

Healthy Living Community Update



Earth Day - April 22nd

Celebrating Earth Day provides a unique opportunity to take action for the environment.

Explore EarthDay.ca for suggestions of activities to do at home and within your community, and discover events near you through their online calendar!



Cars are one of the biggest contributors to gas emissions in Canada.

That's why, Earth Day Canada is launching the national Earth Day is Leg Day Challenge!

From now until April 22, skip the car to save the planet. Bike, walk or bus to work. You could win an e-bike, transit passes or a gym membership!

How it works:

1. Bike, walk or run to work from April 1-22! Track at least 10 days active.
2. Each activity must be at least 24 minutes to count as a Day Active. (To enter the contest, you must tag your activity as a commute.)
3. Complete 10 Days Active to be entered to win!

QUALIFYING ACTIVITIES



✉ Questions? Contact your Healthy Living Facilitator



A Prescription for Nature

1. How much time should I spend in nature?

2 hours a week, 20+ minutes at a time.

Research shows that people who spend at least 2 hours per week in nature report significantly better health and wellbeing. When it comes to the mental-health benefits of nature, science suggests that stress is reduced between the 20-to-30-minute mark.

[LEARN MORE](#)



2. What counts as nature time?

Health benefits start to add up whenever people feel like they've had **meaningful contact** with nature, whether it be sitting on a park bench or hiking up a mountain peak.

Make the most of your nature prescription with these simple tips:

1. Make easy green tweaks to your routine.

Avoid adding extra time and effort by substituting outdoor activities for indoor ones.

2. Write nature into your schedule.

Prioritize your date with nature by entering it into your day planner.

3. Phone a friend or family member.

Involving others increases your chances of meeting your goals.

4. Respect nature—and yourself.

Dress for the weather, stay on the trail and pack out what you pack in.

5. Do what feels right for you.

The health benefits of nature start to add up when you feel like you've had a meaningful nature experience.



Community Gardens



FOOD MATTERS

M A N I T O B A

A Community Gardener's Guidebook

A Month To Month Guide: Covering the Basics in Gardening in Winnipeg

Have you considered starting a garden this spring?

Check out this comprehensive local guide developed by Food Matters Manitoba!

[▶ MORE INFO](#)



 Questions? Contact your Healthy Living Facilitator



Talk Climate To Me – Take the Course!

Talk Climate to Me is a fun, free, unscary, online, team-based climate education experience for *women in Canada.

Through training sessions, outreach materials, and digital tools, they educate on climate awareness and behaviour change so *women can speak confidently and inspire change in their homes and communities!

*Their use of 'women' is open and inclusive of trans, non-binary, and gender-not-conforming people and their supporters.



Daytime session: April 9th, 16th and 23rd from 11:00am - 12:30 pm CDT

Evening session: April 8th, 15th and 22nd from 7:00am - 8:30pm CDT

Weekend intensive: April 20th 9:00am - 12:30pm CDT



Love Food, Hate Waste

Avoidable food waste is edible food that ends up in compost or the bin. Unfortunately, we often waste good food because we buy too much, cook too much, or don't store it correctly.

Diverting food waste to composting is better than sending it to a landfill, but preventing food from being wasted in the first place is an even better way to lessen our impact on the environment.

Every 1 ton of avoided household food waste is equal to taking one car off the road each year.



The good news is that this problem is solvable. Love Food Hate Waste Canada offers simple steps to reduce food waste, click on the photos below for tips!



Wildlife Haven Rehabilitation Centre

FOUND AN ANIMAL THAT NEEDS HELP?

If you find wildlife in need of help, please call Wildlife Haven Rehabilitation Centre at (204) 878-3740. Our phone lines are currently open from 9:00 a.m. to 4:00 p.m., 7 days per week.

If you would like an update on a patient in care at Wildlife Haven, please email patientinquiries@wildlifehaven.ca with the species & date it was dropped off and we will update you as soon as we are able.

[Click Here for a Patient Update](#)

DROP OFF LOCATIONS

If you cannot make it to our centre in Ile des Chênes, we also have two patient drop off locations in the city. Please call our centre before dropping patients off at these locations,

-BRIDGWATER VETERINARY HOSPITAL

100-350 North Town Road, Winnipeg
Open 24hr/day, 7 days a week

-WILD BIRDS UNLIMITED

11 Reenders Dr, Winnipeg
10 AM - 4 PM from Monday to Saturday

-RURAL AREAS

Please contact your local conservation office.

ANIMALS ELIGIBLE FOR CARE

Wildlife Haven cares for over 170 species of native Manitoba wildlife including mammals, song birds, reptiles, raptors and waterfowl.

