PLANS UNDERWAY FOR WELL-BEING FOR THE FUTURE II

Edmonton will be the site for the second Well-Being for the Future Conference, November 13-15, 1991. Last year's Choices and Challenges conference was well attended by Albertans from across the province and from delegates as far away as Louisiana, U.S.A. Participants learned about global well-being, the well-being of children, youths, and older adults, reaching the 'hard to reach', social marketing, personal excellence, environmental well-being, "mindfulness", current technologies, contemporary research issues, strengthening community health, and much, much more.

The 1991 organizing committee will attempt to build on the excitement that was generated at the 1990 Choices and Challenges conference. The goal is to create a program that encourages the types of discussions which were held last year and continues to develop ways of understanding well-being and health promotion in Alberta. A successful program would provide information sharing in an atmosphere that facilitates networking.

In order to develop a quality program, we must know what you expect from an Alberta conference on "well-being". What type of speakers would you like to see? What type of information do you need to perform your job? What information would help you in your volunteer position? If you have any comments or suggestions for the November conference, please contact the Alberta Centre for Well-Being. Your input is very important to us.
FROM THE DIRECTOR ...

Can we possibly be starting Year 2 of the Newsletter already? (this was the first thought that crossed my mind when I was asked to pass along a few words to our readers). The answer came quickly as I attempted to trace some of the highlights of the Centre's first year of existence ...

from the establishment of the Executive Management Group, the Advisory Board and the hiring of our staff compliment to our move to Sherbrooke School; from sponsoring a 'workplace well-being' workshop, an ‘Advocacy’ workshop to co-sponsoring Well-Being for the Future: Choices and Challenges; from holding meetings of the Workplace Well-Being Network in Edmonton, the Heart Health working group from Edmonton, the Strengthening Community Health - Alberta Catalyst Group to hosting the Board members from the Recreation, Parks and Wildlife Foundation; from expanding the 'Network of Networks' database of active health promotion professionals (1500 to over 4100 members) to installing a WATS line for easy access to this information; from steadily increasing our resource room holdings (300 to over 1100 items) to having these all computerized to ease in searching from the 'Workplace Well-Being' brochure, the computer shareware, to the prototype for Alberta Alive; from completing the Centre's needs assessment, the NAIT needs assessment, the Beaumont Teen Survey, to the preparation of a variety of research proposals.

Year 2 does not appear to indicate any slowdown in activity!

In collaboration with a number of agencies, we will be expanding our education initiatives in 1991 by: establishing a spring and fall workshop series in rural Alberta and a lecture series in Edmonton and Calgary; preparing a workplace well-being resource list; releasing a series of 'well-being related' information packages for the health promotion/prevention professional; and co-sponsoring Well-Being for the Future II.

Be watching for more information on these initiatives in future issues of the Centre's newsletter!

For me, the key to the Centre's growth and expansion over the past year has been YOU, the health promotion/prevention professionals of Alberta. You have bombarded us with calls about the 'Network of Networks', the resources, the needs you have, the expertise you have, the workshops, talks, and conferences planned by you or your organization, questions on research methods or how to do a needs assessment, the committee you want the Centre to be represented on, what speaker(s) you should get for your meeting, etc. etc. etc. I want to thank you for your interest in and commitment to making your community, city and the province of Alberta a healthier, safer place to live - the Centre looks forward to being one of your many 'partners' in the years to come.

ADVOCACY WORKSHOP

Are you interested in the what, when, where, why and how related to being a good ADVOCATE? Then the Advocacy Workshop is for you! The Alberta Centre for Well-Being, and the Canadian National Institute for the Blind (CNIB) are sponsoring an ADVOCACY workshop on April 13, 1991 in Edmonton and on April 14, 1991 in Calgary. This is a five-hour workshop and all participants will receive resource and promotional materials. The cost is $15.00 per person and space is limited.

For more information or to register: Alberta Centre for Well-Being 12245 - 131 Street, Edmonton, Alberta, T5L 1M8 (403) 448-0180 Fax 455-2092
INTRODUCING...

our University of Alberta-based Research Associate Dr. John Gartrell. Dr. Gartrell grew up in Winnipeg and received a B.A. in Sociology from McMaster University, and a M.A. (Indian Studies) and Ph.D. (Sociology) from The University of Wisconsin (Madison). He taught at the University of Guelph, the University of Wisconsin and the University of Western Ontario before joining the University of Alberta in 1976. He was promoted to Professor in the Department of Sociology in 1982 and is a Research Associate of the Population Research Laboratory. He began his two year appointment at the Alberta Centre for Well-Being on July 1, 1990. John consults widely on community development and survey and evaluation research methodology with a number of government agencies and community groups. He has conducted major surveys of community development in rural India and the social impact of large scale development in Alberta resource communities (Ft. McMurray, the Cold Lake region). In December, 1990 he co-authored a report based on a survey of Albertans' attitudes towards the formerly mentally ill (funded by Alberta Mental Health). He is involved in a five year (1986-91) study of social factors in recovery from sexual assault funded by the National Institute of Mental Health (U.S.A.) and over the coming year will continue his analysis of health surveys conducted in eight Alberta Indian communities (funded by the Alberta Indian Health Care Commission and Health and Welfare Canada). He is also concluding a report for Alberta Health on Albertans' knowledge, attitudes and reported behaviours with respect to AIDS.

