



Wellness in Focus

Building Healthy Communities

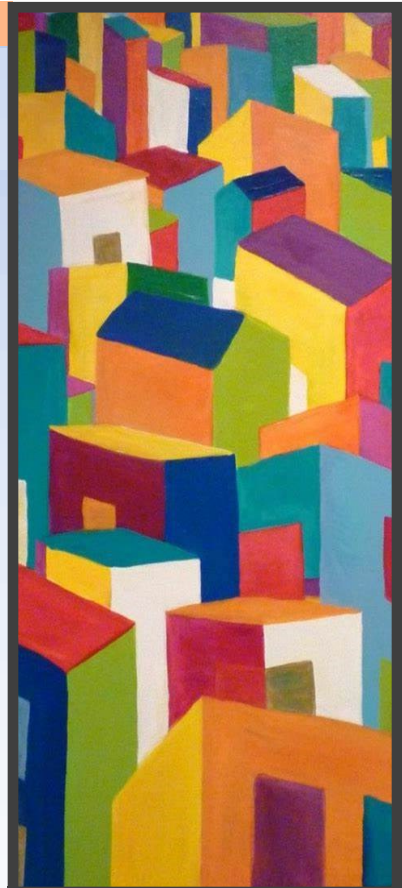
Our communities are made up of many things. Specifically, our towns have neighborhoods, houses, workplaces, schools, shops, playgrounds, trails and sidewalks. How we design our communities is vitally important to our health and well-being and is often called *Healthy Built Environments* or places that are designed to support good health for everyone. The Northern Wellness Coalition has supported many community projects this year to promote community health and wellness across the lifespan. A number of town councils received funding to repair and enhance their playgrounds to encourage physical activity among families. Others chose to design walking/hiking trails, making exercise and mental health management more accessible.

St. Anthony Aurora Nordic Ski Club

The Aurora Nordic Ski Club in St. Anthony boasts beautiful cross country ski trails and vistas of breathtaking Northern Newfoundland scenery. While physical activity is important - outdoor activities among families during winter months can be difficult. Parents are often working during the day, while children attend school. To support the ski club's efforts to offer evening use of its' trails, the Coalition provided monies to help maintain and repair light poles - an example of a simple project to promote and improve the built environment.

Mary's Harbor Town Council

The community of Mary's Harbor surrounds the beautiful St. Mary's River on the Southeast Coast of Labrador. This little town has excellent walking trails for residents and visitors to explore. The Northern Wellness Coalition introduced a one-time funding opportunity to promote safe use of trails and playgrounds. The town council has plans to complete improvements and repairs of their walking trails this coming Spring to encourage their residents to become more physically active. Through partnerships and efforts for community outreach, the Coalition is working to build healthy environments one project at a time.



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Building Inclusive Communities

Association for New Canadians - Forteau

The Association for New Canadians (ANC) is a non-profit, community-based organization delivering settlement and integration services to immigrants and refugees in Newfoundland and Labrador. For more than 40 years, the Association has delivered programs and services that support all aspects of immigrant integration, ranging from settlement information and orientation to language learning, skills development and employment.

Equally important are mental and social health. So, in partnership with the ANC and other groups, the Northern Wellness Coalition supported events intended to not only welcome newcomers and foster community connections, but to build strong relationships with local residents.

Once a month, the ANC - Forteau office is hosting sports, local and international craft sessions, theatre events and of course, one important element that brings people together - healthy food gatherings!

With support from the Labrador Straits Academy, Labrador Straits Volleyball Committee, 50+ Club, Community Youth Network, Age-friendly Committee, Senior Women's Volleyball LAL, Lion's Club Forteau and Mount Nascopi Ski Club community members were able to see the benefits of working together and the impact we can make as a collective.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has"
- Margaret Mead



CheckItOutNL.ca
Mental Health & Substance Use Self-Screening



Online Self-Screening Tools.
Anytime, Anywhere.

Now available at: Bridge the gapp

Success Starts Here

Positive Action for Student Success (PASS)

PASS is a new initiative being offered in many of the intermediate and high schools in the Province as a support to students who may be struggling at school. The Student Success Teacher (SST) fosters relationships with students and extends support beyond the classroom.

The Northern Wellness Coalition, White Hills Academy and Violence Prevention Northern Peninsula are partnering to create a safe space - a room dedicated to students who need a little more stability thereby encouraging them to stay in school and achieve.

Providing more than academic support, a part of this vision is providing non-perishable (grab-and-go) food items for any student and ensuring that there are healthy food options during meetings and lunch time activities. The NRWC provided funding to help make the wellness room a welcoming space for everyone.



