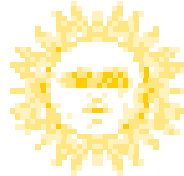




REGINA HOME ECONOMICS FOR LIVING PROJECT



Helping People
Help Themselves

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Regina Home Economics for Living Project Inc. has educated Regina residents in skills for everyday living since 1988. Programming is available to all in the city but with an emphasis on low income and low literacy clientele. Fees are based on the clients ability to pay. For the individuals and families that cannot pay HELP applies for grant funding. HELP'S educational programming provides skills in menu planning, food purchasing and preparation, consumerism and financial literacy. For upcoming classes please refer to page seven in the newsletter or contact the office at 347-7877

From the Desk of the Director:

As we look forward to the sights and sounds of summer we have much to be grateful for in the past few months. Successful programming grants from FCC and CIF are complete, the Regina community supported two recent fundraising initiatives for HELP, our facilitators delivered a well received gluten free cooking class and the Sask Pork Producers funded a series of workshops educating the public on pork products and their nutritional value, ease of use and economic value. We hope you enjoy reading all about these and other events in the newsletter.

Carol

Common Question from the Regina Community:

“How can we help?” We accept donations to the program anytime of the year. Tax receipts are available for donations over \$10.00 We appreciate any dollar amount you can donate. Cheques can be made payable to HELP, 336 Durham Drive, Regina SK S4S 4Z7



HAPPENINGS at HELP

- On March 7 HELP board, staff and community attended the HELP AGM. It was reported that HELP enjoyed another successful year in terms of clients served, program support and its financial position. Thank you to the community of Regina for supporting HELP in 2010. We look forward to your on-going support.
- HELP contract staff and the public enjoyed an educational in-service recently. On March 31st, 2011 Tracy Sanden RD, CDE provided important information to us on the topic of Preparing Balanced Vegetarian Meals. Thanks to Tracy for coming to HELP and a big thank you to past HELP student Erin Bowers for organizing the event.
- On Thursday, April 14th we were pleased to host an evening with Shelley Case. Shelley spoke on the subject Celiac Disease and the Gluten Free Diet. It was an overwhelming success! Thanks to Shelley for her commitment to our organization. Check out page seven for a future fundraiser with Shelley Case.
- Shortly after the Shelley Case Fundraiser, HELP hosted a gluten free cooking class. The response was very positive and we look forward to holding future classes on the gluten free topic.
- Our 3rd Annual Roast Beef Fundraiser was held on May 25th. Our very own facilitator, Linda Galenzoski catered the delicious meal. Every year the event is a wonderful opportunity to get together with old friends, make new friends and connect with community.



- Recently HELP was the proud recipient of funding from the Sask Pork Producers. Through this funding, HELP delivered eight workshops focusing on pork and its nutritional benefits plus ease of use. We are pleased to report that the series of workshops was very well received. The HELP facilitator, Linda, found the participants were pleasantly surprised by the ways you can incorporate pork into a healthy, well balanced diet. HELP looks forward to partnering once again in 2011/2012 to deliver additional workshops to the Regina community.



Raspberry Lemon Smoothie

- 2 cups (500 mL) milk
- 2 cups (500 mL) frozen raspberries
- 1/2 cup (125 mL) lemon- or vanilla-flavoured yogurt
- 2 tsp (10 mL) grated lemon zest
- 2 tbsp (30 mL) liquid honey (or to taste)

Banana Blueberry Orange Smoothie

- 2 cups (500 mL) milk
- 2 frozen very ripe bananas, cut into chunks
- 1 cup (250 mL) frozen blueberries
- 1/2 cup (125 mL) vanilla-flavoured yogurt
- 1/4 cup (50 mL) frozen orange juice concentrate

Instructions for Raspberry Lemon Smoothie and Banana Blueberry Orange Smoothie:

In a blender, combine milk, frozen fruit, yogurt and other flavourings (as called for); purée until smooth. Pour into glasses; serve immediately.