In 1990 he began a survey of Albertans' environmental concern and recycling behaviour. Initial results indicate that despite high levels of concern expressed in past polls, the environment has only recently become a truly important issue for Albertans. Individual efforts at pro-environmental behaviours such as recycling are most influenced by the presence of community programs. Only where these efforts, such as Edmonton's Bluebox Program, are in place are pro-environmental attitudes able to significantly influence individual behaviour. The 1991 All Alberta Survey conducted by the Population Research Laboratory will compare Calgary's recently introduced recycling program to Edmonton's Bluebox Program. Dr. Gartrell consults with other members of the Alberta Centre for Well-Being's research team on methodological issues and facilities evaluation research efforts by community groups. During 1991, with other members of the Centre, he will conduct a study of the meaning of well-being to Albertans.

A WELL-BEING CHAMPION...

Margaret Lounds is the chair of the Active Lifestyles committee of the Recreation, Parks and Wildlife Foundation. She is also the Executive Director of the Alberta Association of Recreation Facility Personnel and the vice-chair of Wards 6 and 7 as a school trustee with the Calgary Public School Board.

Her vivacious personality was developed in Toronto, Ontario - where she received a Bachelor of Science degree in Nursing from the University of Toronto. In 1968, Margaret moved with her husband to Calgary where they have made a home for their 3 children for the past 23 years. Her first community involvement in Calgary was with the Community Association and local schools. She became the community representative to the Calgary River Management Citizens' Group. Involvement at the provincial level came by joining the Alberta Water Resources Commission and an appointment with the City of Calgary Parks and Recreation Board soon followed. Margaret was appointed to the Recreation, Parks and Wildlife Foundation in 1986. With her experience in recreation and community involvement at municipal and provincial levels, this was a smooth transition.

The R.P.W. Foundation is an Agent of the Crown in Alberta and assumes the rights and responsibilities of a Crown Corporation. The Foundation is composed of 12 members appointed by the Lieutenant Governor to fulfill the Foundation's mandate - to provide persons and organizations the opportunity to donate real or personal property to the Foundation. This property is to be used for the development and maintenance of Alberta parks, recreation, and wildlife. Additionally, the Foundation is concerned with the enhancement of active lifestyle activities for the health and well-being of all Albertans - thus the Active Lifestyles committee.

Please see Margaret Lounds/4
of which Margaret Lounds acts as chair. Margaret's strength in this position lies in her understanding of community, her broad focus, and her great deal of personal energy. For her, the best form of physical activity is dancing. She is also an avid walker. Margaret believes in the management of time and feels it is important that people set aside at least an hour a day to meditate, read a book, go for a walk, or do whatever feels good. "Reflect on the positive because it is important to like yourself". She maintains that the "well-being" message may have the most impact in the long term when sent through the schools. In this way, students may be more likely to internalize well-being and active living as a lifelong practice. They are also likely to take the message home with them - to parents and caregivers. Teenagers are difficult to impact on; they have already developed some life-long attitudes and values and are dealing with a lot of peer pressure, both good and bad. The same problems exist with young adults who are often closed to new messages.

For Margaret, the world is, on the whole, a good place and we all have important and positive roles to play.

**WHAT DO YOU KNOW ABOUT SCHIZOPHRENIA?**

Schizophrenia is the name given to a group of severe mental disorders. Twice as common as Alzheimer's and six times more common than insulin dependent diabetes, schizophrenia is a biological disease just as cancer or multiple sclerosis is a disease.

- Schizophrenics are not violent people. Schizophrenics are rarely a danger to others. Even during times of acute illness, they are more likely to harm themselves than others.
- Schizophrenia is not a multiple personality.
- Schizophrenia is not a state of mind that can be controlled through willpower.
- Most schizophrenics are painfully aware of their difference and when they are not ill, they are quite rational.
- No one is to blame for schizophrenia. It is not caused by a poor childhood and is not caused by stress.
- Schizophrenics may have some or all of the following symptoms:
  - Thought Disorder
  - Hallucinations
  - Delusions
  - Poor Reality Testing
  - Inappropriate Emotions
- Schizophrenia strikes slightly more males than females. In males, the most common age for onset of the disease is 17 to 25; in females about five years later.
- One in one hundred people are afflicted with schizophrenia.
- The cause of schizophrenia is still unknown. Much more research is needed.

