

Summary of Program:

The Living Well Program was developed to support health promotion and physical activities throughout the District of Clearwater. Funding for this program was obtained through the Community Health Promotion Fund administered by the UBCM. The District of Clearwater works in partnership with the Community Resource Centre of the North Thompson and Interior Health Authority to deliver the 49 week program. Additional partnerships have been developed to provide information and resources specific to monthly themes and weekly seminar topics. The program is free of charge and is geared towards citizens with various mobilities, ages, genders, social and economic backgrounds. Specific project objectives include:

- educating community members on awareness, prevention and management of chronic disease.
- empowering citizens to make good choices regarding their personal mental and physical health by providing information and access to resources.
- focusing on disease prevention rather than crisis management thereby creating a sustainable healthy community that is more active and healthy.

The Living Well Program involves a creative way of addressing rural health care concerns using a grassroots approach that capitalizes on previously untapped community resources through the development of relationships.

**UBCM COMMUNITY EXCELLENCE AWARDS:
District of Clearwater submission**

LIVING WELL / CHRONIC DISEASE PREVENTION - CATEGORY: LOCAL GOVERNMENT PARTNERSHIPS

EXECUTIVE SUMMARY:

Since incorporation in 2007, the District has worked with the community to retain and recruit health care professionals. Through this process, it became quickly apparent that there was a gap within the community and healthy living initiatives were not being addressed. Organizers believed the Healthy Promotions Grant through the UBCM, would facilitate community engagement in a healthy living / chronic disease prevention program and believed citizens and the health care system would reap the benefits of this grant through increased disease prevention awareness and increased community capacity.

The District launched a partnership with Interior Health Authority (IHA) and the Community Resource Centre of the North Thompson (CRC). This partnership was further enriched by enlisting several other community groups and individuals. The program offers education regarding healthy living and specifically targets providing information about chronic diseases common to Clearwater. Each educational seminar is coupled with physical activities for a variety of mobilities thereby encouraging a holistic approach to healthy living.

Clearwater's innovative style in addressing rural health care concerns involves a grassroots approach that capitalizes on previously untapped community resources through the development of relationships. The individual, the business, the not-for-profit, local government, and provincial agencies are all working together to move the community forward.

BACKGROUND:

The District of Clearwater is a small community of approximately 2400 citizens, with the trading area of 5,000 people situated in North Thompson Valley. Forestry is the primary economic driver. Over the past six years, Clearwater has struggled to diversify its economy and to retain and attract the health care professionals necessary to sustain the full service hospital located in the community. With incorporation in 2007, the District assumed responsibility for services previously provided by the Thompson-Nicola Regional District and the Clearwater Improvement District.

The allocation of responsibility for administration and delivery of services while considering the tax payer has been a challenging process for the District. As a newly incorporated municipality, the District of Clearwater has yet to adopt policy regarding healthy living. However, the proposed Living Well program was identified as a great opportunity for the Council of the District of Clearwater to engage in community capacity building – a goal identified in the District's 2008 5 Year Strategic Plan. The relationships forged through developing the Living Well Program has helped the District and other community organizations through the transition to incorporation by allowing for a new way of service delivery.

It is important to note that before incorporation programs like this could not be offered opportunities specific to seniors, youth or persons of low income. The opportunity for funding through the UBCM Community Health Promotion Fund has

allowed the District and its partners to successfully deliver programs to fill this void. Grant funding allows the District to offer opportunities for residents of all backgrounds to access information, workshops, speakers and activities thereby motivating area residents to become happier, healthier and more involved citizens.

INNOVATION IN ACTION – OUR SUCCESS “THE LIVING WELL PROGRAM”

Our goal is to provide citizens with the information and tools they require to make informed proactive choices around their personal health situation whether it be through chronic disease prevention or management.

The District advertised, conducted interviews and hired a coordinator and continues to provide administration of the grant funds and supervision of the program coordinator. Administrative support and office supplies including documents, advertising and other in-kind contributions are provided by the District, this is funded by the UBCM Community Health Promotions Grant as well as in-kind contributions in the amount of approximately \$30,000. IHA provides the services of a variety of qualified professionals who share in the delivery of weekly workshops focusing on monthly health topics. The CRC provides the venue at a reduced rental rate and registration services for the programs are administered for free.

The District established the foundation of the program by:

- holding an initial meeting with community partners and stakeholders,
- holding an initial meeting with the Medical Centre
- identification of the health topics were done by the above

Numerous additional partners have committed to providing education, products, services and workshops (Appendix A). These include health care providers, local businesses, individuals and not-for-profit organizations. Partnerships with local businesses allow them to contribute to the well-being of the community, to improve the service and product they provide and to inform the public of the services / products they provide.