Per Serving: Raspberry Lemon Smoothie: Energy: 152 calories, Proteins: 6 g, Carbohydrates: 27 g, Fat: 3 g, Fibre: 3 g, Sodium: 81 mg **Banana Blueberry Orange Smoothie: Energy: 190 calories, Proteins: 7 g, Carbohydrates: 36 g, Fat: 3 g, Fibre: 2 g, Sodium: 82 mg**

Recipe from 2008 Milk Calendar, Dairy Farmers of Canada



Summer Nutrition Camp Program

HELP is looking forward to its 13th Annual Summer Nutrition Camp Project.

Our summer students have arrived and are excited about working with hundreds of children this summer through our partnerships with City of Regina (Play Escapes), Regina Community Clinic, Regina Open Door Society and Al Ritchie Family Wellness Centre. Meet the HELP summer students:

My name is Angela La and I am going into my third year of University this fall. I am in the Faculty of Education in the Pre K-3 program and will start my pre-internship in spring 2012. I absolutely love working with children and during the school year I work at a Before and After School program with Jack Mackenzie and St. Gabriel Elementary Schools. This is my second year working at HELP and I am thankful that Carol, our director, had asked me to come back. I am thrilled to be working at HELP again and fortunate that I get to have this opportunity to gain more work experience with children. I cannot wait to begin working with the partnering camps and to make the children's summer an unforgettable one!

My name is Chelsey Lissel, I am currently a student at the University of Regina in the Faculty of Education. I am going into my third year in the PreK - 5 program. Looking down the path of my future career this job fits in perfectly. I am able to work with children on a day to day basis, go out in the community and work with different programs to meet the needs they are looking for in their summer camps, and am able to create and plan day to day plans. This job opportunity introduces me to a new path of teaching that cannot be taught but only learnt.

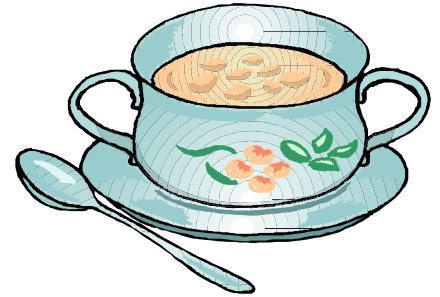
My name is Faith Kwong and I am a 3rd year nutrition student at St. Francis Xavier University. At the moment, I am still exploring the different areas of dietetics and am so excited to start my work at Regina HELP. As a Summer Nutrition Program Facilitator, I will be working with kids to promote the idea of healthy living in hopes to inspire kids to value the importance of taking an active role in their personal health starting at an early age. I believe that through this experience, it will allow me to gain further understanding of the effective approaches in promoting nutrition to the community and that it will help me grow both on an interpersonal and personal level as I work towards a profession aimed to serve the nutritional needs of those globally.

My name is Chelsea Brown and I am a 4th year Nutrition Student at the U of S. I will be starting internship this fall based out of the Regina Qu'appelle Health Region, and can not wait to get started. Right now my professional interest is in community dietetics, and I am hoping to get a job in this area promoting food security after I graduate. I was very excited to hear about this job, and even more excited to hear that I was hired! In this position I will be working with kids who may be more greatly at risk for being or becoming food insecure, so this experience will give me an opportunity to hopefully make a difference in their lives now and possibly in the future. As a future dietitian if I do end up working in community dietetics I will be involved in program planning and facilitation similar to what I will be doing here with Regina HELP, so I'm hoping that after this experience I will have a better idea about what all is involved in this process, and be more comfortable with it. I also think that it will be to my advantage making contacts with dietitians in the area, and getting to work along with them for some of my time here. I love working in the field of food and nutrition and am glad to have the opportunity to pass on some of the knowledge I have gained over the years to those who might benefit from it. I am also happy to have this experience in nutrition education, as it is something I will be doing for the rest of my professional career.



GRANT NEWS

- HELP is grateful for the support of FCC in the soup/salad mix program. For the past 3 years FCC has subsidized the cost of developing the mixes and in turn, HELP was able to reduce the purchasing cost for partnering organizations. The grant ended in March 2011.



- Developing Life Skills, a CIF funded grant, had more impact than anticipated. HELP assisted over 352 individual participants with a total participation count of 1057. Youth and young adults at Cornwall Alternative School, Balfour Collegiate, Adult Campus and the general community were educated in skills for everyday living. Suc-

cesses included the teenaged boy that initially did not want to learn to cook because it was what his sister and mom did. Within weeks, he was joyfully cooking and washing dishes too! Our facilitators watched as the young adult participants became more confident, increased their skills and shared their new skills with others.