Misrepresentation of schizophrenia and sensational accounts of rare violent incidents perpetuate myths and can harm the vast majority of schizophrenics.

Schizophrenics have the same wants, needs, and desires as the rest of the population.

If you wish to become a member of the Alberta Friends of Schizophrenics, make a donation, learn more about the organization, or just offer your help, phone:

**Alberta Friends of Schizophrenics:**
- Provincial Office, Calgary (403) 262-4554
- Calgary Chapter (403) 270-2710
- Edmonton Chapter (403) 465-4880
- Grande Prairie Chapter (403) 528-5160
- Lethbridge Chapter (403) 732-4901
- Medicine Hat Chapter (403) 529-3500
- Red Deer Chapter (403) 343-4673

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**LIVING WELL**

On March 9, 1991, The Multiple Sclerosis Society - Edmonton Chapter will present a workshop based on the concept of Living Well for the individual with MS, family and friends.

For more information and to register: Deb (403) 471-3034, MS Society of Canada - Edmonton Chapter, MS Victory Centre, 11203 - 70 Street, Edmonton, Alberta T5B 1T1
SECOND-HAND SMOKE LINKED TO HEART DISEASE

According to an article published in the current issue of Circulation, the journal of the American Heart Association, people who breathe in second-hand smoke are at risk of developing heart disease. Stanton Glantz and William Parmley of the University of California reviewed 71 articles dealing with second-hand smoke. They concluded that several things occur when people breathe in second-hand smoke (passive smoking):

- Nicotine constricts arteries and reduces blood flow to the heart.
- Carbon monoxide reduces the ability to carry oxygen.
- Blood platelets are more likely to form clots that block the flow of blood and can cause a heart attack.

As quoted in the Globe and Mail (January 11, 1991), Glantz and Parmley concluded that passive smoking is "the third most preventable cause of death in the United States, behind active smoking and alcohol".

CANADA HEALTH DAY May 12, 1991
Theme: "Protect Your Health and the Environment"
For more information:
Nicole Mitchell
Canadian Hospital Association
17 York Street, Suite 100
Ottawa, Ontario K1N 9J6
(613) 238-8005  Fax (613) 238-6924

MENTAL HEALTH WEEK May 6-12, 1991
Theme: "Leisure"
For more information:
Communications Coordinator
Canadian Mental Health Assoc.
National Office
2160 Yonge Street, 3rd Floor
Toronto, Ontario M4S 2Z3

SEMINAR SERIES  For the healthy, STRESS can be the catalyst to success. Tension and pressure often supply the alertness, excitement and creativity people need to do their best. But too often stress leads to ill-health and poor performance. Work suffers, home life suffers and personal life suffers. People now want a balanced lifestyle that gives them the vitality to achieve not only their career goals, but their goals for home and for their community. Laurentian Health Services' six-part Seminar Series Healthy, Wealthy & Wise will help you to develop a more balanced, harmonious lifestyle. They have prepared these seminars to share their knowledge and expertise on a range of lifestyle topics and concerns that affect busy executives today. For more information call Laurentian Health Services in Calgary at (403) 232-6244.

THE FAMILY WELLNESS NETWORK is a very loosely-knit group of people who are interested in a positive/wholistic/wellness approach to working with/living in families. They meet periodically in Edmonton to exchange information, discuss issues and get feedback on projects. The next meeting will be on Tuesday, March, 5th, from 12:10 to 12:50 p.m. in Room 720, Standard Life Centre, 10405 Jasper Avenue, Edmonton. You are welcome to attend and to bring a bag lunch. For further information contact Ron Brown at 427-4471.

On August 29, 1990 the GREGY NUNS HOSPITAL launched a BIKE HELMET CAMPAIGN.