Specifically, the Living Well Program is formulated around a back-to-basics grassroots philosophy whereby prevention and individual engagement are the keys to healthier living. Organizers believe that a proactive approach to appropriate nutrition and exercise will reduce the drain on limited health care resources as healthier citizens have fewer visits to the doctor, hospital, physiotherapist etc.

The encouragement of community involvement and participation by identifying demographics and focusing on those who generally do not participate in the community as a whole has created a “no barriers’ philosophy. This was done by offering free transportation to those with mobility issues and to those lacking personal transportation. Various combinations of advertising, seminar times, topics, seminar location were employed (Appendix B).

The Living Well Program is 49 weeks in length and is free to all citizens (Appendix “C”). This program is intended to support health promotion and physical activities through a focus on healthy living and chronic disease prevention.

Workshops:

- provide citizens with information to make healthy lifestyle choices without leaving the community.

- shopping tours conducted at the local grocery store,
- seminar speakers are local,
- growing, harvesting and preserving workshops were conducted with the local climate in mind.

The Living Well Program has been the launch pad for additional exciting programs and events that are focused on being active in and around Clearwater such as:

- the “Learn to Run” program,
- the Strawberry Festival 5 km Fun Run,
- a seniors walking group,
- “Clearwater Walks On;” and,
- a cancer support group

A monthly health topic steers the focus of weekly seminars (see Appendix C). For example:

- Heart & Stroke Month:
 - Prevention of Risk Factors – 5 signs
 - Heart & Stroke Risk Assessment – Warnings signs
 - Healthy Heart Smart cooking class
- Women’s Health Month (June) hosting specific seminars such as
 - workshops on menopause,
 - bra fitting clinics (27 participants),
 - breast health, and
 - good health throughout a woman’s life and smart shopping.

Attendees would conclude seminars by performing physical activity such as chair aerobics, yoga and thai chi. Speakers included a registered dietician, female physician, and two private business owners – one local.

Determination of monthly themes and weekly seminar topics was also guided by local need. Some disease and health care issues are more prevalent in the Clearwater area. Organizers have seized the opportunity to support citizens through education about nutrition, exercise and mental health maintenance specific to local health concerns including COPD, breast cancer, addictions, and prostate cancer.

The above noted strategies and activities have resulted in health benefits that include but are not limited to:

- Improved mental health
- Improved cardiovascular health
- Improved awareness and detection methods

SPECIFIC EXAMPLES OF TANGIBLE INDICATORS THAT PARTNERSHIPS HAVE IMPROVED COMMUNICATIONS

Through partnerships and improved communication, the District has been able to access IHA resources such as registered dietician to provide information about “smart shopping” and “preparing and eating local produce.” The venue for preparing and eating local produce has been arranged in further partnership with the Farmer’s Market and the 3rd Annual Garden tour. Recipes and cooking demonstrations about eating local were combined with food security information and how shopping and eating this way is nutritionally sound and reduces our carbon footprint. Without these partnerships, this service and information would not be available to the citizens of Clearwater.

Working together on the Living Well Program has allowed partners to break down barriers. For example, the Community Resource Centre and District experienced challenges in determining how to allocate responsibility for the provision of some services within the District. This difficulty stemmed through the transition from Clearwater Improvement District to the District of Clearwater through incorporation. ***Through community capacity building exercises and planning for the Living Well program, open honest dialogue has occurred regarding each organization's responsibilities. Instead of mine and yours, an attitude of "ours" has been developed and fostered.***

ADDITIONAL BENEFITS / LEGACY / OPPORTUNITIES

The establishment of a "Walking club" and sustainable programs such as the "Learn to Run" program which is now advancing to a 10 km run are among additional benefits that have been identified. As well as partnering with the Canadian Cancer Society, has brought awareness to Clearwater's issues and forming a support group for cancer has been a need identified.

There are many aspects of this program where even unlikely partnerships have been formed creating a legacy for our community and again bringing it back to this community being a close knit community where people care about one another. An annual 5km "Fun Run" is now established, other aspects are exposure to ongoing physical activities within the community by the heightened awareness through the Living Well Program.

Additional opportunities identified have been to further develop relationships with the local high school. Smoking cessation has been identified with early teenagers so in early fall the coordinator will work with the Grade 8 Orientation program, school staff and the Parent Advisory Council to create a "phase out" plan for this issue.

