



Healthy Okotoks Coalition NEWSLETTER January 2007



**WHATEVER GETS
YOU
GOING!!!**

Submitted By: Sandy Baines

In April, Healthy Okotoks Coalition partnered with Calgary Health Region to introduce an innovative, physical activity initiative to our community. We formed a sub-committee and started planning events to encourage physical activity for all Okotoks and area residents. Leading up to GO2's Grand Launch on Family Day, February 19, 2007, GO2 has been promoted:

- In the Okotoks Annual Parade in June
- At the Sheep River Road Race in September
- At the Terry Fox Rally at Percy Pegler School

Monthly ads were placed in the Western Wheel with our GO2 messages. We have had media exposure with a great article in the Western Wheel and The Eagle has also given us some time to talk about GO2. With the help of Councillor Bill Robertson, questions about physical activity

were added to The Town Survey that was delivered to every household in Okotoks. This is a way to measure the impact that GO2 will have on our community.

The Town of Okotoks has been very supportive of our vision to encourage area residents to incorporate daily physical activity into their lives. We are pleased to have Town staff as offering support to the sub-committee. GO2 has been invited by the Town of Okotoks to have our launch at the Grand Opening of the Recreation Centre and we are currently making plans for this event.

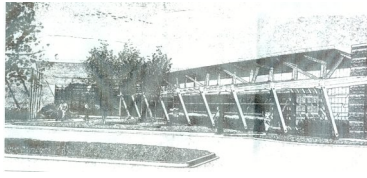
Healthy Okotoks Coalition has great plans for GO2 in 2007! Through new initiatives, we will encourage everyone, no matter what age they are, to MOVE, LAUGH, GROW and do whatever they enjoy doing, to become more active and healthier.



HOC Community Garden

Submitted by: Gerald Rutherford

2006 was an excellent growing season with tomatoes ripe in July and cucumbers big enough to eat! Pretty miraculous for gardening in Okotoks! One plot was unused in 2006 but several new gardeners have already inquired about 2007. The Harvest Party was held August 30 during a chilly windstorm. It felt cold enough for snow. Once again, the young gardeners were very keen competitors and went home with most of the prizes. The Garden Police will be patrolling next season to encourage gardeners to control the spread of weeds on the pathways between the garden plots.



OKOTOKS HEALTH AND WELLNESS CENTRE

Submitted By: Anne MacKay

The OHWC is into its third year of operation and the client volumes are steadily increasing. In December of 2006, we saw 2400 clients in Urgent Care (a new record) and set a new daily record of 124 clients in one day. We have continued to develop all of our programs and are trying very hard to keep pace with the population growth in Okotoks and surrounding area. The Ambulatory Care wing of the OHWC was opened in August with the help of Primary Care Network funding. There are presently three clinics running: a minor surgical clinic every Tuesday, a pediatric clinic Monday and Friday and the Teen Health Clinic on Thursday.

The Inter Disciplinary project is being recognized by many people as a very innovative and functional model for providing care. The project was presented in London, England to an international conference on Interdisciplinary practice. We truly felt that our progress was at least equal, if not ahead of most of the participants. We had conversation with many people about HOC and the valuable community input it provides. All the people we talked with felt we were very lucky to have such community support and we AGREED! Wouldn't they be impressed with and jealous of the GO2 initiative.

The Health Journals will be launched in mid February with the help of a grant from Merck Frost. A number of education sessions will be offered for OHWC staff and physicians, community physicians and other community health care providers including the pharmacists. We are planning a "grand launch" at the centre to distribute the Health Journals to any interested public members.

BIKE RODEO

June 7, 2006

HOC Volunteers helped to distribute 120 bicycle helmets to youth at the Bike Rodeo. The Bike Rodeo is a community partnership with the Town of Okotoks Municipal Enforcement and Community Programs. Corporate sponsors donated funds to purchase helmets from Ridley Cycle whose staff came to fit the helmets. Bicycle safety checks were done and young cyclers practiced safety skills while riding through a course.

FOOTHILLS COUNTRY HOSPICE

Submitted by: Mal Blasetti

Hospice construction is almost complete with the final walk-through taking place before the end of January. Hiring is underway for the Executive Director. The beautiful country setting will offer a peaceful place for families to say farewell to their loved ones. The Hospice will be fully operational before the end of 2007.