In Canada, it is predicted that as many as 50,000 children will be seriously injured this year and over 60 children will die of bicycle injuries -- most from head injuries. The message is simple: "Use a helmet every time you ride". If you are riding 20 mph, fall, and hit your head on something, you will likely die. A CSA or ASA approved helmet reduces the risk of injury by 85%. It is the smart and good thing to do! For more information: Gloria McKee, Grey Nuns Health Resources Centre, 3015 - 62 St., Edmonton, Alberta, T6L 5X8 (403) 450-7312.
DATES TO REMEMBER - CONFERENCES/WORKSHOPS

February 25, 1991  Edmonton, Alberta
Workshop on Alzheimer's Disease
- For family and professional caregivers of persons with Alzheimer's Disease to help caregivers strengthen their caring capacities.
For more information:
The Centre for Gerontology
P225 Biological Sciences Building
University of Alberta
Edmonton, Alberta  T6G 2E9
(403) 492-2076  toll free 1-800-642-3853

February 27, 1991  Edmonton, Alberta
Introduction to Elder Abuse: Exploding the Myth
- Explore the issue of elder abuse in this workshop which will introduce the problem and look at who is involved and why it is an issue. You will learn to spot elder abuse and discuss what can be done - from remedies to prevention.
For more information:
Faculty of Extension, University of Alberta
#164 Gameau Trailer Complex
8811 - 111 Street
Edmonton, Alberta  T6G 2G4
Fax (403) 492-1837

February 28 & March 1, 1991  Edmonton, Alberta
The StressMap Presenters' Workshop
- This training workshop will be of interest to professionals who deliver programs to individuals, groups, and/or organizations in the areas of stress management, health and lifestyle education, rehabilitation, personal counselling, and similar areas.
For more information:
Karen Stock, Coordinator, Wellness Services
Health Systems Group
#550, 301 - 8th Avenue S.W.
Calgary, Alberta  T2P 1C5
(403) 262-4774  Fax (403) 233-2724

March 1-3, 1991  Edmonton, Alberta
Couple Enrichment
- A workshop aimed at examining and enhancing the loving relationship.

March 4-April 8/91 Mondays  Edmonton, Alberta
Spring Follows Winter/Support Through Grief
- This group will examine the natural process of grief; opening to grief in order to allow its healing and important self-care practices.

March 22-23, 1991  Edmonton, Alberta
Beyond Dieting - Making Peace with Food
- A conference examining how women can reclaim their bodies and re-examine their relationship with food.

Apr. 1 - May 6/91 Mondays  Edmonton, Alberta
Men and Self Esteem
- This group will explore the ways men have learned to value themselves, and begin to create new sources from which they can enhance the way they feel about themselves.

Apr. 11 - May 30/91 Thursdays, Edmonton, Alberta
Recovery From Sexual Abuse (Men)
- A Self Help Approach for men who were sexually abused as children and are now learning to come to terms with this in their adult lives.

April 26-28, 1991  Edmonton, Alberta
Home Away from Home
- This workshop will help people who were raised in an alcoholic home to identify old coping strategies and develop alternative methods of dealing with stress.
For more information:
Personal Development Centre
15108 - 76 Avenue
Edmonton, Alberta  T5R 2E9  (403) 487 - 6492

March 9, 1991  Edmonton, Alberta
Developing Public Participation Skills in the public hearing process.
- A workshop opportunity for organizers, corporate proponents and citizens advocates.
For more information:
Faculty of Extension, University of Alberta
North Gameau Trailer Complex
Edmonton, Alberta  T6G 2G4 (403) 492-5597

March 16, 1991  Edmonton, Alberta
A Council of All Beings
- This one-day ecology experience will provide group support for a special commune with the spirit of nature... healing, empowering, and recharging the drive to save the environment.
For more information:
Diane Koyich (403) 439-4020
Tooker Gomberg (403) 429-0766
Eco City Society
Box 205, Edmonton, Alberta  T5J 2J1

6 ACFWB NEWSLETTER FEBRUARY '91
DATES TO REMEMBER - CONFERENCES/WORKSHOPS

March 17-20, 1991  
Camp He-Ho-Ha, Alberta  
People, Process, and Change: Community Development in the 90's.  
- Sponsored by the Association for Individual and Family Education (AIFE).  
For more information:  
Association for Individual and Family Education  
6010 - 48 Avenue  
Camrose, Alberta  T4V 0K3  (403) 672-1404

March 19 & 20, 1991  
Edmonton, Alberta  
Creative Strategies and Technologies for Health Promotion (Health Promotion Training and Education)  
- This two-day workshop will look at creative ways to increase public participation in health issues. This will include getting information to the public, facilitating community-based decision making, advocacy and change strategies, and community crisis response. Participants will also become familiar with a variety of emerging technologies to inform and mobilize communities in the areas of health.  
For more information:  
Faculty of Extension, University of Alberta  
158 North Garneau Trailer Complex  
8811 - 111 Street  
Edmonton, Alberta  T6G 2G4  (403) 492-2015  Fax (403) 492-1857

March 20, 1991  
Edmonton, Alberta  
Corporate Sponsorship vs. Corporate Donation  
- Part of the Resource Centre for Voluntary Organizations speaker series. A panel discussion on choices for fundraising in the sector.  
For more information:  
R.C.F.V.O.  
Room 318, 7th Street Plaza  
Grant MacEwan Community College  
10630 - 107 Street  
Edmonton, Alberta  T5J 3E4  (403) 441-4623