FUTURE PARTNERSHIP INITIATIVES AND POLICIES

Future partnership initiatives are currently under development:

- BC Healthy Communities (Community Capacity building). Partners: Clearwater Employment Services, Evergreen Seniors Society, Wells Gray Outdoor Club, North Thompson Food Coalition, Yellowhead Community Services, CRC, IHA, local business, Provincial Government agencies TNRD Area A Director (see Appendix A)
- "***Clearwater Walks ON***", (Walk BC Grant). Partners: BC Recreation and Parks Association, Heart and Stroke Foundation of BC and the Yukon, District of Clearwater, Healthy Living Alliance, Act Now BC, local businesses and local health care practitioners.
- Collaboration with UNBC for medical student road trip. Partners: School District #73, Clearwater Doctor Recruitment Committee, University of Northern British Columbia Medical School; Interior Health Authority, the District of Clearwater, local families and businesses.

Partnerships and attitudes fostered by the Living Well Program will shape future Council policy. As a newly incorporated community, Clearwater has little existing policy and Council must make decisions without this guidance. The key ideas guiding

the Living Well Program are the same used by Council when making decisions: is this sustainable, how can we do more with less, how do we involve diverse partners for increased commitment, does this initiative increase community activity and engagement and is it accessible for all members of the community. The outcome of this synergy allows Council to fulfill its commitment to the Climate Action Charter and guide the community forward. Official Community Plan development is in the initial stages, and will also be shaped by these guidelines.

CONCLUSION

The Living Well Program has far reaching implications. Citizens, organizations and businesses in Clearwater have become increasingly aware of their role in making Clearwater a healthy community. This heightened awareness has resulted in individuals, groups and businesses engaging in conversation and building bridges as is evidenced by the high local participation in the Heart of the Matter Doctor Recruitment Health Symposium in March, the Healthy Communities Sustainability Planning Workshop held in May and the volunteer and participant numbers for the Strawberry Fest Fun Run held in July. The momentum gained through the Living Well Program and other local health initiatives will continue to build with upcoming programs like "Clearwater Walks On." ***The Living Well Program has provided Clearwater with the impetus to move forward through a challenging economic time by fostering a "can-do" attitude where citizens feel empowered to improve their personal health and the well being of their community.***

The value to individuals and the community is immeasurable. With the addition of the Living Well program and programs spawned by Living Well, Clearwater now provides healthy activities for citizens of various mobilities, ages, genders, social and economic groups. Health information that was previously unavailable in a local setting has been made accessible to citizens. Recruiting health care professionals, new businesses and families becomes easier as Clearwater has more to offer with the addition of these health care initiatives. Active living and healthy lifestyles are a high priority for the community of Clearwater and the Council has identified the need for policies to be established, this will be accomplished through the Official Community Planning process that is scheduled to start this August.

Clearwater is seen as a community where people work together to get the job done – this image has been further entrenched with the new partnerships facilitated by the Living Well Program. The Living Well Program has created a legacy of relationships that make Clearwater a great place to live work and play, now and in the future.

APPENDIX A

List of Partners

Living Well / Chronic Disease Prevention Program:

District of Clearwater	Red Cross
Interior Health Authority	Safety Mart (AG Foods)
Community Resource Centre	Clearwater Medical Centre
Healthy Choices (weight management group)	Ministry of Children and Families
Yellowhead Community Services	Clearwater Times (local newspaper)
Lindsay Hanslow (Yoga)	Canadian Cancer Society
Old Age Pensioners	Clearwater Transit
Evergreen Acres Seniors Society	Clearwater Farmer's Market
Wells Gray Seniors Society	Riverside Fitness Centre
Mind, Body Spirit Wellness	Wells Gray Seniors Society
	Forest House Health Centre

Health Symposium – “Heart of the Matter”

Population Health	BC Academic Health Council
CBC Radio	Inter professional Rural Program of BC
Ministry of Community Development	Rural Response Team
UBC, Medical Department	Health Match BC
Rural Coordination Centre of BC	UNBC Community Development Institute
BC College of Physicians	Thompson Nicola Regional District
Society of Rural Physicians of Canada	Yellowhead Community Services
Ministry of Health Services	Health Match BC
Thompson Rivers University, Nursing Program	Provincial Health Authority

Strawberry Fest 5 km Fun Run (Sponsors of the prizes)

Community Resource Centre	Success by 6
Interior Health Authority	Riverside Fitness Centre
Clearwater Farmers Market	Little Pipsqueak
Runners Sole (Kamloops retail store)	Safety Mart (AG Foods)
Strawberry Moose	Yellowhead Helicopters
Interior White Water Expeditions	

3rd Annual Garden Tour

Can-Do Event Planning
Dietician, Interior Health Authority
North Thompson Food Coalition
Garden Club
Farmers Market

