LAUNCHING THE ALBERTA CENTRE FOR WELL-BEING

November 23, 1989 has already been entered in the history books of the Alberta Centre for Well-Being as the day the Centre was officially launched. University House provided a perfect setting for the event, which was emceed by Dr. Art Quinney, Chair, Department of Physical Education and Sport Studies, University of Alberta. Dignitaries on hand to help begin charting the course for the Centre included Dr. Paul Davenport, President, University of Alberta; Mr. Ritchie Twa, Chair, Recreation, Parks and Wildlife Foundation Board, Dr. Gerry Glassford, Dean, Faculty of Physical Education and Recreation, University of Alberta and the Hon. Dr. Stephen C. West, Minister of Alberta Recreation and Parks.

Dr. Warren Veale, Dean, Faculty of Physical Education, University of Calgary and Dr. Gary Bowie, Chair, Department of Physical Education, University of Lethbridge were also on hand to signify the collaboration that is taking place between the Universities.

Many health promotion professionals from across the province were on hand to witness the event. At the conclusion of the formal program the Hon. Dr. Stephen C. West presented a cheque for $1.07 million dollars to representatives from the Centre. The money will be used to help the Centre fulfill its objectives over an initial three-year period.

IN THIS EDITION
- We welcome our newest staff member
- Finding the answers to questions about chemicals
- Did you know?
- News from the Network of Networks
- Calendar of Events
- Announcements
- Needs Assessment Reminder
- Meet our Executive Management Group
QUESTIONS ABOUT CHEMICALS? Canadians are becoming increasingly aware of the chemicals and chemical products they encounter in their daily lives. We all want more information about the chemicals we use at home and at work. Are they harmful? Should they be handled in a special way?

But for most of us, our knowledge of chemicals is limited. What you may know might not help much when you try to understand the label on a household cleaner or a bug spray for the garden.

The Canadian Chemical Producers’ Association recognizes that interest in chemicals is more than simple curiosity; it’s a matter of health and safety for ourselves, our families and our co-workers.

The association believes Canadians should be able to get the facts about chemicals. It has set up a chemical referral centre that helps people get such information by referring them directly to experts at the companies which manufacture and distribute chemicals.

The centre’s staff will ask you for information from the product’s label, such as the technical or trade name of the product and, if available, its manufacturer.

By consulting its computerized listings, the centre will give you the name and telephone number of a person to contact at the manufacturing or distributing company who can provide the health and safety information you need. The centre’s computerized data base contains the technical and trade names of thousands of chemicals and chemical products. The centre is not intended to handle emergency calls about chemical accidents, spills or poisonings. Its bilingual staff will attempt to redirect such calls to special agencies such as poison control centre at a local hospital or Transport Canada which responds to emergencies involving the transportation of dangerous goods.

The chemical referral centre is one of several initiatives undertaken by members of The Canadian Chemical Producers’ Association under its theme "Responsible Care: a total commitment". The centre is also supported by the Canadian Association of Chemical Distributors and the Canadian Fertilizer Institute.
DATES TO REMEMBER - CONFERENCES/WORKSHOPS

May 23-25, 1990  Edmonton, Alberta
Health for All: The Challenge of Chronic Conditions
- The conference will attempt to recognize the relationship between health and chronic conditions, and explore health issues in those who have chronic conditions.
For more information:
  Faculty of Extension
  University of Alberta
  Edmonton, Alberta
  (403) 492-2015  FAX (403) 492-1857

May 31-June 2, 1990  Red Deer, Alberta
Ready, Set, Grow. The New Decade:
Staying on Top
- This year's conference will emphasize opportunities to further develop and enhance professional skills of recreation and health care professionals.
For more information:
  Alberta Recreation and Parks Association
  11759 Groat Road
  Edmonton, Alberta
  T5M 3K6
  (403) 453-8831  FAX (403) 453-8533

June 14 & 15, 1990  Edmonton, Alberta
Advances - 1990
- This conference is designed to bring employers and people with disabilities together.
For more information:
  Advances - 1990
  700, 9919 - 105 Street
  Edmonton, Alberta  T5K 1B1
  (403) 423-4106  FAX (403) 4226-0029