March 22-24, 1991  
Edmonton, Alberta  
Healing Ourselves and the Planet  
- This 4th annual Life energy Symposium is a smorgasboard of 'wholistic living featuring mini-workshops, displays, and speakers on topics ranging from yoga to green consciousness-raising; massage to healing the inner child; dreamwork to native spirituality.  
For more information:  
Slice of Light Wholistic Education Foundation  
10762 - 82 Avenue  
Edmonton, Alberta  T6E 2A8  (403) 439-3020

Environmental Education Programs  
These topical courses, seminars, and workshops draw on University and community resources to delve into environmental subject areas of general and special public interest.  
For more information:  
Faculty of Extension, University of Alberta  
North Garneau Trailer Complex  
Edmonton, Alberta  T6G 2G4  (403) 492-5597

April 10, 1991  
Ottawa, Ontario  
Social Marketing: Should I Care? You bet!  
- 3rd Annual Canadian Social Marketing conference sponsored by the National Capital Chapter of the American Marketing Association.  
For more information:  
Marie Maltais  
Midiacom Inc.  
565 Industrial Avenue  
Ottawa, Ontario  K1G 0Z1  
(613) 733-0177  Fax (613) 733-0996

April 12-14, 1991  
Banff, Alberta  
Fitness Round Up  
- A motivating and creative workshop for the fitness leader and professional. Brochures are available.  
For more information:  
Marcia Nattrass, Conference Chairperson  
Leisure Learning Services  
Dr. Carl Safran Centre  
3rd Floor, 930 - 13 Avenue S.W.  
Calgary, Alberta  T2R 0L4  
(403) 245-4944

April 13, 1991  
Edmonton, Alberta  
April 14, 1991  
Calgary, Alberta  
Advocacy Workshop  
- This workshop is for people interested in the what, when, where, why and how related to being a good ADVOCATE.  
For more information:  
Alberta Centre for Well-Being  
12245 - 131 Street  
Edmonton, Alberta  T5L 1M8  
(403) 448-0180  Fax (403) 455-2092

ACFWB NEWSLETTER FEBRUARY '91 7
DATES TO REMEMBER - CONFERENCES/WORKSHOPS

April 26-28, 1991  Edmonton, Alberta
The Shakti Women: Accessing the Wild Woman
Archtype
A creative weekend of fun, games and deep reflection. Shakti represents our primal energy - the source energy of who we really are.

May 3-5, 1991  Lake Louise, Alberta
TLC (Total Life Concept) Women's Weekend
- Education and personal growth sessions will be offered, featuring speakers such as Sharon Wood, Sandy Queen and Joyce Irvine. Massages, facials, and relaxing mountain walks, ... and much, much more!

For more information:
Quality Lifestyle Management Ltd.
#7, 3221 - 119 Street
Edmonton, Alberta  T6J 5K7
(403) 436-9912

April 14-16, 1991  Vancouver, British Columbia
1991 Canadian AIDS Conference
- This national AIDS Conference is sponsored by Health & Welfare Canada, the Canadian Hemophilia Society, the Canadian AIDS Society and the Canadian Public Health Association. The theme is "Enhancing Partnerships in the 1990's."

For more information:
Karen Hall Dafoe
Canadian Public Health Association
Ottawa, Ontario  K1Z 8R1
(613) 725-3769  Fax (613) 725-9826

April 16-19, 1991  Banff, Alberta
Framing our Future: 1991 Issues Conference
- The twelfth annual Issues Conference of the Health Unit Association. The theme is the future of the community health system in Alberta.

For more information:
Health Unit Association of Alberta
Room 412, 9707 - 110 Street
Edmonton, Alberta  T5K 2L9
(403) 492-2391  Fax: (403) 492-2394

April 21-25, 1991  Baltimore, Maryland, U.S.A.
Wellness in the Workplace
- The tenth anniversary conference on linking employee health to organization excellence. Sponsored by the Organization Development Network.

For more information:
Tom Chase, Conference Coordinator
R.R. 2, Box 44a
Northwood, NH  03261 (603) 942-8189

May 2-4, 1991  Edmonton, Alberta
Active Living: Networking in the 90's
- This 2nd National Alliance Spring forum is hosted by the Active Living Alliance for Canadians with a Disability in cooperation and sponsorship with the University of Alberta, Faculty of Physical Education and Recreation.

