

**Labrador Regional
Wellness Coalition**

Living Well in Labrador

Spring 2016

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Youth Cooking Traditional Aboriginal Food in a Modern Day World : Grant Recipient Highlight

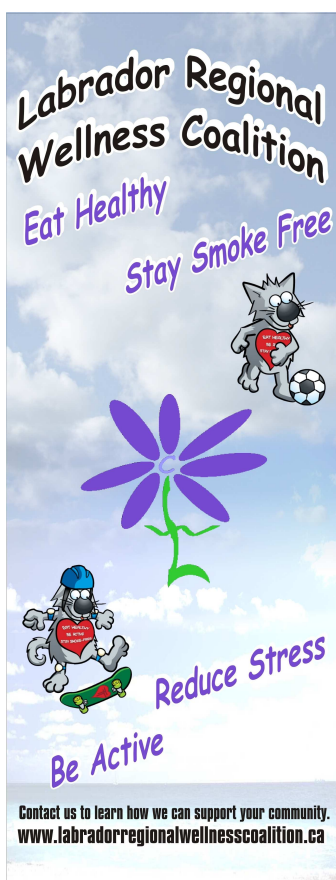
A program developed in partnership between the Labrador West Aboriginal Service Center, The Salvation Army, Dexter Mining, and Labrador-Grenfell Health provides youth with instructions on how to prepare traditional aboriginal dishes, but with a modern flare.

Some of the menu items included mini moose burgers with partridge berry relish and tossed salad, baked salmon and ginger basmati

rice, and partridge berry crumble.

Besides learning how to cook traditional food with a modern twist, the young participants learned about kitchen and food safety, how to use and apply the Canada's Food Guide for First Nations, Inuit, and Métis, and everyday safety skills like snowmobile safety and safety during the holidays.

Danyelle Lavers



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)



Spring has finally sprung! We have a renewed spirit, a renewed hope.

Warmer days are coming, the sun is shining, the birds are singing. It makes us feel alive again.

Part of that is spring cleaning and getting rid of that clutter in and around your home. I have been doing a lot of that lately and it feels wonderful. The purging of old and broken things, the cleaning of all that dust and dirt

hidden behind furniture, just brings such a healthy vibe to my surroundings. The cleaning is great for my physical health (anyone who has allergies knows this), but also for my mental health.

Do this for yourself—clean and purge I mean! It just makes you feel like you accomplished something great and it definitely will be awesome for your health and wellness. The longer days mean that you can do this inside your home, but will also have time

for yourself outside in the sunshine. The gardening or just sitting out reading a book will liven your spirits.

Enjoy the new warmth! Enjoy the sunshine! Be rejuvenated!

Janice White



Safe Kids Week's 20th Anniversary!

Join us in celebrating national awareness week which brings attention to predictable and preventable injuries in children.

The good news is that our efforts for prevention are working, since 1996, Canada has enjoyed a decreasing trend in death and hospitalizations from preventable injuries. But more can be done.



Safe Kids Week 2016 will focus on the top injury issues that affect children:

At Home: falls, threats to breathing, poisoning, burns, and water safety

At Play: concussions, sports and recreation/team sports, playground, and falls

On the Road: Motor vehicle occupants, pedestrians, and bicycles/wheeled activities.

For more information, please contact
janice.white@lghealth.ca

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: Kim Andersen



Kim Andersen is from Makkovik. She was born and raised there and has raised her own family there. She has a daughter and grandson who she is very proud of. Her daughter

is completing an Education Program in Goose Bay and she talks about her grandson any chance she is given :)

Kim worked with the Labrador Inuit Health Commission and

transitioned with them to the Nunatsiavut Government's Dept of Health and Social Development in various positions. She currently works as a Community Health Aide which involves education and prevention work. It was through this work that she was introduced to the Wellness Coalition back in 2010. Since then she has attended the LRWC AGM's and has participated as a Steering Committee member the last few years.