JOIN US! Consider Becoming a Member!

The NRWC is comprised of volunteers, community groups, private enterprises, health professionals, non-governmental agencies, etc.

Any individual or group is welcome to become a member of the Coalition. Please contact us to learn more!

www.northernwellnesscoalition.com



DID YOU KNOW...

World No Tobacco Day is May 31!

It's a great time to quit!

- **20 minutes** after quitting, your blood pressure decreases
- **8 hours:** the amount of carbon monoxide in your blood drops back to normal while oxygen increases to normal
- **48 hours:** Your nerve endings start to regenerate and you can smell and taste food better
- **1-9 months:** Coughing, sinus congestion, fatigue and shortness of breath decrease
- **1 year:** the added risk of heart disease declines to 1/2 of that of a person who smokes
- **5 years:** Your risk of all smoking-related cancers such as lung, mouth and throat decreases by up to 50 percent
- **15 years:** Your risk of heart disease and smoking-related deaths are now similar to that of someone who never

For quit smoking and quit vaping support please visit www.smokershelp.net or call 1-800-363-5864

The service is free, confidential and based right here in Newfoundland and Labrador!



REGIONAL COMMUNITY GRANTS PROGRAM

The grants program has been supporting communities for more than 16 years and is open all year round (no deadlines for applications). It is designed to assist groups of individuals, committees and/or agencies in Northern Newfoundland and Southern Labrador (Englee and New Ferolle to Charlottetown) to promote healthy living in their communities.

The maximum amount awarded to successful applicants is \$1000.

Projects should be consistent with the following areas: healthy eating, physical activity, tobacco control, injury prevention, mental health, child/youth development, environmental health and health protection. Please note: large equipment purchases and/or improvements to infrastructure will not be considered.

Applications must be submitted at least 6 weeks before the start date of a project/event.

We look forward to hearing from you!

For more information please visit the [Coalition](#) website!

Bridge **the** gapp

You are not alone.

Contact your local mental health professional to learn more about the following confidential and free services:

Breathing Room

An online, self-management program to help people aged 13-24, manage stress, anxiety and depression. No referral needed.

30-Day Mindfulness Challenge

An online, 5-10 minute daily challenge to improve mood, performance and reduce stress.

I CAN (Conquer Anxiety and Nervousness)

A phone/online-based coaching program to help people aged 18-30 to overcome anxiety and cope with major life stressors.

Strongest Families

A phone/online-based coaching program for children, youth and their families with behavioral concerns, anxiety issues or bed-wetting.

Therapy Assistance Online (TAO)

A program for people aged 16 years and over that combines education material with brief counselling by phone, online chat or video conferencing to improve health and wellness. Available in English and French.



Everything gets better when you get active.

www.participation.com

Injury Prevention - Know How to Protect Yourself

Adapted from:
Division of Aging and Seniors
Public Health Agency of Canada

Preventing Falls

Anyone can fall. Icy and wet conditions during Spring months can increase the likelihood of slipping, resulting in an injury. But, did you know that nearly half of all injuries among seniors happen at home? Falls remain the leading cause of injury-related hospitalizations among Canadian seniors, and between 20% and 30% of seniors fall each year (PHAC).

Factors that can increase your risk of falling in your home include poor balance, decreased muscle and bone strength, reduced vision or hearing and unsafe conditions in and around your home. There are a lot of easy things you can do in your home to minimize the risk of an injury.

A Checklist:

- Use a rubber bath mat for the tub and shower
- Install grab bars to help you sit and stand
- Wipe up any moisture or spills right away
- Reduce clutter - get rid of loose wires, cords or other obstacles
- Use a cordless phone so you don't have to rush to answer it
- Ensure you have good lighting
- Some mats are tripping hazards, so it's best to get rid of them or make sure they are non-slip
- Store heavy items in lower cupboards
- Use a stable step stool for reaching high places
- Ask for help with tasks that you may not be able to do safely on your own
- Make sure your stairs are well lit and ensure you have handrails
- Keep front entrances and walkways in good repair and free of ice and snow
- Eat healthy meals - skipping meals can make you dizzy or off balance
- Stay active because this helps your flexibility, balance and strength
- Use medication wisely - some can make you drowsy
- Use safety devices like glasses, hearing aid, or cane
- If you fall, try and land on your buttocks to minimize injuries
- Make sure you are not injured before you try to get up

For more information on how to prevent injuries please contact your local health professional.

For more information on the Northern Wellness Coalition please contact:

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