We do not take in skunks, raccoons, mice, wolves, bears, fish, invertebrates or hooved animals such as deer, moose or elk.

We also do not take in cats, dogs, domesticated animals, exotic reptiles or invasive species.

Note - we do not offer wildlife relocation nor accept healthy nuisance trapped mammals.

[Click Here for more Information](#)

THE DON'TS OF WILDLIFE

DON'T feed a wild animal cows' milk, or formulas bought over the counter.

These formulas do not meet the animal's requirements and in most cases, cause great harm to the animal.

DON'T EVER feed injured wildlife.

Unless specifically advised by the Wildlife Haven Rehabilitation Center do not feed Wildlife. You may give it a shallow dish of water, nothing deep because the animal may drown if injured. The animal may have an injury that will be worsened if they eat. This takes vital energy away from essential functions and may even cause death.

DON'T remove infant or orphaned wildlife from their nest.

Unless you are sure that they are truly injured or orphaned do not remove baby wildlife from their nest. If you do believe the animals to be injured or orphaned, contact Wildlife Haven Rehabilitation Centre for further information.

DON'T pet the injured or orphaned animals.

As cute as they may be, do not pet an injured or orphaned animal. The animal will be stressed and although, they may be sitting still while you are petting them, they are terrified. Any undue stress can cause them to have heart failure. To avoid this, keep them in a quiet, dark and warm place. Keep them away from the smells and sounds of your pets.

DON'T let pets around injured or orphaned wildlife.

Keep your pets away from the injured wildlife whenever possible, this includes travelling to the drop-off locations provided for wildlife. The travel alone is very stressful for the animal, your pet in close quarters will only make it worse.

DON'T feed wildlife in your yard late into fall and stop feeding during the winter.

If you feed the animals in your yards, they may learn to depend on the availability of food from you and may not store for the winter months. So if you are going to feed later in the fall, it is best to continue feeding until the spring months.

 Questions? Contact your Healthy Living Facilitator



Grant Opportunities

MÉTIS ENERGY EFFICIENCY OFFERS

FREE ENERGY EFFICIENCY UPGRADES, DESIGNED FOR YOU

Lower your energy bills and make your home more comfortable by getting free or subsidized energy efficient upgrades. This program is designed to help low- to-moderate income Red River Métis homeowners and renters save on their energy bills by providing affordable energy efficiency upgrades for their home. If you're renting a home, we can work with your landlord to have energy efficiency upgrades completed in the house you're living in.



Efficiency Manitoba is partnering with the [Manitoba Métis Federation](#) to help raise awareness of these offers.



Share and Learn
May 9th, 2024
9:00am-12:30pm

Registration
Coming Soon!

COMMUNITIES MAKING A DIFFERENCE: LEARNING FROM EACH OTHER
Healthy Communities Conference
[Our new format for 2024!]

DES COMMUNAUTÉS QUE CHANGENT LA DONNE : APPRENDRE LES UNS DES AUTRES
Conférence communautés en santé
[Notre nouveau format pour 2024!]

MARK YOUR CALENDAR!
À NOTER DANS VOS AGENDAS!

www.southernhealth.ca

**May 9, 2024 | Thursday morning
VIRTUAL CONFERENCE - FREE**

Join us to share & learn:

- Hear successes and highlights from communities throughout Southern Health-Santé Sud on their healthy living work.
- Focus on equity-based projects and best practice initiatives reflecting Southern Health-Santé Sud's core values of *Uncompromising Integrity, Healing Compassion, Pursuit of Excellence, Respect for all and Purposeful Innovation.*
- Enjoy a keynote address and take away inspiring ideas for your community, all from the comfort of your home or office.

Visit the Southern Health-Santé Sud website in the New Year for further details.

**Le 9 mai 2024 | jeudi matin
VIDÉOCONFÉRENCE GRATUITE**

Joignez-vous à nous pour partager et apprendre :

- Vous entendrez les réussites et les faits saillants des communautés de Southern Health-Santé Sud concernant leur travail en matière de vie saine.
- Vous vous concentrerez sur les projets fondés sur l'équité et les initiatives de pratiques exemplaires qui reflètent les valeurs de Southern Health-Santé Sud : « *Intégrité sans compromis, poursuite de l'excellence, respect envers tous, compassion guérissante et innovation intentionnelle.* »
- Vous profiterez d'un discours d'ouverture et d'idées inspirantes pour votre communauté, le tout dans le confort de votre maison ou de votre bureau.

Visitez le site Web de Southern Health-Santé Sud au cours de la nouvelle année pour plus de détails.

Équipe de Vie Saine Southern Health-Santé Sud Healthy Living Team

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