CONTACT INFORMATION FOR PARTNERS

Organization	Contact Person	Phone Number	Email address
District of Clearwater	Leslie Groulx, Corporate Administrator	250-674-2257	Leslie.groulx@districtofclearwater.com
Interior Health Authority	Bernie Easson, Manager, Health Services, Clearwater / Barriere / Blue River, Dr. Helmcken Memorial Hospital	250-674-2244	Berni.Easson@interiorhealth.ca
Community Resource Centre	Sylvia Arduini, Manager	250-674-3530	sarduini@tru.ca
Healthy Choices	Paula Edwards	250-674-2174	
Yellowhead Community Services	Jack Keough, Manager	250-674-2600	jack.k@yellowheadcs.ca
Evergreen Seniors Society	Donna Erickson, Coordinator	250-674-2463	acdc@mercuryspeed.com
Clearwater Medical Centre	Dr. J. Soles	250-674-3319	5soles@telus.net
Clearwater Farmers Market	Suzanne Gravell, organizer	250-674-3821	crafts@purpleox.ca
Ministry of Children and Families	Susan Murray, Manager	250-674-6810	Susan.Murray@gems9.gov.bc.ca
Riverside Fitness Centre	Liana Beaudry, owner	250-674-0001	info@riveradventures.ca
Forest House Health Centre	Sharon Neufled, owner	250-674-2538	

If you require further partner contact information please feel free to contact Leslie Groulx. Corporate Administrator at 250-674-2257 or by email at leslie.groulx@districtofclearwater.com

APPENDIX B

Advertising Mediums used have been:

Facebook

Newspaper

Brochures – distributed through employers such as Canfor to employees

Flyers – distributed throughout businesses in the community

Bulletin Boards

District of Clearwater's website www.districtofclearwater.com

APPENDIX "C"
DISTRICT OF CLEARWATER
Living Well / Chronic Disease Prevention
Schedule of Workshops

January 2009 ... Introduction to Healthy Living

8 JAN. DOC COORDINATOR	14 JAN. DOC COORDINATOR / RIVERSIDE FITNESS	21 JAN. HEALTHY CHOICES / RIVERSIDE FITNESS	28 JAN. FOREST HOUSE WELLNESS / LINDSAY HANSLOW
Community Stakeholders Meeting	Launch & Info Session...	Healthy weights for who you are.	Benefits of Eating Seasonal Foods
Meeting with Local Doctors	What is the program?	Canadian Food & Activity Guide.	Shopping Locally
	Where can they find info?	How Being Active Helps	
	What topics would they like to see?		
	Stretching	Exercise for People with Barriers	Yoga

February 2009... Heart Month

4 FEB. PUBLIC HEALTH / RIVERSIDE FITNESS	9 FEB. HEART & STROKE/SUSAN DUBOIS	18 FEB. RED CROSS	27 FEB. DOC COORDINATOR
Stroke...	Heart & Stroke Presentation	Heart Disease & Risk Assessment Clinic	Healthy Heart Cooking Class
Prevention of Risk Factors		Prevention of Risk Factors	
5 Signs		Warning Signs	
Living with		How to act quickly and effectively	
		CPR	
Chair Aerobics	Tai Chi / Chi Gong		

March 2009... Nutritional Awareness Month

4 MAR. POPULATION HEALTH/ DIETICIAN /SUSAN DUBOIS	11 MAR. – RIVERSIDE FITNESS	18 MAR. MIND, BODY SPIRIT WELLNESS / HEALTH CHOICES	25 MAR. – DIETICIANS - IHA
Presentation on Social Determinants of Health	Fitness Centre Orientation	Meal Planning	Smart Shopping
		The mind games we play when it comes to Nutrition	Reading Food Labels
			Shopping tour at Safety Mart
			Food Security
Tai Chi / Chi Gong	Session at the Gym.		Walking Group

April 2009...Cancer Month

1 Apr- Mind, Body, Spirit Wellness	7 Apr–Forest House	16 Apr-Canadian Cancer Society	29 Apr-District Staff
Traditional, alternative and contemporary cancer treatment Theories.	Breast physiology & Lymph Drainage	Cancer Society Presentation	Cancer Support group meeting

May 2009... Addictions Awareness Month

5 May – Dietician - IHA	11 May – DOC Coordinator	14 May – Facilitator B.C. Responsible Gaming Strategy	29 May – IHA – Smoking Reduction and Cessation
Sugar shocker and food cravings	Learn to Run – 10 week program	How much is too Much Problem Gambling	Youth Smoking Cessation Strategy

June 2009...Women’s Health Month

1 Jun – Dietician - IHA	9 Jun – Dr. Mary Johnston/ Medical staff	17 Jun – Bev Day/Tab Bras	17 Jun – Dr. Mary Johnston/Medical Staff
Smart Shopping Tour Youth Tour – Reduced Budget Shopping Adult Label Reading Tour	Menopause	Custom Fitted Bra Clinic	Women through the ages