HOC Spring Family Picnic

Faye and Ian Morgan graciously hosted the annual spring gathering as we watched the ever threatening dark skies. We were very happy to be able to take shelter as the weather worsened. Excellent food and lots of laughs were enjoyed by all.

HOC Vision

Okotoks: Our Healthy Home

HOC Mission Statement:

To facilitate and promote community wellness through collaborative partnerships.

HOC Website: www.healthyokotoks.org

HEALTHY OKOTOKS COALITION salutes the following restaurants for providing a smoke-free place to eat and work: Check out the new 2006 smoke-free restaurants that are highlighted here.

A & W, 400 Big Rock Lane
 Big Rock Inn, 101 Elizabeth Street
Bistro Provence, 52 North Railway Street
 Boston Pizza, 10 Westland Road
 Café Divine, 42 McRae Street
 Chung's, 108 Elizabeth Street
 Dairy Queen, 100 Village Lane
 Extreme Pita, 201 Southridge Drive
Grissom's Deli, 49 Elizabeth Street.
 Happy Valley Restaurant, 1500 Village Lane
 Hooked on Bistro, 97 Elizabeth Street
Humpty's, 8-18 Southridge Drive
 McDonalds, 600 Big Rock Lane
 Mary Brown's Chicken, 34 Southridge Drive
 Millenium Lanes, 105 - 100 Stockton Avenue
 Mr. Spud Café, 26 McRae Street
 Okotoks Triplex Concession, 99 Okotoks Drive



Panago Pizza, 2 - 420 Big Rock Lane
 Pizzaberg, 900 Village Lane
 Quizno's Subs, 300, 201 Southridge Drive
 Ricky's All Day Grill, 700, 201 Southridge Drive
 Ricky's Outdoor Patio, 700, 201 Southridge Dr.
 Seventy-nine, 79 Elizabeth Street
 Smitty's Restaurant, 57 Riverside Gate
 Starbucks Coffee, 111, 201 Southridge Drive
 Subway, 4 - 420 Big Rock Lane
10,000 Villages Tribal Connections, 41 McRae St.
Tea and Time Emporium, 66 North Railway St.
The George, 101-31 Southridge Drive
 Tim Horton's, 18 Southridge Drive
 Wendy's, 18 Southridge Drive
 William's Dining Room, 9 Crystal Green Lane
 Yiannis' Salt & Pepper Restaurant, 27 McRae St.

2006 HOC EXECUTIVE

President: Bonnie Chant-Kinsman
Vice President: Sandy Baines
Secretary: Rose Ann Herchek
Treasurer: Gerald Rutherford
Directors: David Lornson
 Mal Blasetti
 Bill Laird
Audit Committee: Jan Hurkett
 Ed Sands

NEW HOC MEMBERS ALWAYS WELCOME

Please make a copy of this Newsletter and pass it on to anyone who might be interested. The Healthy Okotoks Coalition meets the fourth Tuesday of the month (except for July, August and December) from 7 - 9 p.m. at the Okotoks Health and Wellness Centre. Please join us and bring along your friends, neighbours and relatives. Ideas for projects come from within the group and we are always looking for new community wellness initiatives. Food, fun, action and relationships are important elements of all HOC ventures. For more information, call 938-8935.



BOOKS FOR BABIES
 (a program of Literacy for Life)

HOC member Jan Hurkett has been coordinating sewing of Books for Babies Bags. More volunteers are needed to sew bags to keep up with all the new babies in communities within the MD of Foothills. Fabric is available, with instructions, at the Okotoks Public Library. Donations of washable fabric that will appeal to children can also be dropped off at the Library. Instructions are also available on the Literacy for Life website www.litforlife.com

Books for Babies Bags are distributed by the Public Health Nurses. They contain a board book, a preschool book, a library membership and literacy information for parents. In addition, 18 month old children receive a decorated envelope containing a book, a library membership and more literacy information for parents.

HEALTHY OKOTOKS COALITION
JINGLE, PIG N' JIG



Lori and Kent Anderson hosted the annual Christmas get together as we were all very keen to meet Gus, their newest family member. We enjoyed a delicious Pot Luck Dinner, much talk about fly fishing and yet more laughs. We were introduced to Gus, a fine pot-bellied pig. By the end, of the evening we were all in Gus's pen feeding him grapes so he would pose with us. That's right in a pig pen just jingling and jiggling!