

**Labrador Regional  
Wellness Coalition**

# Living Well in Labrador

Spring 2015

## Local Breastfeeding Support: Grant Recipient Highlight

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The Lactation Club (TLC) is a local mom -to- mom support group here in Happy Valley – Goose Bay, which has partnered with Labrador Grenfell Health, the Aboriginal Family Centre, the Grand River Family Centre, and the Mokami Status of Women's Council. Our group is based upon moms who have breastfed and can share experiences that help other moms find their way on their

breastfeeding journey. We are currently working on a schedule meeting time that seems to work best for all moms that wish to attend. Thanks to a grant that was received from the Labrador Regional Wellness Coalition earlier this year we were able to purchase resource materials. We now have

a mini resource library that we can offer to pregnant women or moms that are interested in learning more about breastfeeding. These materials are the start of many helpful things that we hope to offer to our local breastfeeding community.

*Holly Joy*



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

Please contact [info@labradorregionalwellnesscoalition.com](mailto:info@labradorregionalwellnesscoalition.com) to have the banner sent to you.

## A Word on Wellness (Co-chairs' notes)

Often when we talk about wellness and healthy living we think about physical activity and healthy eating. But there are other factors that affect our health and wellness, one of these is stress. We all have stress in our lives, it is a consequence of life, but some people have more stress than others.

Just as stress, and how we experience it, is different for each of us there is no stress reduction strategy that will work for everyone. Most commonly suggested methods of stress relief include; aerobic exercises,

meditation, prayer, yoga, tai chi, deep breathing, and massage. Some people find that listening to music, hobbies, volunteer work, keeping a daily journal of events and how they feel, laughter, playing with pets, taking short breaks or shopping help them to relax.



But the real key to reducing stress is to prevent it! Getting enough sleep, a proper diet, avoiding excess caffeine and other

stimulants and taking time out to relax may be helpful in this regard. It is also helpful to identify the sources of stress in your life and find ways to avoid them or reduce their impact.

Another great way to manage your stress is the serenity prayer that can be used as a personal mantra. "Grant me the courage to change the things I can change, the serenity to accept the things I can't change, and the wisdom to know the difference."

*Kelly Goodie*

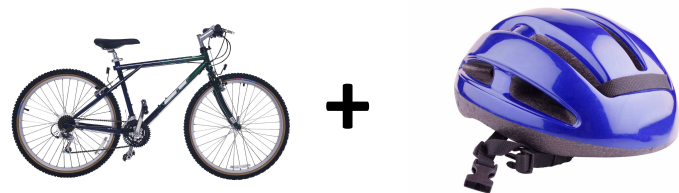
## Safe Kids Week 2015



## NL Legislation for Bike Helmets

**Effective April 1, 2015, bicycle helmet use is mandatory for all cyclists (adults and youth) in Newfoundland and Labrador.**

A properly fitted helmet helps protect your brain from absorbing the force from a crash or a fall and significantly reduces the risk of serious head injury by up to 85 per cent. For more information go online:



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

Visit [www.labradorregionalwellnesscoalition.ca](http://www.labradorregionalwellnesscoalition.ca) for a grant application and more information.

## LRWC Steering Committee Member Profile: Dominic Demers



Dominic is the Community Grants Chair.

He began as a LRWC member when he worked as the Health Promotion Director at 5 Wing Goose Bay. While in this position, he wanted to network with people who are motivated to improve the health of the community. That led him to the LRWC. At the last AGM, he was nominated and voted in as the Community Grants Chair.

Dominic has a background that is bursting with health promotion and wellness. His education consists of a Bachelor Degree in Kinesiology from the University of Quebec and a Masters Degree of Arts in Leadership from the Royale-Roads University. This education has provided him with various positions in health and wellness, leading him to the position he currently holds as School Health Promotion Liaison Consultant with Labrador-Grenfell Health.

His educational interests line closely with his personal interests. He is a running enthusiast! He is the President of the Trappers' Running Club and is a seasoned runner. He has completed many races, with his

most recent accomplishment of finishing the Ultra Marathon (67 km) in Deer Lake, NL.

Dominic lives in Goose Bay with his partner and beautiful one-year old daughter.

He is a great role model for wellness and healthy living. He is an example that you can keep a healthy lifestyle and remain active while balancing work and home life.

Thank you Dominic for allowing us to profile you in this newsletter. We hope to continue this Member Profile in future newsletters.

*Janice White*

## In the blink of an eye, your vision can be lost...

For Newfoundlanders and Labradorians who are blind or partially sighted, CNIB remains the primary provider and steward of vision rehabilitation therapy.

We know that for some individuals, a loss of vision is unavoidable. For most, there are ways to significantly reduce the chances of losing your vision.