July 2009...Living Clean

8 Jul –DOC Coordinator	18 Jul – DOC Coordinator	N/P	N/P
Sun and Water Safety	Strawberry Fest 5k Fun Run		

August 2009...Living Clean

N/P	N/P	19 Aug -	26 Aug -
		Recycling & energy saving tips	Canning 101

September 2009...Healthy Aging

9 Sep -	16 Sep -	23 Sep -	20 Sep -
Osteoporosis	Clearwater Walks On	Alzheimer's / Dementia	10k Running Clinic
Weight bearing exercise	walking program – 12 week program		

October 2009...Healthy Children

7 Oct -	14 Oct -	21 Oct – Gerda Faber/IHA	28 Oct -
Nutrition/Health	Canadian Physical Activity Guide	Juvenile Diabetes	Asthma / Allergies
Healthy Lunches	Skating/Curling		

November 2009...Diabetes Awareness

4 Nov – Gerda Faber/IHA	12 Nov -	18 Nov -	25 Nov -
Nutrition and Health	Role of Physical Activity	How your weight and lifestyle	Living with...
		Affect diabetes	Foot care
			Eye health
			Hypoglycemia

Together we can make Clearwater a healthy sustainable community one step at a time!



The Living Well Program is sponsored by...



In Partnership with...



Interior Health



WHAT IS LIVING WELL...

Doing something for yourself that ensures you are doing the best for your body, mind and spirit!

The District of Clearwater has a program that will help you live well! In partnership with the Interior Health Authority and the Community Resource Centre, a community health program for Clearwater and its surrounding area has been developed. This exciting new program will provide an introduction to a variety of fitness programs, health literacy and health promotion.

FREE weekly workshops and seminars using health experts for chronic disease and healthy living topics followed by physical activity will be organized for any community member to participate in.

Anyone wishing to participate who may have transportation barriers, arrangements can be made to ensure your participation by calling 250-674-3530 24 hours in advance.

Information

Should you require further information on the Living Well / Chronic Disease Prevention Program or any of the workshops please don't hesitate to contact the Living Well Coordinator.

Christine Parsons
Living Well Coordinator
(ph) 250-674-7082
(fax) 250-674-3975

christine.parsons@districtofclearwater.com

Living Well / Chronic Disease Prevention Program



APRIL 2009

CANCER

AWARENESS MONTH

Living well one step at a time...

Make the choice to live better and together we can make
Clearwater a healthy community.

Workshop Schedules

OUR GOALS

- CREATE AWARENESS.
- STRENGTHEN THE COMMUNITY'S OWN HEALTH PROMOTION PRIORITIES.
- INTRODUCE A VARIETY OF FITNESS PROGRAMS.
- BUILD A HEALTHY SUSTAINABLE COMMUNITY.



APRIL 1, 2009

For many people faced with cancer, researching all available treatments is one of the most important steps. Jamie Holloway from Mind, Body and Spirit Wellness will be presenting information on traditional, alternative & complementary cancer treatment therapies. Additionally, Jamie will educate us on Reiki and how it can help those living with cancer. She will also discuss the many benefits of counseling.

Location & Time:
Community Resource Centre 7:00pm

APRIL 7, 2009

According to the Canadian Breast Cancer Foundation, on average, 431 Canadian women will be diagnosed with breast cancer every week. Sharon Neufeld RMT will be presenting an informational session teaching the physiology of the breast, demonstrating techniques and providing diet suggestions to assist in keeping your breasts healthy. Please wear a big loose T-shirt.

Location & Time:
Community Resource Centre 6:30 pm

APRIL 16, 2009

The Cancer Society will be presenting an informational workshop on breast cancer and prostate cancer support as well as a discussion around the services the society offers.

Location & Time:
Community Resource Centre 2:00pm

APRIL 29, 2009

Cancer Survivor Support Group. Many people in our community are affected by cancer; however, a lot of times people feel alone. If you are dealing with cancer or are a cancer survivor we would like to invite you to join our cancer support group.

Location & Time:
Community Resource Centre 6:30pm

MAY IS ADDICTIONS
AWARENESS MONTH

Workshop topics will include alcoholism, drug abuse, problem gambling and smoking.

Where to find information about Living Well...

www.districtofclearwater.com

Community Resource Centre
Dr. Helmcken Memorial Hospital
Pharmasave
Community Bulletin Boards
Healthy Choices

For more information regarding any of the workshops or to be a guest speaker please contact Christine Parsons at christine.parsons@districtofclearwater.com



Engaging the community in building a network of individual and organizational support so that Clearwater will develop into a healthy, caring, and responsible community.



Together we can make Clearwater a healthy sustainable community one step at a time!



The Living Well Program is sponsored by...



