

Winter 2009



Western Region

Promoting Wellness throughout the Western Region of Newfoundland

WESTERN REGIONAL WELLNESS COALITION NEWSLETTER

# West Coast Wellness



## FEATURE STORY!

Read about it on Page 3!

*Seniors' Wellness Days a Success  
Cow Head & Norris Point*

Physical Activity



## Winter

Healthy Eating

Tobacco Control

Child & Youth Development



Injury Prevention

Environmental Health

Mental Health Promotion



Health Protection



# What's Happening in Your Community

## Twin Towns Sports Complex Launches Healthy Eating in Arenas Project

Twin Towns Sports Complex is the first arena in the Western Region to officially launch the *Healthy Eating in Arenas Project*. With support from Western Health & the Western Regional Wellness Coalition (WRWC), Twin Towns Sports Complex is now offering some healthy food choices at the canteen. This *Project* was developed to help arenas create supportive environments that will encourage patrons to make healthy food choices. Arenas are an ideal location to promote the key messages of eating healthy & physical activity, as well as the important link between the foods we eat & how well we perform.



Six arenas have been identified to take advantage of the *Healthy Eating in Arenas Project*. Western Health & the WRWC are also working with canteen providers at: Bruce II Sports Complex in Port aux Basques, Stephenville Dome in Stephenville, Pepsi Centre (lower level) in Corner Brook, Hodder Memorial Sports Complex in Deer Lake, & Gros Morne Arena in Rocky Harbour to make healthy foods available. Healthy food choices at these arenas will help to reinforce & promote healthy eating practices within the Western Region.

## WRWC Community Grants Program Helps Promote Wellness Activities!

If you have an idea for a wellness event, project or program in your community, apply for funding through the WRWC to support your activities. Funding up to \$1000 may be available. Two of our recent award recipients include:

**Project:** Take it to Heart

**Applicant:** Gillams Recreation Committee

**Description:** \$400 was received from the WRWC to support a physical activity day in the community involving: snowshoeing, walking, and a healthy lunch.

*Did You Know?*

**A Wellness Facilitator can help you with your grant application**

**APPLY TODAY!**

**Project:** Women's Wellness Day

**Applicant:** Our Lady Star of the Sea Parish

**Description:** \$500 was awarded from the WRWC to support a day away for local women in the Benoit's Cove area. Guest speakers will cover topics such as stress relief and self care.

Contact a Wellness Facilitator ♦ Lisa Henley 646-3728 ♦ Tara Welsh 637-5000, Ext. 6130 ♦ Cara Welsh 458-2381, Ext. 268 ♦

## WRWC Healthy School Grant: Fun, Frolic, & Fitness in the Snow!

Snowshoeing will now be an enjoyable active component of Stephenville Elementary's health and physical education programs. With support from the Healthy Schools Grants program this school was able to purchase 25 sets of snowshoes to promote and increase opportunities for students to participate in outdoor winter activities.

Snowshoeing is a skill most children (and adults) grasp quickly. With our winters there is easy access to snowy grounds and trails. All grade 4 and 5 students of Stephenville Elementary are eager to get out and be active this winter. The smiling and glowing faces will be a sight to see!



# Wellness in Action



## Seniors' Wellness Days a Success

With sponsorship from the Western Regional Coalition to End Violence, the Community Advisory Committee recently hosted two Seniors' Wellness Days to promote healthy aging – independence, safety, and well-being. The events were held at Cow Head with 45 participants and at Norris Point with 46 participants.

### Highlights:

- Intergenerational activity (youth from Long Range & Gros Morne Academy)
- Presentations on violence, abuse, and personal safety
- Health information fair
- Healthy lunch & complimentary vegetable bags for everyone to take home
- BINGO and prizes
- Entertainment provided by local musicians



Ryan Quilty of Gros Morne Academy enjoys the music at the Norris Point event!

## Wellness Efforts Highlighted

### Smoke Free...It is never too late to quit!

Quitting smoking is not easy but it can be done. Most people need support, a quit plan & a quit date. The Seniors Resource Centre supports adults in their efforts to quit smoking. A Smoke Free Team is available in the Port au Port area. The team is trained to do individual or group presentations for adults 50+ who have a desire to quit smoking. The Team are anxious to explain the available services for those who wish to quit smoking.

For those who have tried to quit & have started smoking again, this team can help you take steps to reduce & eventually quit smoking. *Don't quit quitting!*



Theresa Hann, Mary Hynes, Judy La Fitt

If you are thinking about quitting & want to attend a Smoke Free Session in your area, call Mary at 648-2688. The team is available to support those who express a desire to quit smoking.

### Painting for Pleasure

Through support from the WRWC, Community Mental Health Initiative organized the *Painting for Pleasure project*.



