

# Health & Wellness matters


WINTER 2007

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ALBERT COUNTY HEALTH AND WELLNESS CENTRE



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vibrant, healthy and energetic  
Sharon Wells,  
"...and now I eat to have life."**

## Christmas Open House

The Bennett and Albert County  
Hospital Foundation  
and Albert County  
Health and Wellness Centre  
invite you to their  
Christmas Open House on  
Tuesday, December 18<sup>th</sup>  
from 4-6 p.m. at the Centre.  
Everyone is welcome.

# “Footloose” Flag Flies High

**Kilometre Club gets local school children walking** *By Rhonda Hamilton*

A “Footloose” green flag fashioned and handmade by **Barb Gebuhr**, principal of Riverside Consolidated School is held high by **Susan Gallant**. Susan is the physical education teacher and a leader in this wonderful program.

I watch as both Susan and **Bonnie Butland** shout “Kilometre Club! Kilometre Club!” across the school playground. An enthusiastic group of children scramble towards the flag; each hoping it’s their turn to carry the flag that leads the pack on their one kilometre walk.

I had heard about the healthy initiatives at Riverside Consolidated School, so arming myself with a camera, I met up with this lively group as they left for their second walk of the day. I felt a small hand grab mine and was surprised as this talkative tyke pulled me down a windswept path, stomping through every mud puddle along the way. I wanted to learn all I could from this excited little walker, but found it a challenge to listen to her enthusiastic chatter while dodging showers of muddy water across my white runners. “I will get another foot on my necklace when I get another 10 kilometres”, she said.

The kilometre club is just one of many inspiring “healthy living” programs offered at Riverside Consolidated School. Role models, Barb Gebuhr and Bonnie Butland, the school’s administrative assistant, racked up kilometers all summer with the Footloose in Albert County Walking Program and have teamed up with Susan Gallant to offer a walking club at the school.

Bonnie informed me that the kilometre club averages 40 to 50 children who voluntarily give up recess and lunch time to clock their kilometres in their walk across Canada. Standing in front of a large map of Canada, Bonnie tells me that this is week 11 of the program and the combined kilometres of the children total 1620 km which places them just past North Bay Ontario.

The rewards for walking contribute to the success of the program. Each child receives a neck chain with a colourful “foot” for their first 10 kilometres. Not only do they continue to get a “foot” for every consecutive

10 kilometres, but are rewarded at increments of 25, 50 and 75 km’s with a “sneaker” .



Bonnie shows me her colourful chain on her neck and credits the other two team members, Barb and Susan, for their part in making this program a success. In a day and age where childhood obesity rates continue to climb, the team at Riverside Consolidated School are to be commended for their initiatives aimed at promoting physical activity among children.

# Children’s Book Encourages Healthy Lifestyle

*By Rhonda Hamilton*



Currently residing in Moncton, New Brunswick, Sarah Butland has tasted the waters of almost every form of writing. Her most current work is *Sending You Sammy*, a children’s book which encourages its readers to eat healthy foods and live active lives.

The book features the superhero BananaBoy, whose mission is to tackle unhealthy food choices and inactivity. Aimed at children between the ages of seven and eleven *Sending You Sammy* is great for even the younger child to instill great eating habits before they desire the foods not on the food guide.

Connecting with Sarah through the Footloose in Albert County Program, five copies of *Sending You Sammy* were presented to Riverside Consolidated School as an addition to their incredible existing initiatives aimed at improving physical activity and healthy eating among children.

Sarah’s book can be purchased at Chapters in Dieppe, Amazon Canada and Cover to Cover Books in Riverview.

When I asked **Sarah Butland** why she wrote a children’s book aimed at decreasing the rate of obesity among children she said, “I just grew tired of reading about childhood obesity in the newspaper. It is such a concern I wanted to do something about it.”



## Footloose with Nordic Walking

Remaining active during the winter months is possible, you just have to be a little creative. November 17th was an exciting day in Riverside-Albert, as Footloose in Albert County hosted a Nordic Walking clinic with **Yennah Hurley** from the "Walking Proud" Nordic Walking Club in Saint John.

Joining her that day was active lifestyle enthusiast **Daryl Steeves** who spoke on the topic of "Killer Couches" and the dangers of inactivity. It was a great morning as people braved the cold and learned the art of Nordic Walking, the new exercise rage that burns 40% to 60% more calories than regular walking.

Footloose in Albert County also hosted the "Get Wellness Soon Campaign" on December 4th at 7:00 p.m. in Hillsborough at the CRHS teaching theatre. Stay tuned as Footloose in Albert County prepares its winter program that will begin in January 2008. Don't hibernate this winter, stay active with the help of Footloose in Albert County.

## The Amazing Journey Continues *By Linda Hersey*

**Sharon (Fowler) Wells** of Hopewell Hill is living proof that you can reclaim your health.

Well-known for her friendliness and good nature, this executive assistant to the field unit superintendent at Fundy National Park also lives with Type 2 diabetes and was morbidly obese. Hers has been a lifelong struggle with weight.

At 10 she was diagnosed with an under-active thyroid and given medication, and by high school wore a size 18.

"I remember a family member saying I had the shape of a good outhouse," recalls Sharon, "square.... Those years were lonely, and depressing."