- HELP continues its work on developing outcome measures thanks to the support of the United Way of Regina. With a consultant, HELP is working to develop outcomes for its programming now and in the future.

- HELP receives core support from the City of Regina and the United Way of Regina. Recently HELP received confirmation of funding for another year from the City of Regina and the United Way of Regina. We are thankful for the support as it allows us to continue our work of educating Regina residents in skills for everyday living.

Community Events

Embracing Retirement

For the 4th year in a row, HELP attended the Embracing Retirement Showcase at Evraz Place. HELP'S exhibit was visited by approximately 120 people on May 15th, 2011. Through our past attendance at the Retirement Showcases, HELP has gained community awareness, new volunteers and received resources sales. Thank you to the Regina Senior Citizens Centre for this opportunity.



REGINA SENIOR CITIZENS CENTRE

"A *Life* Style"

Learn Much

Laugh Often

Live Well



REGINA SENIOR CITIZENS CENTRE INC.

A non-profit charity established 1961
<http://www.reginaseniorcitizenscentre.ca/>

Two locations to serve you

2134 Winnipeg St / 2404 Elphinstone St.
 525-2154 359-3847



Upcoming Classes and Events:

Gluten Free Cooking Class—do you miss the taste of bread and the aroma of fresh buns cooking in the oven? Come and learn a great gluten free bread recipe, delicious dinner rolls recipe and others.

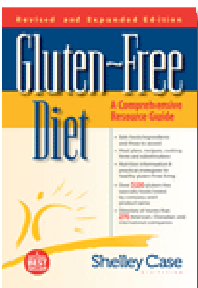
Pre-registration is required. Class July 28th from 6:30 pm. to 8:30 pm
 Call the HELP office at 347-7877

Shelley Case Speaking Event:

Healthy Gluten Free Living on Tuesday, September 13th from 7 to 9 p.m. at HELP (Whitmore Park United Church). To purchase tickets please call the office at 347-7877.

Tickets at the door \$25.00 Advance sales \$20.00

Each advance ticket purchase will allow you to receive a goodie bag with gluten free products.



Thank you from HELP

Farewell to Ann:

HELP has shared facility with Whitmore Park United Church since the fall of 2009. During that time we have found the WPUC congregation to be so welcoming and accommodating to the needs of our organization. We are so grateful to Ann, the WPUC office coordinator, as she works closely with us to coordinate schedules for both HELP and the church.

Ann, the HELP staff and board will miss your presence in the church. You are such a caring person. We wish you a happy and fulfilling retirement.

Sincerely,
HELP Staff and Board



Facilitator and Volunteer Appreciation Meal:

HELP'S success can be measured in large part through its volunteer and staff support. On June 15th we took a few hours out of our day to reflect on how important these men and women are to us. We enjoyed lunch and a visit. Through our visit, we are affirmed once again of the level of dedication our volunteers and staff provide to HELP. *Thank you!*

Thanks to Myrna's Kountry Kitchen Katering for the lovely lunch of chicken stew.

Facilitator and Volunteer Appreciation Lunch



HELP Wish List

HELP is grateful for whatever goods people can donate to us, as it significantly reduces our expenses. You might be able to donate the items listed or make a contribution.

What we need:

Office Supplies:

- New or almost new Desktop Computer
- Recycled 8 1/2 x 11 copier paper
- Stamps

Volunteers:

- Package Soup Mixes (twice a year)
- Board Members
- Fundraising Assistants

Monetary Donations:

- Operating funds for HELP designed to “Educate, Enrich, Empower—Everyday!” (Please remember donations to HELP will be issued an income receipt).

We thank you for your generosity!

**We're on the web :
www.reginahelp.org**

**Helping People
Help Themselves**

Regina Home Economics for Living
Project Inc.

Phone (306) 347-7877

Fax (306) 347-7792

E-mail: rehelp@sasktel.net

Educating Regina residents in skills
for everyday living.



Thank you for the continued support:



REACH

Canadian Home Economics Foundation

Community Initiatives Fund (CIF)

Human Resources and Skills Development Canada (HRSDC)

Saskatchewan Student Summer Works (SSSW)

City of Regina and the United Way

