



Working Well... In Newfoundland & Labrador



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Take The Challenge! Take the Stairs!

Take Health Canada's "Stairway to Health"

Improving your health may not be as difficult as you think. Stair climbing is possible in many workplaces and homes, and requires no special equipment in order to participate. There are numerous benefits to stair climbing. It requires about 8-11kcal of energy per minute, which is high compared to other physical activities, and by climbing just two flights of stairs per day a person can lose about 2.7 kg over one year. As well, stair climbing can be accumulated across the course of the day and can make a significant contribution to the recommended 30 minutes of daily physical activity.

Health Canada, in partnership with the Canadian Council for Health and Active Living at Work, have created a wonderful program called "Stairway to Health". This program encourages individuals, and workplaces, to start using the stairs as a way to improve health. All the tools that you will need to motivate yourself, and your workplace, are available on the website: <http://www.phac-aspc.gc.ca/sth-evs/>. There are even posters that can be downloaded and placed near elevators and stairways to encourage stair climbing.

The website also contains an interactive "Calorie Counter" which calculates how many calories and fat you have burned, and what percentage of the recommended 30 minutes of daily activity you have accumulated by taking the stairs. When you register as a participant (IT'S FREE!!!), you can even track how many calories you burn over time. There are also various "Stairway Challenges" that you can select in order to set goals for yourself. You can choose from several Canadian mountains, and towers from around the world, or you can simply create your own challenge by entering the height that you would like to aim for by stair climbing.

It's a fun and exciting way to work towards better health. You can also register your organization and work together to improve your health as a team.

HAPPY CLIMBING!



When you register for the "Stairway Challenge", e-mail MaryBethDoyle@gov.nl.ca with your name and the challenge you are trying to complete, to be entered for a random prize draw!



Caring for the Elderly

Resources are available for those in need



There are many support groups available for individuals who care for the elderly

For many of us, as we grow older, taking better care of our health becomes an increasing priority. Thousands of Newfoundlanders however are faced not only with the task of taking care of ourselves, but also with the challenge of taking care of elderly loved ones. These individuals, it is important to know, are not alone.

Many caregivers often feel isolated and alone, especially if there is no assistance from others and the loved one is seriously or terminally ill. If you are feeling overwhelmed and alone, try asking another relative for help, or consider paying for a health or homecare worker on occasion. By freeing up time for yourself, you may feel more in control of your situation and will be able to take some time for yourself to relax. Many of us avoid asking for help because we feel that we are imposing on others. Be assertive – ask for help when you need it, and don't be afraid to ask other loved ones to help you out.

There are many support groups available for individuals caring for the elderly. Not only can these groups provide you with emotional support, they may also provide you with valuable resources. Many of these individuals have advice regarding problems you might be experiencing and will be more than happy to share their knowledge with you.

Caring for a loved one can be very stressful and time-consuming, often leading to "burn-out." It is important to take time for yourself and to get counseling if you are feeling overwhelmed. Often, minor adjustments in a routine can make a big difference in the way you are feeling.

In Newfoundland and Labrador, "The Caregiver-Line" is a toll-free line available to everyone. It provides **free** information and assistance to unpaid / informal caregivers – these are individuals who provide unpaid support, care, and assistance to someone who lacks some degree of independence due to a physical or mental impairment, or advanced age. The Caregiver-Line provides information and assistance Monday to Friday, 8:30 am to 4:30 pm, or you can leave a message after hours.

Visit the www.caregiversnl.ca for more information, or call The Caregiver Line at 1-888-571-CARE.



Taking time out for yourself is an important factor in avoiding "Burnout"

*For personal consultation and information on additional resources, contact the Employee Assistance Program
729-5831, toll free
1-888-894-6795
or 729-4240, toll free
1-888-891-2999*

DID YOU KNOW?

According to Health Canada, an estimated 420,600 Canadians over the age of 65 have Alzheimer's Disease or a related dementia. This figure represents 8% of all seniors! An additional 16% of Canadians aged 65 or older exhibit less severe symptoms that are termed "mild cognitive impairment."