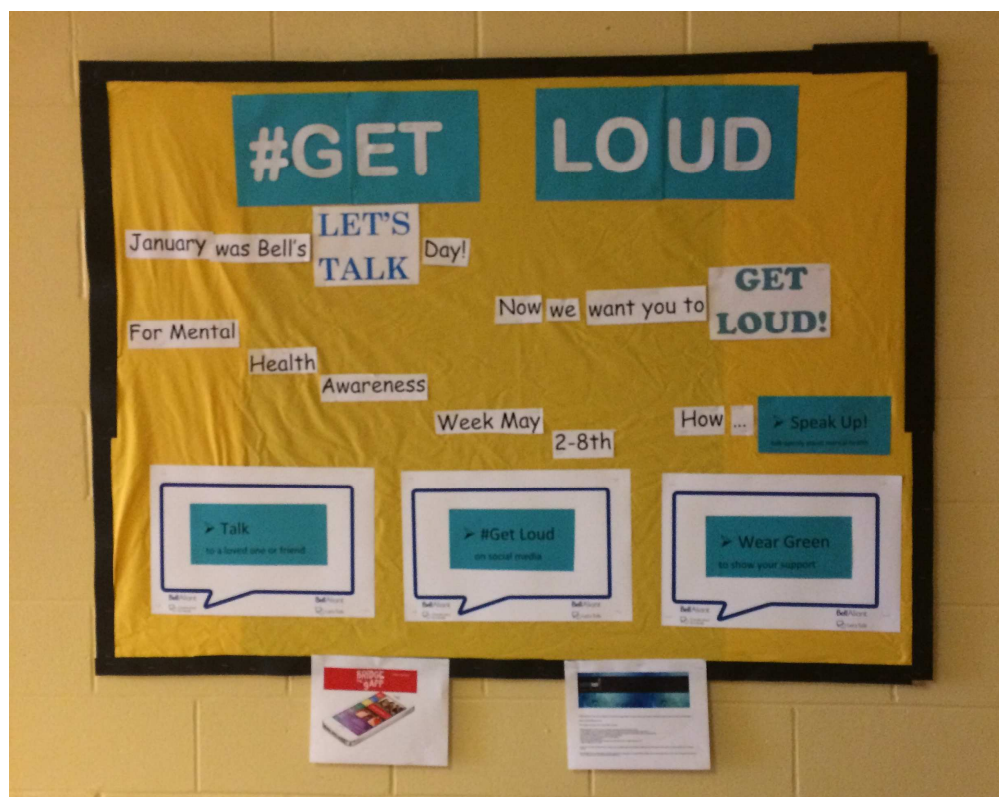
Kim is a very busy lady. After work hours, she also volunteers for her community. She volunteers with

the Recreation dept, the Makkovik Trust, Junior and Senior Rangers, and is involved in the local church helping with the Sunday School and Choir.

Even after all of that, she does make time for herself. Kim enjoys going to the cabin, hunting and fishing, embroidery, crocheting, and sewing.

Kim is a great role model for her community. She gives back to her community whole-heartedly. Thank you Kim for letting us showcase you as a wonderful Steering Committee member and great Community leader.

Mental Health Awareness Week—May 2-8



All across Canada, the Canadian Mental Health Association is requesting that all Canadians GET LOUD to maintain positive Mental Health!

“Getting loud” means speaking up to stop the discrimination and the stigma that usually go hand in hand with Mental Illness. Use your voice to raise awareness and build support for mental health.

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

May is CNIB Vision Health Month. Does everything you have planned take into consideration the health and safety of your eyes? If you have to stop and think about the answer - you are not alone.

With the support of organizations such as WorkplaceNL, Husky Energy, NLAO, NLCSA, and Bluedrop Performance Learning, CNIB travels across Newfoundland and Labrador delivering eye safety workshops to workers in industry, non-profits, high schools, colleges and university students. The people who attend the workshops have told us of all the injuries or diseases that could affect them in their lifetime; the eyes are not the first to be considered. The sad part is the professional and personal impact of losing some or all of your vision to injury can be devastating.

What most people don't realize is that the eyes are like any other organ in the

body, they require care which includes taking good care of our physical health.

The other stealer of sight is an eye injury. They are happening every day in our province. As you plan your next project at work, at home or at play - stop and take a moment to consider ways to help keep your eyes safe;

1. Wear protective eyewear at all times
2. Wear sunglasses that block a minimum 100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
3. If you wear contact lens, wash your hands prior to taking out your contact lens and be sure to cleanse your contact lenses properly to avoid the risk of infection.
4. Talk to your Doctor of Optometry about having your prescription placed in your CSA approved protective eyewear.

5. Healthy Eyes should include consuming lots of leafy greens, orange vegetables and cold-water fish

Far too many people in our communities are needlessly losing their sight. If you make vision health a part of your daily regular health regiment and practice safety at work, at home and at play, it could mean, as you get older, you can maintain your vision leading to a better quality of life for you and your family.

Debbie Ryan

Vision Health Promotion

CNIB NL



 **Husky Energy**

WorkplaceNL



**Labrador Regional
Wellness Coalition**

Janice White
Newsletter information to be
submitted via email.

Email: info@labradorregionalwellnesscoalition.ca



**Laugh
Right
Wicked
Cee!**

www.labradorregionalwellnesscoalition.ca



Ticker Tom Puppets

To have Ticker Tom visit
your community:

Email
janice.white@lghealth.ca
or
Kelly.goudie@lghealth.ca