For more information:
Janice Caugrove, Dean's Office
Faculty of Physical Education and Recreation
W1-34 Physical Education Building
University of Alberta
Edmonton, Alberta  T5G 2H9
(403) 492-3364  Fax (403) 492-2364

May 14-19, 1991  Wolfville, Nova Scotia
International Conference on Science and the Management of Protected Places
For more information:
Neil Muir
Director, Policy Planning & Research
Canadian Parks Service, Atlantic Region
Environment Canada, Historic Properties
Halifax, N.S.  B3J 1S9

The YWCA HEALTHWORK SERIES:
This new YWCA Healthwork Series will be offered on Thursday evenings in March. The series is designed to increase your awareness of the many factors which influence your health and to help have you learn to promote your own health through positive action. Seminars include:
- An Introduction to Personal Health Promotion
- The Environment and Personal Health
- Promoting Your Own Physical Health
- Health in the Workplace
- Healthworks Weekend Retreat for Women

For more information:
YWCA of Edmonton
10305 - 100 Avenue
Edmonton, Alberta  T5J 3C8
(403) 423-9922  Fax (403) 423-7467

8 ACFWB NEWSLETTER FEBRUARY '91
NEW IN THE RESOURCE/READING ROOM

FoodTrack

FoodTrack is designed for results. FoodTrack is an innovative nutrition teaching system which gives more than information. Its primary focus is on food choices -- how to determine current ones, compare these to recommendations and plan and practise realistic changes to improve one's diet. It teaches four food groups balancing skills.

FoodTrack is designed for:

• use with adults and senior high schools students.
• flexibility (it can be presented in one or more sessions)
• use in leader-led situations (one-to-one or in group settings)
• ease in teaching (a leaders' kit including a presentation outline and background information is available)
• client appeal (the attractive client print materials are designed for easy and effective teaching)
• even those health professionals with very limited budgets (the cost of materials is minimal if any)

Wanting more information on FoodTrack resource materials? Interested in arranging a free workshop for your work group or professional association? If so, call the Dairy Nutrition Council of Alberta office nearest you.
Edmonton 453-5942; Calgary 276-5884; Grande Prairie 532-4441. Other areas can call Toll-Free at 1-800-252-7530.

If you wish to preview any of these publications, you are invited to drop by the Alberta Centre for Well-Being to do so.

The Comprehensive Schools Health Sourcebook

This source book represents the culmination of five years of involvement with California schools in a variety of wellness projects. It is an outcome of the health promotion program entitled "Staying Well: The Chance of a Lifetime". Sponsored by the California Department of Mental Health (DMH), "Staying Well" used a wellness theme to emphasize health in mind, body, and spirit. The sourcebook helps in the planning and implementation of school-based health promotion and education programs.

A publication of the Women's Research Centre, Vancouver, British Columbia.

This collection of articles, published in kit form, is designed to provide a guide to action research. It begins with a discussion of what research is and a description of action research. It includes sections on how to make the decision to do a research project -- focusing on questions to ask and steps to follow; how to design and carry out an action research project -- focusing on "how to" information; and concludes with suggestions for the uses of the research findings -- including how to organize and write a research report and how to defend the research.

A publication of the Women's Research Centre, Vancouver, British Columbia.

Do you want to know how your group can evaluate its work? Does your funder expect an evaluation? Keeping on Track describes a method of evaluation called participant focused evaluation, which has been developed especially for community groups. This guide describes how you can prepare for an evaluation, develop the evaluation design, and analyze and use the results. It has a chapter that provides a step-by-step outline on how a group can carry out its own self-evaluation. An essential guide for all community groups.
DID YOU KNOW?

OUR PLACE FAMILY CENTRE offers volunteer coordination, information and referral services, family/school liaison program, family life education courses, and meals on wheels. The family/school liaison program provides family counselling, consultation, or referral for families whose children may be experiencing problems at home or at school. The aim of the family life education courses is to strengthen families and members of families through informative speakers, films, or courses. For more information:
OUR PLACE FAMILY CENTRE
10204 - 100 Avenue
Morinville, Alberta T0G 1P0
(403) 939-3450

Edmonton's wholistic resource centre, LIFE RHYTHMS will mail you or your organization their tri-yearly newsletter at no cost. It includes a calendar of classes and workshops, ads and listings from the wholistic community; news and views on the mind/body/spirit/planet connection. For more information:
Diane Koyich
Life Rhythms
10762 - 82 Avenue
Edmonton, Alberta T6E 2A8 (403) 429-3020

HEALTH EDUCATION ON CANCER PREVENTION and early detection is available to all workplaces in Alberta through the Canadian Cancer Society, Alberta/NWT Division. The positive, up-to-date presentations are made on location by a registered nurse at no cost to the employer.