Yet the climb continued. At 22 she met her husband of 26 years, **Ralph Wells**. Weight loss was necessary to fit into her gown, but she still topped the scales at 200 pounds and still gaining. By now she was on high blood pressure medication, at 23 underwent thyroid surgery, and continued to gain. By the age of 36, overweight by 96 pounds, she became an all-too-predictable statistic - a second generation (both parents) Type 2 diabetic. Prescribed the appropriate medication, she was ordered to lose weight.

"Within the next 10 years, my diabetes was getting worse," Sharon recalls of those difficult years. "In June of 2002, I had to be placed on NPH insulin, an injection at night. In March 2005 I was placed on two needles a day (30/70) taking 50 units a day, 4 metformin pills a day, plus avandia for diabetes. Also by then I was on two blood pressure pills a day. I was still gaining weight, by now up to 246 pounds and wearing size 22."

Diabetes is a terrible disease with ugly complications, and now she was given another dire warning - lose weight or suffer a heart attack at 49, just like her dad. So in 2005 she tried valiantly to reduce, but became frustrated. So she called on her best ally - prayer. The answer led her to Simply For Life on January 18, 2006, where through the guidance of **Steve Sweeny** was finally put on the right track - fruits, vegetables, lean meats - and plenty of exercise. BINGO! The weight came off and her energy level soared.



"Find the diet that you can live with every day and that works," she says. "If you're going to a program and not losing two pounds a week and keeping it off, you're in the wrong program."

Thirty minutes exercise a day is encouraged (she does 2 hours a day), so Sharon walked

during work breaks, and cycled in evenings, and by December 2006 had biked 1,020 kilometres - double that of 2005! Her bike odometer for 2007 alone reads 1,500 kilometres! Not only are 80 pounds gone now - but she's off insulin needles and blood pressure medication entirely, saving her medical plan \$600 a month in drugs and medical supply costs!

Approached by **Doris Weir** of the Albert County Health and Wellness Centre, Sharon became a Lifestyle Leader for the Get Wellness Soon Campaign, a fitting ambassador for this valuable initiative. She has not only maintained her weight loss, but enjoys a wonderful new and healthy lifestyle that includes walking, hiking, sea kayaking, cross country skiing, supplemented in bad weather by her home gym.

With ongoing support from her husband Ralph, Simply For Life, her employer who allows her to alter her work schedule in favour of exercise, friends co-workers and tremendous community support via the Footloose in Albert County team through the Albert County Health and Wellness Centre - there's no stopping her now.

"For the years I was obese I lived to eat," says a vibrant, healthy and energetic Sharon Wells, "... and now I eat to have life."

## Did You Know?

The ACH&WC foot clinic now has over 150 clients which are seen regularly. This clinic has grown under the skilled guidance of **Janine Underhill** R.N., B.N. and **Beverly Stevens** L.P.N. Thanks to their dedication this has become an important and successful outreach program.

On November 17th over 45 people attended our Nordic walking session - it was a chilly day but that didn't stop everyone from enthusiastically trying out this new sport. Watch for the converted out for a walk with their poles - they are the ones who look like they are cross country skiing minus the skis and the snow!

## Health Tip

When a doctor prescribes dressing changes, intravenous antibiotics, or other procedures you may ask for a referral to our centre. The nurses at the centre can provide these services at the convenience to you in your own community.



Please join as in welcoming **Marsha Jonah** as a casual R.N. at the Centre. We look forward to working with you Marsha.

Merry Christmas from all of the staff here at the Centre and best wishes for a healthy, Happy New Year

## Roasted Seasoned Squash

Martimers love their squash and the spices in this recipe enhance the flavour of this delicious healthy vegetable. Sweet potatoes can be substituted for squash and both are great vegetables to serve.

2.5 L (10 cups) peeled cut up squash = 2 medium or 1 large squash

30 ml (2 tbsp) olive oil

3 garlic cloves minced or 15 ml (1 tbsp) bottled minced garlic

5 ml (1 tsp) ground ginger

5 ml (1 tsp) dried rosemary

5 ml (1 tsp) dried sage

5 ml (1 tsp) salt

Cut squash in half and clean out seeds and pulp. Peel and chop into 2.5 cm (1 inch) pieces. TIP -to make peeling easier, soften skin by microwaving on high first for approximately 5 minutes.

Place in large bowl and toss with oil. Sprinkle with seasonings and toss well to evenly coat squash cubes.

Spray foil lined baking sheet with non-stick spray. Spread squash out making sure not to crowd. Roast in oven 200C (400 F) for 40 – 50 minutes, turning occasionally until tender and cubes starts to brown. Yield = 8 servings.

Nutritional Analysis (1 serving)

250 Kjoule (60 calories), 11.5 g carbohydrate, 1 g protein, 1.8 g fat.

This recipe is an excellent source of Vitamin A and a good source of folate.

Submitted by **Jill Barnes**, Registered Dietitian at SERHA.

## South-East Regional Health Authority Board of Directors

Our Board plays a significant leadership role in the Authority's ability to achieve its vision of leading in a healthy and vibrant community to enhance the quality of the individuals it serves.

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## Contact Us

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If you have any questions or suggestions, please contact:

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Procurez-vous la version française en composant le 870-2688.



South-East  
Regional Health Authority  
Régie régionale de la santé  
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Albert County Health and Wellness Centre will be closed for the holidays on December 25, 26 and January 1.