Hobbies and your Health

Not just for kids anymore

As children, many of us had hobbies that allowed us to learn, be creative, and have fun. As we get older, many of us lose interest in the activities we once loved, or just plain don't have time for them anymore. However, many of us give up these activities not knowing the valuable role that they can play in our lives. Not only can hobbies distract you and keep you entertained, they can be beneficial to your health, both physically and psychologically.

Exercise is a hobby of which the benefits are well known. Regular exercise helps keep body weight at healthy levels, improves the cardiovascular system, helps decrease bone loss, and enhances well-being. Exercise doesn't have to mean running on a treadmill for an hour, however. Many individuals simply prefer to pick up a new sport, go swimming, or simply get together with a friend a few times a week for a walk. Taking time to be physically active also provides people with time to themselves that they can use to clear their minds, reflect, and relax.

Hobbies that challenge the mind can also help keep us healthy. According to the Canadian Health Network, there is growing evidence to suggest that keeping our minds "active" helps to prevent Alzheimer's disease and dementia. In one study, in which participants were all over the age of 75, those that engaged in mentally challenging activities four days a week were two-thirds less likely to develop Alzheimer's as compared to those who rarely challenged their brains. Activities that challenge the mind can include anything from playing cards or board games to doing crosswords, reading, or playing a musical instrument. Many of these activities can not only benefit you personally, but they also encourage social interaction with others.

Social interaction is also important in maintaining your health. Social interaction can decrease loneliness, enhance well being, and improve self-esteem. Interacting with others is also a great way to take up new hobbies or stay committed to the ones that you have. Participating in something that is enjoyable and important to us can also help us during times of transition in life. For example, having a hobby that you enjoy can help make the transition from work life to retirement smoother. Having control of a situation, being an "expert" at something, and simply being happy can lead to a greater sense of life satisfaction.

Depending on which hobby you choose, many are inexpensive, require little equipment, and don't require a high level of skill or experience. So the next time you feel bored or want to try something new, commit yourself to taking up a hobby – after all, it's good for your health!



Playing card games is just one hobby that can keep the mind sharp and enhance overall well being



Interacting with others can increase your likelihood of finding a hobby enjoyable and staying committed to it

Contact us!

If you have a suggestion, comment, or contribution, we'd love to hear from you! Please email us at: WorkingWell@gov.nl.ca



Recipes for Success!

Curried Cod

Submitted By: Patricia Hutton, Government Services



Ingredients:

- 1 lb Fresh Cod (cut into chunks or pieces)
- 2 tbsp. curry powder (mild to medium, depending on taste)
- 1 tsp. Coriander (to enhance the curry)
- ½ Cup Flour
- Pinch of salt & a good shaking of pepper
- 1 Cup milk (skim, 1% or 2% - 2% tends to give a better consistency)

Directions:

Mix flour together with all dry ingredients (adding more curry if you wish) and thoroughly coat the fish pieces – to do this, shake in a plastic bag and ensure all pieces are coated before putting in baking dish. Place fish in a microwavable dish (Corningware gives good results). Cover with milk (add more milk if needed to cover fish). Microwave for 3-4 minutes on MEDIUM, check, and stir gently. Finish microwaving on HIGH for 3 - 4 minutes. Serve as an appetizer on lettuce and a sprig of parsley, or serve as an entree with cooked carrots and a side salad with a light oil dressing so as not to deflect from the delicate COD! Makes 6 servings as an appetizer, 4 as an entrée. **ENJOY!**

Nutritional Information	
Per Serving	
Amount Per Serving	Calories: 182
	Carbohydrates: 16 g
	Dietary Fibre: 0.6 g
	Protein: 25 g
	Total Fat: 3 g
	Saturated Fat: 0.5 g

These nutritional values are approximate.



Do you have a recipe that you would like to share? We are looking for recipes for upcoming editions of the newsletter. The recipe does not need to have nutritional values included. Please send your recipe, along with your name and department to WorkingWell@gov.nl.ca. Comments and suggestions are also welcome!