All that is required of the employer is about 60 minutes of company time. The presentation encourages people to adopt positive lifestyle habits which reduce their cancer risk. The talks are designed both to alleviate fears surrounding cancer and to clear up any misunderstandings people may have. The topic is the employer's choice. All presentations focus on the cancers that people can do something about through prevention and early detection. For example: the link between food and cancer; protecting one's skin from the sun; breast self-exam; cervical cancer; testicular self-exam and prostate cancer. The nurses can also provide information on developing and implementing workplace smoking policies.
For more information:
Susanne Arnold or Trish Dean
Canadian Cancer Society
#200, 2424 - 4 St. S.W.
Calgary, AB T2S 2T4
(403) 228-4487

Carolyn Weymouth
Canadian Cancer Society
11810 Kingsway Avenue
Edmonton, AB T6E 0X5
(403) 455-7181

ALBERTA INTERFAITH COALITION ON AGING supports and encourages the religious community in its response to the spiritual and social well-being of the older adult. This is a voluntary group representing several faith traditions who study together, the aspects of a spiritual dimension (the affirmation of life in a relationship with God, self, community, and environment that nurtures and celebrates wholeness) to enhance or to supplement the wide variety of services offered with, and for the older adult. For more information:
P.O. Box 8143
Station F
Edmonton, Alberta T6H 4N9

As part of its overall mission to prevent illness and promote health, THE EDMONTON BOARD OF HEALTH provides a broad range of public services from Edmontonians. These include immunizations, parent and child clinics, home care, public health inspection, children's dental health, speech and language services and prenatal classes.

The Edmonton Board of Health works with and within the community in response to the health needs of families. Approximately 500 health professionals go out to homes, schools, work and recreation areas, restaurants and all public places where people need information or services to protect and promote their health. For more information:
Main Office
Suite 500, 10216 - 124 Street
Edmonton, Alberta T5N 4A3
(403) 482-1965 Fax (403) 482-4194

The LONG TERM CARE INSERVICE RESOURCE CENTRES will encourage and assist inservice staff and other members of agencies providing long term care services to access, assemble, and deliver materials and equipment for the education and training of their staff. The ultimate goal of providing information and educational resources is to improve the quality of care in long term care and to improve staff morale. The Centres will also support the "inquiring mind", and information needs in relation to research activities as time and resources permit. For more information:
Long Term Care
Inservice Resource Centres
1070 McDougall Road N.E.
Calgary, AB T2E 7Z2
1-800-432-1845 (in Alberta)
(403) 267-2910 Fax 267-2968
DID YOU KNOW?

FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS) is a partnership between the Alberta and municipal governments. Under FCSS, communities design and deliver programs to promote well-being among individuals, families, and communities. The programs depend on community resources, often involving volunteers in management and delivery.

The FCSS philosophy is based on a belief that self help contributes to a sense of integrity, self worth and independence. Programs are intended to help individuals in their communities to adopt healthy lifestyles, thereby improving the quality of life. FCSS emphasizes local authority for programming, based on the belief that communities have the desire, energy, and resources for self-improvement. For more information:

Office of the Provincial Director
Edmonton, Alberta (403) 427-2803

*The City of Grande Prairie's FCSS program is a department of Community Services, with offices located at 10031 - 99 Avenue, Grande Prairie, AB, T8V 0R7, (403) 538-0409.

*The Town of Didsbury has offices located at Box 1511, Didsbury, AB, T0M 0W0, (403) 335-9255.

You're not alone if you have heart problems. Heart disease is still the number one cause of death in Canada. THE NORTHERN ALBERTA CARDIAC REHABILITATION PROGRAM was set up in 1982 through the Heritage Trust Fund and is now funded by Alberta Health Care. Since their opening, they have helped more than 2,400 people return to a more active and enjoyable lifestyle. They are committed to helping you learn to live life to the fullest with programs designed specifically for your needs. You are welcome to visit the facility at the Glenrose Rehabilitation Hospital in Edmonton.

Charitable donations to the Northern Alberta Cardiac Rehabilitation Program are used for education, research, and equipment. These donations are tax deductible and greatly appreciated. For more information:

Glenrose Rehabilitation Hospital
10230 - 111 Avenue
Edmonton, Alberta T5G 0B7
(403) 471-8206

NEAHU NORTH EASTERN ALBERTA HEALTH UNIT was established on January 1, 1958 with offices at Smoky Lake, Bonnyville, and St. Paul. Grand Centre, Medley, and Elk Point joined in the early 1960's. The Health Unit is governed by a local board made up of representatives from municipal and town councils. Funds for operation are provided by the province of Alberta. Programs are planned and delivered to prevent, control, and minimize disease and disability; and to enable each member of the community to reach the highest level of health and well-being. For more information:

