

Labrador Regional
Wellness Coalition

Living Well in Labrador

Fall 2015

Rigolet's GET ACTIVE Challenge 2015

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gallons of gas, \$40 food baskets, hand held weight sets or a fit ball. The grand prize was a \$150 value pair of sneakers of the winners choice. In order to qualify for the grand prize, participants had to complete the entire 13 week challenge of 5 days of physical activity per week. They also had to complete physical activity logs that were handed in on Mondays. The Grand Prize winner of GET ACTIVE 2015 was Sally Shiwak. Sally chose to order a pair of The North Face sneakers. Congratulations Sally!

Kelly Ann Blake

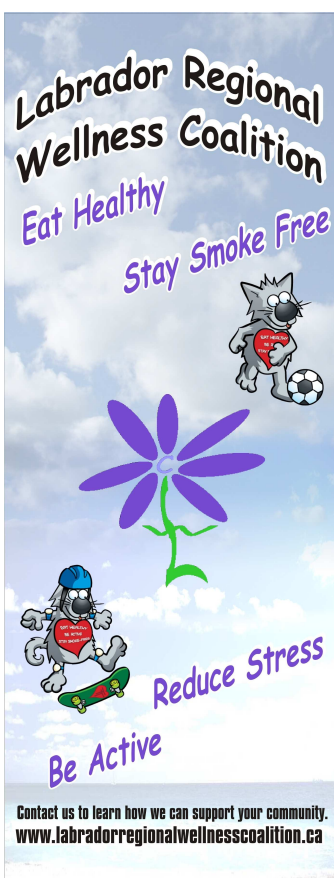


A 13 week GET ACTIVE 2015 Physical Activity Challenge started in Rigolet on March 30th, 2015 and ended on June 28th, 2015. During the GET ACTIVE challenge, participants had to complete 5 days of physical activity per week for 13 weeks. As a group, participants decided there would be no time limit to their daily activity. A total of 26 participants registered. During the 13 week GET

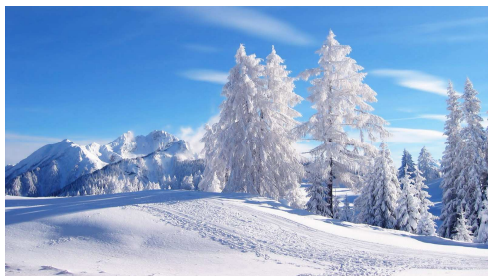
ACTIVE challenge, weekly prize draws were held, as well as a grand prize. To qualify for the weekly prize draws, participants were required to complete physical activity logs that they would hand in on Mondays. These physical activity logs kept track of the participants days and what type of physical activity they completed. The weekly prize draws consisted of the following items: 5

The banner to the left is available for use at community events or workshops.

Please contact info@labradorregionalwellnesscoalition.com to have the banner sent to you.



A Word on Wellness (Co-chairs' notes): Enjoy Yourself



Let's celebrate! Let's celebrate all the people in our lives, all the great moments. Life is so busy that we spend most of our time struggling to get through each day. But this is not how life should be lived. Our brief moment on this earth is ours and ours alone. Take time for yourself every day, reach out and hug the people closest to you, tell them how much they

mean to you. Because if there is one thing I have learned while living in Labrador it is that life is fragile and fleeting.

So let's enjoy ourselves!! Let's try that new activity even though people may laugh at us, let's call that friend who has been on our minds, let's create a bucket list and then set out to do it all. Why not?? Sure the dishes need to be washed, the kids need to go to practice and a million other things but they are not the important pieces in life. When you look back on your life do you really remember all the dishes that you

washed??? Or do you think about the things you did that were outside of your normal routine??? I'm not saying that everything will be rosy, life is full of ups and downs and the heartache and the sadness are emotions that we all should feel. But a life felt is a life lived so enjoy, even the heartache, for that means you are living.

The most important part of life is living it, so don't cruise through on auto pilot, grab the helm and plot your own course!!

Kelly Goodie

Postville's Running Group

Runners are sporting the water bottles that were generously donated by the Labrador Regional Wellness Coalition. Postville's Running Club is a couch to 5k program. The Running Club began June 27th, 2015 and our final running event took place October 3rd, 2015 for the second year.

Members of the running club in Postville, NL would like to send a big thank you to the Wellness Coalition for donating water bottles, pedometers, reflection bands and key chains.

Grant Gear



Reminder: **The new Grant Deadlines are Jan.1, Apr. 1, July 1, Oct. 1.**

Visit www.labradorregionalwellnesscoalition.ca for a grant application and more information.