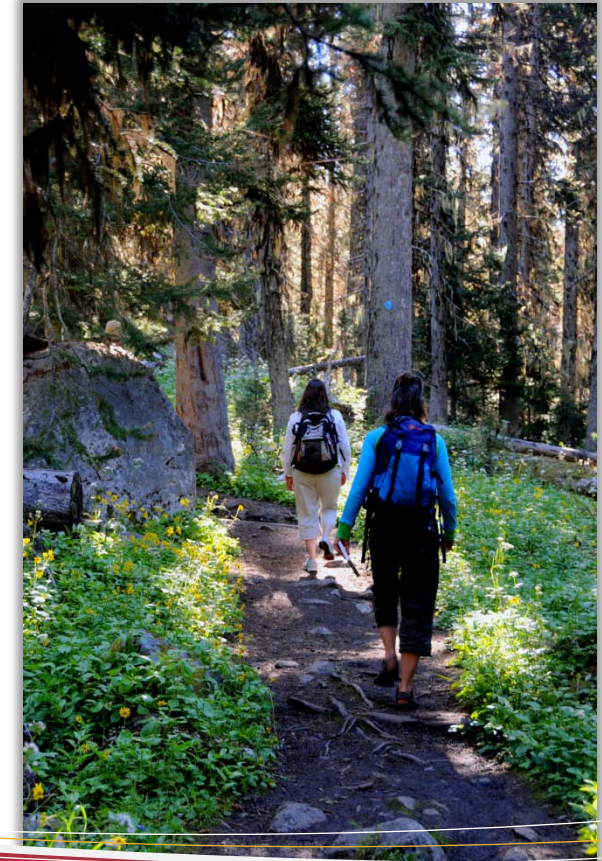
In Partnership with...



Interior Health



Photo taken by Jana Sasaki



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Information

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Christine Parsons
Living Well Coordinator
(ph) 250-674-7082
(fax) 250-674-3975
christine.parsons@districtofclearwater.com

Living Well / Chronic Disease Prevention Program



JUNE 2009
WOMEN'S HEALTH
MONTH

Living well one step at a time...

Make the choice to live better and together we can make
Clearwater a healthy community.

Workshop Schedules

OUR GOALS

- CREATE AWARENESS.
- STRENGTHEN THE COMMUNITY'S OWN HEALTH PROMOTION PRIORITIES.
- INTRODUCE A VARIETY OF FITNESS PROGRAMS.
- BUILD A HEALTHY SUSTAINABLE COMMUNITY.

Photo taken by Jana Sasaki



JUNE 1, 2009

Join us as we host another Smart Shopping Tour with Registered Dietician Simone MacLennan. Ms. MacLennan will discuss how to read food labels, the sodium content in food, healthy fats vs. unhealthy fats and more. To book a time for a **FREE** tour please contact the Living Well Coordinator by May 28th.

Location: Safety Mart

JUNE 9, 2009

Dr. Mary Johnston will help us to understand menopause and how it is a unique experience for each woman. Participants will discuss the physiological changes involved in menopause and how they may affect us each differently. Strategies for dealing with the different manifestations of menopause will be explored including current views on hormone replacement and herbal remedies.

Location & Time:

Community Resource Centre 7:00pm

JUNE 17, 2009

Custom Fitted Bra Clinic

85% of women are wearing the wrong bra size...Are you? Join Bev Day from Tab Bras to be fitted for the custom bra that provides optimal support, posture correction and increased circulation. Tab bras can be helpful for those who have had mastectomy and lumpectomy.

Location & Time:

Dr. Helmcken Hospital 9:30 - 5:00

JUNE 17, 2009

Join Dr. Mary Johnston as she talks about good health throughout a woman's life. Maintaining health is helped (but not guaranteed) by healthy choices a woman makes right from the beginning of menses, through menopause and into her senior years. As we get busier and more stressed by the constant change of our lives today, the basics of good health become even more important.

Location & Time:

Community Resource Centre 7:00pm

Where to find information about Living Well...

www.districtofclearwater.com

Community Resource Centre
Dr. Helmcken Memorial Hospital
Pharmasave
Community Bulletin Boards
Healthy Choices

For more information regarding any of the workshops or to be a guest speaker please contact Christine Parsons at

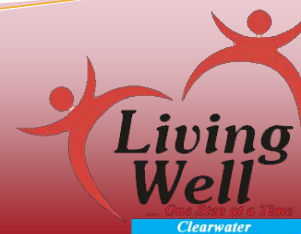
christine.parsons@districtofclearwater.com



JULY IS LIVING CLEAN MONTH

Workshop topics will include eating local and organic foods, biking to work and sun safety.

Engaging the community in building a network of individual and organizational support so that Clearwater will develop into a healthy, caring, and responsible community.





