

# LABRADOR REGIONAL WELLNESS COALITION NEWSLETTER 2023



## **A Road to Recovery (with a Stop Along the Way)**

On November 24th, 2022 the Labrador Regional Wellness Coalition hosted a virtual networking event. The event explored substance use through lived experience and a harm reduction approach with a look at the new Canada's Food Guide recommendations to help make healthy food choices. The event featured guest speaker Scott Pynn who shared his lived experience in connection with substance use. He also provided information on his Art to Recovery program, which he has started to help other individuals by providing them with art supplies to help during their recovery. It also included a presentation from the Opioid Dependence Treatment Team done by Nurse Practitioner Martha North and Registered Social Worker Kelsie Swain. This presentation provided an overview of the substance use continuum, along with treatment options for individuals that use substances. It also explored the services that can be provided through the ODT Hub and the supplies that are available through S.W.A.P. Hannah Buckle, Regional Nutritionist also provided a presentation during this event, which explored the new changes to the Canada's Food Guide. It outlined the new recommendations and provided practical advice on how to use the guidelines to make healthy food choices and also provided a tour of the new online platform. The event was a great success with 56 individuals/groups attending at the peak time and it also brought a number of new membership applications. The LRWC looks forward to continuing to provide similar opportunities to members in the future.



GUEST SPEAKERS

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## OPIOID DEPENDENCE TREATMENT & SAFE WORKS ACCESS PROGRAM

ODT provides services throughout the LG Health region with in-person, telephone and telehealth services available. This program has no waitlist and can provide help for you and your family if you are a youth or adult and have concerns related to opioid use or want help to reduce the physical, mental and emotional withdrawal symptoms. SWAP services are also available throughout the region providing free and confidential harm reduction supplies to individuals. These supplies can be picked up at one of the physical locations or mail out services are also available for individuals unable to access a physical location.



### OPIOID DEPENDENCE TREATMENT

#### REGIONAL ODT HUB

Monday - Friday, 8:30 a.m. - 4:30 p.m.

Telephone: (709) 897-2125

In-Person (appointment or walk-in), Telephone & Telehealth service available throughout the region. NO WAITLIST.

#### SERVICES AVAILABLE

- Suboxone & Methadone
- Withdrawal Support
- Family Support
- Medical Support
- Counselling
- Vaccinations
- Naloxone Kits
- Hepatitis C Education & Screening
- Links to Supports (housing, income)
- Community Prevention & Awareness

#### Worried about your or someone else's opioid use?

Take the first step & try the [Worried about opioid use screening tool](#) at [CheckitOutNL.ca](#)



#### LGH ODT Hub in partnership with **SAFE WORK ACCESS PROGRAM (SWAP)**

**FREE & Confidential Safe Supplies**

#### We offer:

Needles  
Sterile water  
Cookers  
Tourniquets  
Alcohol swabs  
Inhalation kits  
Condoms/Lubricant



To place an order call: 709-897-2125  
Supplies can be mailed for FREE!

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Labrador Regional  
Wellness Coalition



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## CANADA'S FOOD GUIDE

New recommendations from Canada's Food Guide provides some healthy eating habits to consider. Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

Eat meals with others

[Credit: Healthy eating habits - Canada's Food Guide](#)

## CHOCOLATE BERRY OVERNIGHT OATS

### Ingredients

335 mL (1 ½ cups) rolled oats  
250 mL (1 cup) skim milk or unsweetened fortified plant-based beverages  
85 mL (⅓ cup) 0% plain Greek yogurt  
1 ripe banana, mashed (about 125 mL/½ cup)  
20 mL (4 tsp) maple syrup or brown sugar  
15 mL (1 tbsp) cocoa powder  
250 mL (1 cup) fresh or frozen raspberries



### Directions

In a medium bowl, whisk together all ingredients except for raspberries.  
Spoon equally into 4 small jars or airtight containers.  
Refrigerate for at least 4 hours, preferably overnight, before eating.  
When ready to serve, top with raspberries.

Photo & Recipe Credit Canada's Food Guide: [Chocolate berry overnight oats - Canada's Food Guide](#)

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## WELL WATER PILOT PROJECT

Groundwater supplies approximately 30% of the province's drinking water, including private wells, semi-public wells and public water supply wells. Naturally occurring contaminants in groundwater that can pose health risks in certain amounts may be present in Newfoundland and Labrador's groundwater such as arsenic, lead, uranium, manganese and fluoride. Further information can be found here:

<https://www.gov.nl.ca/ecc/waterres/cycle/groundwater/well/>.

Water Resources Management Division (WRMD) has collaborated with Digital Government and Service NL (DGSNL), Health and Community Services (HCS) and the Geological Survey (GS) to distribute approximately 2000 free well water chemical test kits to well owners. The goal of this program is to collect baseline groundwater chemistry for Newfoundland and Labrador, while providing well owners with chemistry information about their drinking water. The Department of Industry, Energy and Technology, Geological Survey (GS) has the capacity to analyse water for a full suite of chemical components in its Howley Building laboratory in St. John's.

