridan Thompson



Photo credit: David W, June 2012, tripadvisor.ca

NLEN members and partners took their annual meeting outdoors in May with a “meet and hike” experience along Middle Cove Beach coastal trail. The trail provided hikers a first-hand opportunity to observe different geomorph features and discuss the reasons why people need to enhance their relationship with our coastlines. Coastal areas are changing rapidly in response to climate change, yet few people understand the effects this may have on our communities.

Mid-hike, participants took the time to reflect and record their experiences by way of drawings, poems and journal entries.

It is said, that a person learning from lecture retains about 10% of the information, while an image encourages the mind to retain 65%. We are hopeful these outdoor experiences will deepen participants relationships with nature, enhancing our understanding and decision making for a healthy environment.

Next deadline: **September 15th**

More info and application at:

www.wellnesscoalition-avaloneast.ca

Congratulations May 2015 Grant Recipients

St. John’s Seed Library— St. John’s Seed Library Pilot

Beachy Cove Elementary School—Youth Yoga

Choices for Youth—The Progress Posse

Easter Seals NL—Independent Cooking and Healthy Eating Program

Food Education Action St. John’s (FEAST) - St. John’s Fruit Tree Project

Holy Trinity High School - Yoga Club

O’Brien Farm Foundation—Aly’s Trail Refurbishment Project

Red Hat Society WISE Belles—Hold on to your Heart

Royal Canadian Legion Branch 50 - Zumba Gold for Seniors

Soul Warrior Yoga for Youth—Soul Jam

St. Bonaventure’s College—Active Start

St. John’s Pride—Pride Week Youth Day

St. Mary’s Elementary School—Grounds Revitalization: Fitness/Play Area

The Arthritis Society—Exercise Control over Arthritis

The Children’s Centre—Children’s Veggie Garden

The Pottle Centre—The Fit Program

Brighter Futures Coalition and Sobeys Creating “Little Chefs”—submitted by Deborah Capps

The Brighter Futures Coalition of St. John’s and District and Sobeys, Howley Estates in St. John’s have formed a unique partnership to develop and offer a “LITTLE CHEFS” program.

This hands-on program for children ages 4 to 6 years old focuses on the Canada Food Guide, Hand Washing and Food Safety, Healthy Snacks, and Seeds & Sprouting. Small groups of children attend for four consecutive weeks, to learn about healthy living through a variety of activities. Children are exposed to foods that they have not had the opportunity to try and surprisingly love many of them! Each class offers hands-on cooking time with real household utensils which has been the highlight of our Little Chefs!

To inquire about attending this free program email dcapps@brighter-futures.net



Finding Balance

Mall Walkers are Finding Balance—submitted by Janice Field

Any one can fall—that’s why walkers with the Seniors Resource Centre’s Mall Walkers Club in St. Johns invited Janice Field, Health Educator with Eastern Health’s Health Promotion Division to join them during their weekly walk at the Avalon Mall to talk about falls prevention.

Using resources from Eastern Health’s [Finding Balance Falls Prevention Campaign](#), Janice led a discussion while ‘walkers’ shared their experiences with falling and the things they plan to do to prevent a fall from happening again.

Finding Balance highlights the risk of falls, and provides useful tips for decreasing the chance of a fall among adults in the community. Key messages include: **Check Your Medication • Keep Active • Speak Up About Dizziness • Watch Your Step**

Finding Balance fact sheets are available at your local physician, pharmacist, optometrist and podiatrist offices, as well as hospitals and community health offices. Activity placemats are available to restaurants that offer a seniors’ menu.

For more information visit www.easternhealth.ca/falls. To host a presentation or display, contact janice.field@easternhealth.ca

Did you know? - Babies are Teachers —submitted by Hazel Clarke, Roots of Empathy

[Roots of Empathy](#) has been active in the Eastern Region for the past ten years. In 2014-15, 65 babies and their parents visited 65 classes from Kindergarten to grade 8. In addition to the program messages of respect, caring and inclusiveness, children are also learning important child development messages including safety, attachment, attunement, neuroscience and temperament differences. Our participating children have shown that they feel more accepted and have learned to better understand and self-regulate their emotions.

Roots of Empathy Instructors are seeking a new group of babies for the programs in 2015-16. Please share this information with family and friends who are having babies in June, July and August. Babies must be between two and four months of age at the time of their first class visit, usually in late September or in October. Parent/s and baby make 9 visits to the same class throughout the school year as children follow the baby’s growth and developmental milestones.

For more information or to volunteer as a family to participate, please contact Hazel Clarke or Frances Cole. hclarke@rootsofempathy.org or fcoble@rootsofempathy.org





COMPUTERS FOR SENIORS

Staying in touch with family and friends is important to everyone's mental and physical well being but especially to seniors who are challenged by today's technology.

The **Centre for Life**, a charitable volunteer-based organization, piloted a computer project with high school students to support seniors. Students share their knowledge of email, iPads, iPhones and social media and are the "teachers".

This has been a very successful intergenerational project and will restart in the fall. For more information contact Linda Holden at 579-1500 or centreforlife@centreforlife.ca

-submitted by Linda Holden

The **Alzheimer Society of NL First Link® Program** supports, informs and educates individuals, families and caregivers who are living with or caring for someone with Alzheimer disease or a related dementia. Physicians across the province can refer their patients to the program as early as possible upon diagnosis.



Your first step to living well with dementia

Our goal is to provide information clients need to better cope with the disease, care for their loved one and make informed choices. One way we do this is through our **free Learning Series**, available to anyone either in person, by conference call or Skype. Contact the **First Link Coordinator** for more details or call 576-0608.

-submitted by Danielle Moore

Eating Smart on Summer Road Trips! - submitted by Kristin Hedges, Kids Eat Smart Foundation NL

Road trips to the family cabin or to see Nanny and Poppy around the bay are summer traditions for many families in Newfoundland and Labrador. Snacking on the run can always be a challenge when looking for healthy options. When preparing ahead you can be sure to avoid that common hungry walk through the candy and chip aisle in the gas station and have your healthy treats packed in the car to keep those bellies full! Here are some great snacks ideas to pack up in your cooler for the long drive out the highway:



Image sourced from <http://www.jugglingwithkids.com>

- Carrots sticks • Apple • Banana • Blueberry • Grapes • Plain or seeded bread sticks • Granola Trail Mix • Cheerios • Celery with peanut butter and raisins • Cheese stings (icepacks needed) • Yogurt tubes (icepacks needed)

Share your healthy snacks ideas on Social Media using #ieatsmartNL!

Wellness Coalition-Avalon East Steering Committee

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

Heather Powell, Co-Chair, Health Promotion, Eastern Health 752-4912 or heather.powell@easternhealth.ca

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 Tracy English, Health Promotion, Eastern Health

Melanie Hiscock, Primary Health Care, Eastern Health

Krista Manning, Eastern Health/NL English School District

Maureen Bethel, Day Break Parent Child Centre

Yamuna Kutty, Multi-Cultural Women's Organization NL