April's Theme: Cancer Awareness,
Treatment, Prevention, Management



Learn to Run Program Participants



Stretching at the Strawberry Fest 5
km Fun Run



Strawberry Fest Kids 1 km Fun Run



Smart Shopping Tour with Registered Dietician, Simone MacLennan and Clearwater Secondary School Students



July 21, 2009

PHONE: 250.674.2257

FAX: 250.674.2173

www.districtofclearwater.com

Angela Elliott
Executive Coordinator
Union of BC Municipalities
2009 Community Excellence Awards
60-10551 Shellbridge Way
Richmond, B.C. V6X 2W9

**RE: Community Excellence Awards
Submission under Local Government Partnerships**

Dear Ms. Elliot:

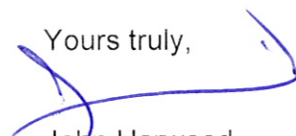
The District of Clearwater is pleased to have the opportunity to submit an application for the UBCM Community Excellence Award under Local Government Partnerships. The District was incorporated in December 2007, this brought new opportunities for the community of Clearwater and its residents to have local autonomy and become the master of our own destiny.

During July of 2008 the Council and staff prepared a 5 Year Strategic Plan, one of the immediate goals identified was to establish a solid foundation for the municipality to grow on. Under that goal, community capacity building was brought to the forefront as an objective and within that objective council felt very strong about focusing on healthy living opportunities for all citizens of Clearwater.

By January of 2009 the Living Well / Chronic Disease Prevention program was up and running with a full complement of healthy living seminars and programs setup for the next 49 weeks. We are very proud of what we have accomplished with the Living Well / Chronic Disease Prevention program. Excellence was achieved by forming insurmountable community and broader partnerships has been phenomenal and to my estimation fits very well with the criteria for the 2009 UBCM Community Excellence Award – Category Local Government Partnerships.

We are pleased to submit this application and look forward to hearing from your selection committee regarding our submission.

Yours truly,



John Harwood,
Mayor



Interior Health

INTERIOR HEALTH AUTHORITY

July 21, 2009

Angela Elliott
Executive Coordinator
Union of BC Municipalities
2009 Community Excellence Awards
60-10551 Shellbridge Way
Richmond, BC
V6X 2W9

RE: Local Government Partnerships Supporting Physical Activity and Healthy Living (An Example of Community Excellence)

Dear Ms. Elliot,

I would like to take this opportunity to share with you our story about the partnerships and working relationships that have developed in the District of Clearwater.

Approximately one year ago, the community of Clearwater was faced with a critical shortage of physicians. The diverse impacts that this has on a community is understood, and the importance of community engagement during this situation was quickly realized. A community team came together, forming a working group to address this concern. This team consisted of the Mayor, Mr. John Harwood, members of the Municipality Office staff, leaders in the community, the two remaining physicians, and myself, representing Interior Health locally. This team met frequently, with all partners learning and expanding their knowledge as they strived to resolve this health care concern. There was an increasing understanding of the challenges that we were all facing, and further learning occurred throughout a period of a year as we gained more information from such valuable resources as government and Interior Health representatives. Our partnership increased to also include organizations such as Healthmatch BC.

As a result of the discussions and learning, the team recognized the opportunity for further community development and education so as to decrease the burden of work on the two remaining physicians during the time of active recruitment. There was recognition, that regardless of our current crisis, longer term strategies were needed for rural health care sustainability.

There was also an understanding of the need for more education as to what small municipalities can do in regards to sustaining health care services, or adapting to crisis such as what Clearwater was experiencing. The team planned and organized the “Heart of the Matter – Rural Health Symposium” that was held in March, 2009 here in Clearwater. This symposium was well attended by community and health care leaders from across the province. The many dynamic speakers shared their knowledge, which provided valuable learning opportunities for not only dealing with current issues, but to aid planning for future sustainability efforts. More connections were opened for our community, and linkages made with further provincial resources.

The Clearwater team also planned and supported a new community program titled “Living Well”

Bus: (250) 674-2244 **Fax:** (250) 674—2477
Web: interiorhealth.ca

DR. HELMCKEN MEMORIAL HOSPITAL
Clearwater Health Site, 640 Park Drive
RR #1, Clearwater, BC V0E 1N0

where weekly education sessions are provided to the community, at no charge, which focus on healthy living and independence in managing one's own health. These education sessions are possible because of the strong partnerships developed in the community. Further growth of this program is evident by such events as the development of a local walking group, and a "learn to run" group.

The initiatives to date are further supported by council's discussions in community planning. I hear the talk of the development of walking trails, and opportunities of development to enhance physical activities for youth. Clearwater is a relatively new municipality, and the leadership supporting a healthy community is evident. It is also through this engagement that I feel supported in developing further health care recruitment opportunities. New programs for the recruitment of health professionals are now possible in our community – such as the Interprofessional Rural Program of BC – where a group of students come to live and work in our community. This is not possible without the active support of the community to enhance this opportunity for students.

