

# The HTN Hub

Healthy Together Now (HTN)  
Prairie Mountain Health



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Health Promotion  
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## Gratitude and Hope for the Future... The end of three years of funding for five communities.

First and most importantly we would like to extend a big thank you to all HTN communities for the energy and dedication you have given HTN over the past years. Five communities in former Assiniboine have finished their commitment to HTN as part of the guaranteed three year funding plan. Hamiota, Killarney, Minnedosa, Rosburn, Shoal Lake, and Waywayseecappo accessed their last year of funding from 2013- 2014 and are finishing up projects from that funding year. Your projects and programs have made a difference in your communities in many ways. We hope you continue to access HTN funding using our new process, and bring meaningful chronic disease prevention activities to your area.

We would like to recognize and remember some of the community projects these communities have organized in the past. Some of these projects were Hamiota's School Fruit and Veggie Challenge, Killarney's Cycling Club, Minnedosa's Walking School Bus, Rosburn's Snow Days Winter Sports Festival, Shoal Lake's Healthy Choices at the Communiplex, and Waywayseecappo's Blue Light Smoke Free Homes project. Thank you to these communities for creating opportunities for improving health in their area in the past eight years.

Prairie Lakes, Reston, Rivers, Roblin-Cartwright, and Tiger Hills will continue with their final year of guaranteed funding from April 2014-March 2015. It will be exciting to learn about the new project ideas being planned and initiated in these communities in the upcoming year!

# Welcome!

We are excited to introduce two new staff members to our Health Promotion Team. Michelle McPherson is based in Rivers and will be taking the maternity leave of Melody Stewart. Chantal Morais will be taking Tara Smith's maternity leave and is based in Hamiota. Their contact details are listed on the left-hand side in red print.

## The Future of Healthy Together Now in PMH

As many of you know, this coming year will be one of change for the *Healthy Together Now* initiative. Following the announcement of amalgamation of the regional health authorities and the introduction of a financial agreement (a Service Purchase Agreement from the Manitoba Government to Prairie Mountain Health (PMH)), it was time to review HTN and its current process. We will now have three HTN areas: former Assiniboine will be the “*South*,” former Parkland will now be the “*North*,” and *Brandon* also has it’s own area. There is a Regional Planning Committee made up of various partners for each of the areas. Although Brandon is part of new PMH, their HTN process remains the same.

### Regional Priority Plan

The first part of our new process is to access and analyze local, regional and provincial data in regards to the four pillars of HTN (Tobacco, Physical Activity, Mental Wellbeing and Healthy Eating). The Health

Promotion Staff, along with our Regional Planning Committee, will identify priority groups/communities that are at high risk for chronic disease. With the assistance and expertise of these groups/communities, we will plan projects/programs to address their specific chronic disease prevention needs. Health Staff **or** individuals in the community/group may lead the activities. This will give the communities/groups that may not have been in the position to apply for HTN funding and implement projects/programs the opportunity to do so with the support of Health Promotion Staff. In the journey with these communities/groups, we will strive to build community capacity and sustainability, not only the project/program and its successes, but sustainability of the knowledge and experience of those involved.

### Grant Applications

The second part of the new process is an opportunity to access HTN funding through the HTN Grant Application.

Community groups/organizations from anywhere in the former Assiniboine region will have the opportunity to apply for a grant of up to \$5000.00 for chronic disease prevention initiatives. We will accept applications four times per year (May 1, August 1, November 1, and February 1<sup>st</sup>). Approved applicants will receive funding within two months of their acceptance date. The first intake for 2014 will be May 1<sup>st</sup>. For more information on the grant process, please contact your local Health Promotion Coordinator or Christa Veitch, HTN Lead for South at 204-328-7101 or [cveitch@pmh-mb.ca](mailto:cveitch@pmh-mb.ca).

This new HTN process allows wide spread access to funding for chronic disease prevention initiatives and an opportunity to reach areas that are at higher risk for chronic disease.

*If you are a current HTN community, you will be offered a visit from your local Health Promotion staff to explain and review this process with you.*

# Congrats!!

There’s lots of exciting new baby news in the region for our Health Promotion Staff! Two of our Health Promotion Coordinators have had babies since the last issue of **The Hub**. Congratulations to Melody Stewart on the birth of twin baby girls, Brooklyn and Bridget, we’re sure she’ll be staying busy over the next year. And congratulations to Tara Smith on the birth of her bouncing baby boy, Easton Edward. We wish you both a wonderful maternity leave!