June 19 & 20, 1990  Calgary, Alberta
The Stress Map™ Presenter's Workshop
Training Event
- This workshop will provide you with background information, methods, and designs to help you create Stress Map™ applications that best fit your needs and the needs of your organization. You will develop the skills and competence for delivering this unique assessment tool and program to your client groups.
For more information:
  Health Systems Group
  Ste. 350, 301 - 8th Avenue S.W.
  Calgary, Alberta T2P 1C5
  (403) 262-4774  FAX (403) 233-2724

June 25-29, 1990  Toronto, Ontario
Canadian Public Health Association Annual Conference
- 81st annual - Theme: Cultures. Exploring the relationship between culture and health and discussing how people in general and public health professionals in particular understand this relationship.
For more information:
  Karen Hall, Conference Coordinator
  CPHA 1990 Conference
  1565 Carling Avenue, Suite 400
  Ottawa, Ontario K1Z 8R1  (613) 725-3769

July 15-20, 1990  Stevens Point, Wisconsin
National Wellness Conference
- 15th annual conference - a meeting place for leaders and professionals of the health promotion/wellness movement from around the world
For more information: (715) 346-2172

July 29 - August 1, 1990  Toronto, Ontario
Changing Values, Changing Behaviours
- Third Annual Optima Conference will provide speakers with expertise in health care/health promotion, human resources, social services, multi-culturalism, recreation and leisure, corporate fitness, and the creation of healthy environments.
For more information:
  Patti Etkin
  The Donwood Institute
  175 Brentcliffe Road
  Toronto, Ontario M4G 3Z1  (416) 425-3930

July 29 - August 3, 1990  Toronto, Ontario
Indoor Air '90
- Fifth International Conference on Indoor Air Quality and Climate. Provides a setting for the exchange of current scientific, technical, and standards' enactment information. In addition to a projected program of 400 technical presentations, forums are being planned to promote useful discussions.
For more information:
  Indoor Air '90
  c/o Canada Mortgage & Housing Corp.
  682 Montreal Road
  Ottawa, Ontario K1A 0P7
  (613) 748-2714, 748-2715  FAX (613) 744-8458

Please let us know of any conferences or workshops that your organization is holding so that we may announce them in our next newsletter. Contact us at the Centre (403) 448-0180; FAX (403) 485-2092.
DATES TO REMEMBER - Continued

July 30-Aug. 1, 1990    Winnipeg, Manitoba
Citizen Participation in Health Promotion
- A summer institute presented through the Continuing Education Division of The University of Manitoba focusing on linking policies and programs and public participation strategies.
For more information:
Humanities and Professional Studies
Continuing Education Division
The University of Manitoba
(204) 474-8024 toll free in Manitoba 1-800-432-1960

October 29-30, 1990    Calgary, Alberta
AIDS Workers Conference 1990
- The conference will focus on program evaluation, changing attitudes and behaviors, and education intervention and approaches as it relates to AIDS in our society.
For more information:
Stew Stefansson or Karen Whyte
AIDS Calgary Awareness Association
#300, 1021 - 10th Avenue S.W.
Calgary, Alberta T2R 0B7 (403) 228-0198

Nov. 14-16, 1990    Edmonton, Alberta
Well-Being for the Future: Choices and Challenges
- First annual conference focusing on the multidisciplinary nature of well-being and the choices and challenges professionals face in the future. Co-sponsored by the Alberta Centre for Well-Being and the Alberta Public Health Association.
For more information:
Alberta Centre for Well-Being
12245 - 131 Street
Edmonton, Alberta T5L 1M9
(403) 448-0188; FAX (403) 455-2092

Nov. 30-Dec. 2, 1990    Toronto, Ontario
Health Promotion Research Methods
- This 1st annual conference will attempt to bring together researchers from different disciplines to expand awareness of the repertoire of methodological approaches to the study of health promotion.
For more information:
Health Promotion Research Methods:
Expanding the Repertoire
University of Toronto
Medical Sciences Building
Toronto, Ontario
M5S 1A8

FULLY ALIVE (10-week course)
Wellness education for people 50 years and older. The course examines some of the necessary changes older adults must make in their lives, as well as how to deal with psycho-social situations. For example, topics discussed and considered are exercise, nutrition, dealing with depression, loneliness, anger, spiritual awareness, etc. For more information: Gene Schnell, #201, 110 - 11 Avenue S.E., Calgary, Alberta T2E 0X9, (403) 264-8090.