Test kits are available at all Government Service Centres and participants are asked to fill out a sample record form, collect water in the bottle provided and return the completed kit to the nearest regional office. Samples will take 4 to 5 weeks to process and results will be sent to the well owner from the information provided on the sample record form. More details about the pilot project are available here: <https://www.gov.nl.ca/releases/2022/ecc/1214n04/>

For more information: [GroundwaterSection@gov.nl.ca](mailto:GroundwaterSection@gov.nl.ca)

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## SUCCESSFUL GRANTS FOR 2022-2023

Project Menihek - Menihek High School Social Justice Committee

Smart Growing and Harvesting - SmartICE Sea Ice Monitoring & Information Inc.

Arts & Heritage festival 2022 - Gateway Labrador Inc.

Labrador Straits Academy Mental Health Initiative - Labrador Straits Academy

Petuthe Tshemitshum Club (come and eat club) - Mushunu Innu Natuashish School

Pancake Breakfast - HV-GB Housing & Homelessness Coalition

Year-end Judo Tournament - Goose Bay Judo Club

ASIST Training resources and healthy snack break - Goose Bay Military Family  
Resource Centre

Winter Wellness Wednesdays - Gateway Labrador Inc.

The Great Labrador Loppet - Menihek Nordic Ski Club

Menihek High School 3rd Annual Mental Health Wellness Week - Menihek High School

The Five Hills Challenge - Birch Brook Nordic Ski Club

Health Hygiene Kits - Mealy Mountain Collegiate

Arts and Craft supplies for Youth Centre - Makkovik Inuit Community Government

U13 Provincials Host Association - Lake Melville Xtreme Minor Hockey



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## NEWFOUNDLAND AND LABRADOR'S FIRST HEALTH CARE PROVIDER PHYSICAL ACTIVITY KIT FOR ADULTS

  
**Health Care  
Provider  
Physical  
Activity Kit**

**Talk to a Health  
Care Provider today**  
to learn how physical  
activity can improve  
your life.

**ParticipACTION.com**

 **Try our app!**  
Be sure to track this activity on the ParticipACTION app for a chance to  
win great prizes! Download it for free in **Google Play** or the **App Store**.

For more information about the kit please click [here](#)  
Or email [danica.genge@lghealth.ca](mailto:danica.genge@lghealth.ca)

# LABRADOR REGIONAL WELLNESS COALITION NEWSLETTER 2023



## COMMUNITY EVENTS

Gateway Labrador hosts free weekly Wellness Wednesdays event. If you would like more information on future events please contact Lydia Rickards at [info@gatewaylabrador.ca](mailto:info@gatewaylabrador.ca)

**FREE EVENTS**

**GATEWAY LABRADOR**  
invites you to join us for...

# WELLNESS WEDNESDAYS

**Pink Shirt Day**  
Wear your Pink Shirt - Craft & Story Time

**Board Games & Cards**  
Enjoy some games old and new

**International Women's Day**  
Craft & Sharing Stories - Everyone welcome!

**Northern Lights**  
Craft & Story Time

Parents & Tots

Adults

All Ages

Parents & Tots

- All events - 10.30am start at Gateway Labrador
- Spaces limited - please RSVP on Eventbrite
- Refreshments provided.
- Funded by Labrador Regional Wellness Coalition

# LABRADOR REGIONAL WELLNESS COALITION NEWSLETTER 2023



## COMMUNITY EVENTS



### Great Labrador Loppet March 25th, 2023



One of the most prestigious events to take place in Labrador West  
Two chances to win a PAL Airlines Round Trip Ticket

#### MENIHEK NORDIC SKI CLUB Host of the

48TH GREAT LABRADOR LOPPET, ADULT AND YOUTH XC SKI & SNOWSHOE EVENTS  
March 25th, 2023

10KM XC SKI/SNOWSHOE EVENT STARTS AT DULEY PARK 10:30 A.M. & FINISHES AT WHITEWOLF  
20 & 30 KM START AT TANYA LAKE AT 9:30 AM & GO TO DULEY PARK AND THE BORDER  
BOTH 20 & 30 KM FINISH AT WHITEWOLF.

(BUSES LEAVE FROM THE SOCCER FIELD SIDE OF THE LABRADOR MALL FOR DULEY PARK AT 9:45 A.M.)

YOUTH SKI / SNOWSHOE 2.5 & 5 KM (WITH CHAPERONES) STARTS AT 11:00 A.M.  
AT THE WHITEWOLF SNOWMOBILE CLUB AND FINISHES AT THE WHITE WOLF SNOWMOBILE CLUB  
(YOUTH AWARDS AT 1:00 P.M. WHITEWOLF)  
ADULT AWARDS BANQUET AT LOCATION TBD 7:00 P.M.

LOPPET REGISTRATION DEADLINE IS MARCH 24TH, 2023 AT 2:00 P.M.

NOTE: ALL COURSES/TRAILS GROOMED FOR CLASSIC & SKATE TECHNIQUE  
REGISTER AT [WWW.LOPE4.CA](http://WWW.LOPE4.CA)

Bib Pickup and Free Pasta Supper at Menihek Chalet March 24 at 5:00 PM

#### Sponsored by:



This is a 2023 Labrador West Carnival Event

Follow us on Facebook

The Great Labrador Loppet is continuing for the 48th time this year on March 25th.

Hosted by the Menihek Nordic Ski Club this great event includes a variety of trail options for everyone including the 2.5 and 5km trails designed specifically for children. The event includes both ski and snowshoe options and transportation is available for the event. Come out and enjoy a day filled with fun, food, family and friends in the great Labrador outdoors.

The deadline to register for this years event is **March 24th at 2:00P.M**