St. Paul (403) 645-3396
Bonnyville (403) 826-3381
Grand Centre (403) 594-4404
Smoky Lake (403) 656-3395
Elk Point (403) 724-3532
Medley (403) 594-3338

ACCENDO INCEDO MAGNUS (A.I.M.) INTERNATIONAL INC. is a human development and Performance Appraisal company. Their name means "to kindle the flame of the human spirit to aim with enthusiasm and power to the stars of one's own universe". A.I.M. International Inc. is dedicated to providing organizational and empowerment strategies to individuals and groups in the public and private sectors in the management of their corporate and personal lives. For more information:

Sandra Young Kolbuc or
David J. Kolbuc
Box 1865
Whitecourt, Alberta T7S 1P6
(403) 648-2105 Fax (403) 778-6861

INNOVATIVE HEALTHCARE CONSULTANTS are a group of registered nurses who have joined together in a consulting business to offer expertise, ideas, and skills to management, other nurses, health care agencies and institutions, private companies and to community organizations. As consultants they offer experience based in both clinical and management backgrounds. If expertise is not available from and within the group, they can make arrangements for a qualified individual or individuals to provide the service required. For more information:

Innovative Health Care Consultants
10010 - 107A Avenue
Edmonton, Alberta T5H 4H8
(403) 493-8162 Fax (403) 493-8199
ENVIROMENTAL WELL-BEING

FOOD FOR THOUGHT

People are becoming increasingly concerned for the environment and the fragile state of our planet. In the face of dire predictions, individuals, business and governments are searching for ways to contribute to solutions.

The 1970's heralded the warnings. The 1980's brought the realities. The 1990's will be the years of action.

The problem: an ailing planet no longer able to support the present consumption habits and environmental damage brought about by its five billion people.

In our search for progress, humans have set in motion several environmental trends that are now threatening our very existence:

- Six million hectares of once productive dryland are now desert;
- Acid rain is killing forests and lakes and is destroying our architectural heritage;
- The Earth's temperature is getting dangerously warm due to the use of fossil fuels and the destruction of the rain forests;
- The protective ozone layer is breaking down, exposing the world to harmful solar radiation; and
- The human food chain and our drinking water sources are being poisoned with chemicals.

To maintain our present standard of living, we as Canadians pollute more air, use more energy, throw out more garbage and recycle less than any other nation on earth!!!

MEGA-USE AND MEGA-WASTE

- If all 18 billion disposable diapers used annually in North America could be stacked, there would be about 15 piles, each tall enough to reach the moon.
- Canadians generate 4 lbs. of household waste per capita per day compared to 3 lbs. for Americans and 2.4 lbs. for the Swiss.
- Every week, Canadians use 55 million plastic bags to take their groceries home.
- One average Canadian household consumes 12 trees a year in paper -- most of which is thrown out.
- Many of the chemicals sprayed on crops are used, not to improve quality, but to improve the appearance of the produce.
- Around 300 million litres of motor oil goes into the Canadian environment each year ... nearly eight times more oil than was spilled by the Exxon Valdez in Alaska.

Excerpts from:
Choose to Conserve: The Consumer and the Environment -- What You Can Do to Protect the Environment (A Saskatchewan Initiative)
For more information: Saskatchewan Environment & Public Safety
Public Affairs Branch
3085 Albert Street
Regina, SK S4S 0B1 (306) 787-6107

ALBERTA INFORMATION NETWORK

Since 1989, the Premier's Council on the Status of Persons with Disabilities and the Alberta Centre for Well-Being have been discussing the possibility of developing an Alberta-wide information system. The Premier's Council mandate recognizes the need to make information of interest to persons with Disabilities easily accessible and the Alberta Centre for Well-Being is compiling a database of professionals, groups and/or agencies that are actively involved in health promotion. The common ground on which these two groups meet is the acknowledgement of the principle that universal and simple access to information helps individuals to empower themselves by allowing them to make personal, informed decisions about the factors affecting their own physical, mental and spiritual health.

Since the initial discussions between the Centre and the

Premier's Council, the original notion of establishing a giant database has evolved into an exciting concept: a province-wide, community based network that will provide a single source of comprehensive, current and accurate information about general health promotion and information of interest to persons with disabilities. To realize the potential of such a network, the Premier's Council and the Alberta Centre for Well-Being have jointly created the Alberta Information Network project.

If you or your organization are interested in knowing more about the Alberta Information Network, or are interested in participating in this exciting project, please contact:

Rod McPherson, Project Director
Alberta Information Network
c/o Alberta Centre for Well-Being
12245 - 131 Street
Edmonton, Alberta T5L 1M8
(403) 448-0180; Fax 455-2092
TDD: 422-1095; D.I.S.C User ID: RMCPHERS

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