NEW IN THE RESOURCE ROOM
By Human Kinetics Publishers


Pathways to Wellness, 1988, Dr. Sherman R. Dickman, University of Utah.

Hospital Health Promotion, 1989, Dr. Neil Sol & Philip K. Wilson (Eds.), University of Wisconsin - La Crosse.

Lifestyle Workshops, 1989, Martha Imrie Carey, University of Illinois.

Marketing Health/Fitness Services, 1989, Dr. Richard Gerson, President of Gerson, Goodson, Inc., Florida.

Implementing Health/Fitness Programs, 1986, Dr. Robert W. Patton, Dr. James M. Corey, Dr. Larry R. Gettman and Joleen Schovee Graf, North Texas State University and Texas College of Osteopathic Medicine.

Economic Benefits of Enhanced Fitness, 1986, Dr. Roy J. Shephard (MD), University of Toronto

Osteoporosis, 1989, Dr. John Aloia, Winthrop University Hospital.

Feeling Fit, 1988, Linda Sorrells and Merry Anne Schmied. This is a multimedia instructional package.

Human Kinetics has provided the Centre with these books for a 90-day review period. These books offer a variety of both educational and practical resources for the well-being professional. Please feel free to drop by the Centre to review and possibly purchase these books during May, June and July 1990.
**DID YOU KNOW?**

**THE FAMILY LIFE EDUCATION COUNCIL** is a people-oriented, non-profit agency which provides information and support to individuals and families. They believe that the quality of family life is vital, both to the growth of individuals and to developing and sustaining a healthy society. Human growth is an active, continuous process, and each person is his/her own best resource. However, there are times when people need to reach outside their personal networks for help in learning to cope with problems. They offer the public a supportive environment in which individuals may enhance self-esteem while acquiring knowledge of personal and family relationships. Most of the programs are offered in the form of small groups which are led by trained volunteers and/or professional resource people. The small group settings offer participants the opportunity to practice newly learned skills. For more information:

Family Life Education Council  
10835 - 124 Street  
Edmonton, Alberta T5M 0H4 (403) 451-6335

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**PRO FITNESS CONSULTANTS INTERNATIONAL** specializes in continuing education. Utilizing their extensive education and experience managing fitness programs in Canada, they present dynamic lectures and workshops and consult internationally. PRO FITNESS offers high energy team taught master classes guaranteed to motivate, and they will custom design lectures or workshops to meet special needs. For more information:

Pro Fitness Consultants International  
368 Queensland Road S.E.  
Calgary, Alberta T2J 3S6 (403) 278-7734

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**KIDS FIRST, PARENT ASSOCIATION OF CANADA** is a nonprofit, national organization concerned with the care and well-being of children. It is a parent support group and a child care policy advocate group. KIDS FIRST supports the right of families to choose the form of child care that best suits their needs. They are lobbying to protect the right and choice to raise children in a home setting. KIDS FIRST maintains that this choice is threatened by social, economic, and political pressures. This is a National Organization which was formed in 1987 to respond to child care policy initiatives in Canada. For more information:

Kids First  
P.O. Box 36032  
Lakeview Postal Outlet  
6449 Crowchild Trail S.W.  
Calgary, Alberta T3E 7C6 (403) 289-1440

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**ALL CITY OF LETHBRIDGE HEALTH UNIT**  
Programs are provided free of charge for Lethbridge residents, except for pre-natal classes which have a registration fee, home care which provides support services for a subsidized fee, and for travellers immunization. All programs are provided as a community service focusing on prevention.