LRWC Steering Committee Member Profile: Kelly Ann Blake



Good day all, my name is Kelly-Ann Blake and I am from Rigolet, Nunatsiavut. I attended St. Thomas University in Fredericton, NB where I

graduated with a Liberal Arts degree in Criminology with minors in Psychology and Forensic Anthropology. Since March 2014, I began working as a Community

Health Worker with Nunatsiavut Health and Social Development. I really enjoy my job, I work with so many different people in the community and organize lots of fun events! Our team at DHSD works really well together, everyone pitches in and helps one another if they can. I attended a LRWC AGM in May 2015 and found it really informative. I extended my interest further and asked to sit on the Steering Committee. I feel the LRWC has a lot to offer and the staff in Goose Bay, as well as the committee members, are wonderful to work

with! When I am not working, I enjoy spending time at home with my two pups, Tango, 4 and Cash, 2. They keep me busy! I also love hockey. Win or lose, I am a Toronto Maple Leafs fan! I am a real homebody; I enjoy cooking, baking and even cleaning. Relaxation is key and I do it best at home with my pups. If you would like to contact me my office number is 947-3328 ext. 261 and my email is

kelly-ann_blake@nunatsiavut.com.

Have a great day everybody!

Grant Recipient Highlight: Kindness Connection, Upper Lake Melville

Through the Kindness Connection, we are attempting to support and sustain mental wellness in the Upper Lake Melville area by meeting the basic needs of people without homes or those with low/fixed incomes. We provide a hot meal, a bag lunch and a backpack containing first aid supplies, toiletries and practical items like rain ponchos and blankets.

On the first Saturday of each month, people can come to us at one of four locations and either receive their first backpack or receive a refill of the consumables within the backpack. We also discuss with each person the "Connection Card" that we include with each pack. This is a comprehensive list of available services in town that can help people transition out of homelessness as well as places where they can find a meal when they are in need.

Another important aspect of the Kindness Connection is that statistics are



kept at each outreach. The team is better prepared to speak into the housing and homelessness issues in Happy Valley-Goose Bay

from what is actually being experienced on the ground and organizations can use the statistics to make informed decisions, prioritizing the needs within the community. This project was started to bridge the gap in HV-GB until housing first is a reality in Upper Lake Melville.

The funding provided by the Labrador Regional Wellness Coalition has assisted us in purchasing the necessary supplies to supplement the donations we've received for the hygiene kits and ensure everyone served has a full back pack. We

will continue to reach out as long as we are able through donations and grants.

Donations can be made at the Salvation Army on Churchill. Monetary donations can be receipted. Physical donations can be dropped off between 10 am and 12 pm from Monday to Friday. To make arrangements for pick up call Denise @ 899-2926 or Dianne @ 896-3213.

Dianne Climenhage and Denise Cole



The Kindness Connection



LRWC Webpage

Visit www.labradorregionalwellnesscoalition.ca to see our NEW PAGES!

- Ticker Tom Resources
- ◆ Membership List



Ticker Tom Puppets

In addition to our Ticker Tom mascot, we now have puppets that will soon be available to our community partners. We are in the process of getting play scripts to accompany him. Contact janice.white@lghealth.ca or Kelly.goudie@lghealth.ca for more info.

Labrador Winter Games 2016: Wellness Committee

The Labrador Winter Games 2016 is being held March 13-19. This is a major event in our region with participants and volunteers of all ages. The LRWC has formed a Wellness Committee in preparation for this wonderful and exciting event. Lynn Blackwood is the chair of this sub-committee. Please contact her at lynn.blackwood@lghealth.ca if you want to give any suggestions or be a part of this committee.

November is Falls Prevention Month



Keep Active—

Do activities you enjoy.
Participate in group activities.

Check your medications—

Have yearly check-ups (vision, hearing, etc.) with your doctor.

Have your pharmacist review your medications.



Watch your Step—

- ◆ Use safety salt on walkways in winter
- ◆ If you use a cane, attach cane spikes to help you walk on icy surfaces
- ◆ Wear appropriate footwear with lower heels and treads
- ◆ Use ice grippers on your shoes
- ◆ Install grab bars by the tub, shower, and toilet
- ◆ Get rid of clutter

Labrador Regional Wellness Coalition

Janice White
Newsletter information to be
submitted via email.

Email: info@labradorregionalwellnesscoalition.ca

Winter is coming!



Laugh
Right
Wicked
Cee!

www.labradorregionalwellnesscoalition.ca

Food For Fun Camp: Goose Bay

Eight Happy Valley-Goose Bay children participated in a week long Food and Fun camp in July. A partnership with the Labrador Regional Wellness Coalition, the Community Food Hub, Labrador Grenfell Health and the Town of Happy Valley-Goose Bay worked together to make the camp happen. Participants learned about food safety, kitchen safety, healthy eating and food preparation. Physical activity was woven throughout the week long camp as well. On a usual day participants would start the day with an education piece, followed by food preparation and finally more fun education based activities. Participants prepared their own lunchtime meal; research shows that children involved with food preparation are more willing to try new food items-many children were daring enough to try new foods! Participants received a copy of all the recipes used during camp to try with their families. The camp was enjoyed by all.

Lynn Blackwood