This project was offered to patients of the Mental Health Unit at Western Memorial Regional Hospital in Corner Brook. The three week project provided an opportunity for patients to interact in a pleasurable social setting while creating individual paintings with the guidance from professional visual artist, Nancy Jacobsen.

The goal of *Painting for Pleasure project* was to improve or maintain mental health and emotional well-being. The process of creating art can lead to personal fulfillment and improved emotional wellness.

## WRWC Supported Programs

Call or email us to learn how to bring one or more of these programs to your community!



Ticker Tom Programs promote healthy eating, physical activity and staying smoke free



Moving for Health is an indoor physical activity program for adults



Smoke Free is a prevention program aimed at children 3-6 years



Born A Non-Smoker helps families create a smoke-free environment for newborns

# Eating Well with Canada's Food Guide—Healthy Recipe

## Slow-Cooked Beef Stew

*In the winter, there's nothing more comforting than hearty beef stew served over mashed potatoes.*

1 lb lean stewing beef, cut into 1-inch (2.5 cm) cubes and patted dry	500 g
1 tbsp all-purpose flour	15 mL
2 tsp vegetable oil	10 mL
2 cups cubed turnips	500 mL
2 cups cubed carrots	500 mL
1 cup sliced onions	250 mL
1 1/2 cups boiling water	375 mL
2 beef bouillon cubes or sachets	2
3 tbsp red wine vinegar	45 mL
3 tbsp ketchup	45 mL
4 tsp prepared mustard	20 mL
1 tsp Worcestershire sauce	5 mL
2 tbsp all-purpose flour	25 mL
3 tbsp cold water	45 mL

## Instructions:

1. In a large bowl, toss beef cubes with flour; set aside.
2. In a large non-stick skillet, heat oil over medium-high heat; add beef and cook for 4 to 5 mins or until browned on all sides. Place in slow cooker. Add turnips, carrots and onions.
3. In a medium bowl, blend together water, bouillon, vinegar, ketchup, mustard and Worcestershire sauce. Add to slow cooker; stir gently. Cook, covered, on low heat setting for 9 hours.
4. In a measuring cup, whisk together flour and water. Add flour mixture to stew; stir gently to blend. Increase heat.

## Per Serving:

Calories	308
Carbohydrate	24 g
Protein	28 g
Dietary Fiber	4 g



**Stay Safe & Warm this Winter!**

With its **cold** and often **stormy** weather, winter presents many safety challenges - both indoors and out. Being prepared and following simple safety tips can help you stay safe and **warm** this season.

### Tip #1: Be Prepared for Winter Storms & Power Outages!

Do you have a way to heat your home during a power failure? Have on hand a flashlight, first aid kit, manual can opener, portable radio & batteries as well as special needs items & food that does not need to be cooked.



### Tip #2: Snow Clearing Cautions

Do warm-up exercises before shoveling & take frequent breaks. Try to push snow in front of you. If necessary, pick up small amounts & lift with your legs, not your back & avoid tossing snow over your shoulder or to the side.



### Tip #3: Drive Safe this Winter!

Have your car tuned—check antifreeze & the battery. Put on snow tires. Keep emergency gear in your car (cell phone, flashlight, jumper cables, sand or kitty litter for traction, small shovel & blankets). Avoid driving in snow or ice storms.



### Tip #4: Worry Free Home Heating!

Home heating equipment requires careful use & proper maintenance. Carbon monoxide (CO) is a potentially deadly gas produced by furnaces, wood stoves, fireplaces, & kerosene heaters. Install at least one CO alarm near the bedrooms.



### Tip #5: Walk Wisely & Keep Warm!

Wear boots with nonskid soles, bright clothing or reflective gear. Avoid clothing that blocks vision or makes it hard to hear traffic. Avoid frostbite & hypothermia by dressing in layers & keeping your head, ears & hands covered.



### Tip #6: Winter Activities—Play Safe!

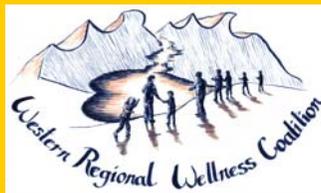
Wear a helmet for snowmobiling, skiing & skating. Test the thickness of ice before going out. Ice must be at least 10 cm for walking or skating alone, 20 cm for skating parties & games & 25 cm for snowmobiles.



Tips submitted by the Western Injury Prevention Coalition

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Check out our website!  
[www.westernwellnesscoalition.com](http://www.westernwellnesscoalition.com)

**YES, I would like to become a part of the WRWC Network!**

Call or email to have your name added to our database. You will receive information and updates on wellness events or projects in the Western Region.