Throughout our work during this past year, the regular meetings, the open and honest discussions, and the willingness to work together has created a local environment of trust and true engagement. Regardless of the challenges that we will face in the future, I am confident that the partnerships that we have developed will help us move forward in a positive manner, rising above the challenges with the vision and teamwork that is evident.

Sincerely,

Bernadine Easson
Manager, Health Services
Clearwater / Barriere / Blue River



Interior Health

Simone MacLennan, RD
Community Nutritionist
519 Columbia St. Kamloops
Phone: 250-851-7420
Email: simone.maclennan@interiohealth.ca

To Whom It May Concern,

It is with great pleasure that I am writing this letter to recommend the District of Clearwater for the UBCM Community Excellence Award.

As a Community Nutritionist for the Interior Health Authority I have had the opportunity to partner with the District of Clearwater and be involved in the Living Well and Chronic Disease Prevention program. This program provides free weekly workshops presented by health care professionals and experts in the field of health and fitness. As a health care professional working in the field of community development and population health I can see how this program has helped reduce the barriers of limited health care resources in this rural community. Not only that but I have witnessed how this program has generated great enthusiasm and involvement in fitness programs and events such as the 'Learn to Run' program and the 'Strawberry Fest Fun Run'.

In addition to providing nutrition workshops I have been invited to help the community strategize how to address food security issues and create sustainable health initiatives that will continue on once the Living Well program funding has ended. This community is eager to continue to find innovative ways to address chronic disease prevention and the challenges they face in regards to limited local healthcare resources.

Sincerely,

Simone MacLennan, RD
Community Nutritionist, IHA



Community Resource Centre

751 Clearwater Village Rd, Box 1107, RR#1 Clearwater, BC V0E 1N0 Ph: 250.674.3530 Fax: 250.674.3540
email: info@crcnt.ca website: crcnt.ca

July 20, 2009

Community Excellence Awards – Partnerships

The Community Resource Centre has partnered with the District of Clearwater and Interior Health to provide the residents of Clearwater and area with the **Living Well/Chronic Prevention** year long program.

The goal of the project was to introduce to the community a 52-week Healthy Living / Chronic Disease Management program. The program has supported health promotion and physical activities in the municipality and surrounding area through a focus on healthy living and chronic disease prevention. The monthly theme / calendar of events around health issues or chronic disease has produced awareness and prevention information beneficial to persons of all ages.

The program has provided an introduction to a variety of fitness programs, health literacy and health promotion featuring chronic illness awareness, prevention and management through workshops, seminars and handouts using health experts in the identified topics in the project. Until the advent of the program Clearwater did not have any organized "support groups" for cancer, diabetes and so forth.

The workshops and seminars are delivered in a hands on approach through interactive workshops i.e. blood sugar testing, "heart smart" cooking classes, Smart Shopping program at the local grocery store and access to fitness centre, yoga classes and the formation of a run club culminating in a 5 kilometre Fun Run.

The program has been innovative and the speakers have been excellent; utilizing local knowledge, visiting professionals and invited facilitator's.

The newly formed District of Clearwater deserves to be acknowledged for undertaking this very worthwhile community based program in their formative years.

Sincerely,

A handwritten signature in cursive script, appearing to read "S. Arduini".

Sylvia Arduini
Manager

Leslie Groulx

From: Leslie Groulx [lgroulx@telus.net]
Sent: Monday, July 20, 2009 7:38 AM
To: leslie.groulx@districtofclearwater.com
Subject: FW: Follow-up
Attachments: _AVG certification_.txt

From: RONALD LINDSTROM [mailto:ronaldlindstrom@shaw.ca]
Sent: April 7, 2009 3:25 PM
To: shelley.sim@districtofclearwater.com; leslie.groulx@districtofclearwater.com
Cc: ronaldlindstrom@shaw.ca
Subject: Follow-up

Hi Shelley and Leslie:

Wanted to give you both a chance to exhale after all of your fantastic work before and during your symposium before I followed-up re: linking to the PG symposium; your possible involvement; the agreement of Mayor Harwood to speak there and pass the "torch"; and, whether he personally knows the mayor of PG since we want to ask him to speak and whether the City of PG can be a \$ sponsor for the Sunday eve opening/welcome event. When might be a good time to chat - is some time this week feasible +/- Mayor Harwood?

Thanks very much.

Ron

Ronald R. Lindstrom, PhD, FCCHSE
Health Systems Consultant
E ronaldlindstrom@shaw.ca
T (778) 808-2795

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