**Knowledge is power in eye health and safety.**

Research has shown that **Canadians place a high value on their vision and fear vision loss more than most other health conditions.**

A comprehensive eye examination can help identify eye health issues that often go undetected, like glaucoma or macular degeneration. Early identification can lead to treatment options that could literally save your sight. Wearing personal protective eyewear when

working in hazardous environments, at work, at home or at play can also significantly reduce your chances of vision loss.

### CNIB Vision Health Month Tips

**Quit for your eyes:** People who smoke are three to four times more likely to develop age-related macular degeneration (AMD). Quitting now can reduce your risk.

**Get healthy:** Your intake of fish high in omega-3 fatty acids, fresh fruit and dark green leafy vegetables as they provide nutrients and antioxidants that are healthy for your eyes.

**Protect your eyes from sunlight:** Wear a hat with a brim, and choose sunglasses



that provide at least 99 per cent protection from ultraviolet (UV) rays.

**Wear eye and face protection:** When playing sports or working with power tools, protect your eyes with CSA-approved safety glasses or goggles.

Beyond working to support healthy vision for all, CNIB offers public education programs to organizations and in-services that help caregivers, health care workers and family members better understand the challenges associated with living with vision loss.

For more information contact: **Ashley McPherson**, CNIB Independent Living Specialist. P. (709) 896-8302 (ext.218) or email [Ashley.McPherson@cnib.ca](mailto:Ashley.McPherson@cnib.ca)



## Kids Eat Smart in Labrador West!

Kids Eat Smart Foundation Newfoundland and Labrador is a registered charity with a vision to provide nutritious food to school aged children in our Province so they are well nourished and ready to learn. The hallmark of KES Clubs is the universal approach. Every child is welcome to participate in a KES Club regardless of socioeconomic status. There is no charge to families for children to participate, children just show up and enjoy breakfast or snack.

An average KES meal costs \$1. We are very grateful to our Government, the corporate community, organizations and individuals who give generously to financially support Kids Eat Smart Foundation Newfoundland and Labrador.

There are many reasons why children don't eat breakfast. Some children can't or won't eat in the mornings, some children have very long bus rides, other children come from busy households and some children just do not have food at home. Whatever the reason a child may need breakfast; Kids Eat Smart Foundation provides nutritious food in a comfortable and friendly environment.

We currently operate 21 KES Clubs in Labrador including two new Clubs that have recently opened at Menihek High School and Centre Educatif l'ENVOL. Jennifer Vatcher is a teacher and KES Club Coordinator at Menihek High School. She has seen firsthand the positive influence the KES Club is having on the school population since it started in January of this year.

"The KES Club has positively influenced the school, for sure! We have kids who may not have brought recess or had breakfast now having the ability to have these snacks. I personally have had kids come up to me saying how awesome the program is, and how thankful they are to have it here. We have students who are getting volunteer hours by participating in the morning (helping set up and monitor), but, we also have students who have their

volunteer hours who are just doing it because they want to help out (and get first dibs!). It is such a great alternative to the students going to the store to get a bag of chips for their 8:00 am snack. They can now grab oranges, grapes, milk, yogurt, etc. It's been great."

Jennifer Vatcher, Teacher and KES Club Coordinator

Menihek High School

For more information on Kids Eat Smart Foundation Newfoundland and Labrador please contact us at 722-1996, 1-877-722-1996, by email at [info@kidseatsmart.ca](mailto:info@kidseatsmart.ca), or online at [www.kidseatsmart.ca](http://www.kidseatsmart.ca), Facebook, Twitter and Instagram @KidsEatSmartNL.



**Labrador Regional  
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Janice White  
Newsletter information to be  
submitted via email.

Email: [info@labradorregionalwellnesscoalition.ca](mailto:info@labradorregionalwellnesscoalition.ca)

SPRING



**Laugh  
Right  
Wicked  
Cee!**

[www.labradorregionalwellnesscoalition.ca](http://www.labradorregionalwellnesscoalition.ca)

## COLLECTIVE IMPACT SUMMIT & AGM

**May 6-7, 2015**

**Northern Cross Church**

**Happy Valley-Goose Bay, NL**

*AGM to follow*

*Contact [Kelly.goudie@lghealth.ca](mailto:Kelly.goudie@lghealth.ca) for registration*



Labrador Regional  
Wellness Coalition

"Collective Impact" has emerged as a promising approach to achieving high-impact change around key societal issues. Individuals and organizations from the public, private and community sectors come together to work toward a clearly defined goal.

### **Learning Outcomes:**

- Learn about Collective Impact
- Discover how Collective Impact differs from other forms of collaboration
- Get resources and tools to implement Collective Impact
- Map the projects in the region now supporting community well-being
- Explore creating a common agenda to align local efforts to achieve greater impact.

For more information, visit  
[www.tamarackcommunity.ca](http://www.tamarackcommunity.ca)