The Health Unit offers Community Health Nursing Programs involving communicable disease control, maternal "child health, school health, senior's health, health education presentations, hospital liaison, nutrition counselling and bereavement visiting. The Unit also provides a Home Care Program, Aids to Daily Living: Extended Health Benefits, an Early Intervention Program, a Speech-Language Pathology Program, a Dental Program, a Sexual Health Centre, an Environmental Health Program, and Regional Programs (hereditary disease, nutrition, pre-school assessment and treatment). For more information:

Health Unit Services  
City of Lethbridge Health Unit  
801, 1st Avenue South  
Lethbridge, Alberta T1K 1M1 (403) 327-2166

**THE SPORTS NUTRITION SPECIALISTS (SNS)** are a province-wide network of professional dieticians who have developed an expertise in nutrition and optimal athletic performance. They are members of the Sport Scientists Association of the Sport Medicine Council of Alberta (SMCA). Their mandate is to ensure that a consistent and accurate message regarding sport nutrition is disseminated to the sport and recreation community.

SNS are qualified to evaluate current nutritional theories or practices and provide sport specific information applicable to the recreational or elite athlete. A Speakers and Writers Bureau has been established to provide presentations and articles, and SNS are also able to answer by phone any specific questions you may have. For more information:

Sports Nutrition Specialists  
Sports Medicine Council of Alberta  
11759 Great Road  
Edmonton, Alberta T5M 3K6  
(403) 453-8636

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**MANY PEOPLE HAVE ASKED**  
where they can purchase recycled paper for their office and personal use. We will feature a complete information section on this topic in our next newsletter.
ANNOUNCEMENT

The NETWORK OF NETWORKS, created through the collaborative efforts of the Strengthening Community Health - Alberta Catalyst Group, Recreation, Parks and Wildlife Foundation, Alberta Recreation and Parks and the Department of Physical Education and Sport Studies at the University of Alberta is now available to health promotion professionals across Alberta. The NETWORK OF NETWORKS is a large information database which features the key agencies/organizations/groups and individuals actively involved in health promotion initiatives across the province.

Need to find out what health promotion initiatives are happening in your community and across the province? Need to contact a resource person for a stress management, fitness, workplace well-being, equity issue, etc. seminar? Need to find out possible funding agencies for small community-based projects?

Then... call 1-800-661-4551, Tuesday, Wednesday, Thursday, 9 a.m.-12 noon* and the Alberta Centre for Well-Being staff will do all they can to help you find the answer to your questions.

This service is a joint project of the Strengthening Community Health-Alberta Catalyst group and the Alberta Centre for Well-Being.

* Please note: Personnel will only answer calls during the times indicated.

INTRODUCING the Alberta Centre for Well-Being Executive Management Group.

Since the inception of the Alberta Centre for Well-Being last fall, these individuals have been given the responsibility of overseeing the development and operation of the Centre. Membership on the Executive Management Group has meant attending regular bi-weekly or weekly meetings to discuss a range of issues including staffing, collaborative ventures and the Centre’s programs.

The members are back row, left to right Len Wankel, Department of Recreation & Leisure Studies, University of Alberta; Alfred Nikolai, Recreation, Parks, & Wildlife Foundation; Gerry Glassford, Faculty of Physical Education & Recreation, University of Alberta.

Front row, left to right, Art Quinney, Department of Physical Education & Sport Studies, University of Alberta, and Judy Selton, Alberta Centre for Well-Being. Missing from picture: Dave Arsenault, Alberta Recreation & Parks.

LOOKING AHEAD.... Our next newsletter will feature:

- a personal interview with the Minister of Alberta Recreation and Parks focussing on the role of Alberta Recreation and Parks in promoting active, healthy lifestyles for Albertans.
- an introduction to the Alberta Centre for Well-Being Advisory Board and our two new Research Associates at the University of Alberta.
- from the Network, a glimpse at the Health Promotion Assoc. of Lethbridge and the Calgary Wellness Committee.