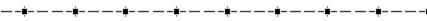


Health Matters Newsletter April 7, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information-
- Leaders of Tomorrow Youth Awards
- Organic Veggie Boxes- order today
- Job Postings for Housing Initiative (attached)



Our Cowichan- Network Member Meetings-

- Next Admin Committee Meeting- April 6 4:30-6:30 Committee Room 2 CVRD
- Next Our Cowichan Network Meeting April 13 at Ramada Silver Bridge. Light dinner at 5:15 pm Meeting starts at 5:45 pm.

- Next Sobering and Detox Task Force Meeting April 20, 2017 Room Committee Room 2 at the CVRD
- **EPIC-Community Steering Committee** April 20, 1:30-3:30 Ts'i'ts'uwatul' Lelum 5755 Allenby Road- Duncan, BC

Local Data and or Research-

Leaders of Tomorrow Youth Awards- nomination form attached

Job Postings- Cowichan Housing Association- Project Manager and Project Lead- attached (please note that these positions are for a Housing First Initiative and not the building of buildings)



Providence Farm grows organic veggies and berries. Sign up today to get our best discount for 2017!

ORGANIC VEGGIE BOX

Community Supported Agriculture



Early Sign up for our Organic Veggie Box is closing, sign up today to get up to 12% off our regular price!

Purchasing a Veggie Box from Providence Farm is a wonderful way to get seasonal, local, nutritious vegetables and support therapeutic programming at Providence Farm. Our Veggie Box Program is based on the Community Supported Agriculture (CSA) model.

WHY?

- Local, organic, nutrient-dense produce
- Pick from our widest selection of produce, getting priority over market customers for limited items
- Unlike other similar programs, with us you get the freedom to:
 - o pick the produce you want;
 - o pick exactly how much produce you take every week;
 - pick up when it's most convenient;
 - \circ $\;$ take as many vacation weeks as you like
- Get produce for cheaper than market value if you sign up early

- Reduce your carbon footprint by eliminating distributors & wholesalers
- Support a local economy
- Buy directly from your local farm increases our community's food security
- Supporting our mission to engage in sustainable, regenerative, agriculture and therapeutic programs

HOW?

- Pre-pay for 20 weeks of seasonal vegetables (June-November);
- Every weekend go to our webstore and choose the vegetables you want in your box (or, we can build your box for you every so often or every week);
- Use as much or as little of your credit as you like (i.e. one week you can spend \$10 on veggies & the next week \$35)
- On Wednesdays you pick up your customised Veggie Box from our General Store (you can pick up on a later day if you prefer)
- There is no minimum amount you have to order every week, so if you want to take a vacation just let us know!
- Sign up and pay before April 1st and get a discount on the market value of your box in appreciation of your early investment;
- Unsure what size box to pick? Choose Small, you can add more value later.

REGISTER NOW!

Questions for Farmer Abe? farmer@providence.bc.ca

News Release

FOR IMMEDIATE RELEASE

March 30, 2017

Mill Bay Age-Friendly Project Kicks Off

Mill Bay, BC - Did you know by 2036, over 30% of the Cowichan Valley Regional District's (CVRD) population will be over the age of 65? Age-friendly communities don't just benefit seniors; they benefit all ages. A community that supports scooters, also benefits families with strollers, and people with mobility challenges.

The CVRD is undertaking an Age-Friendly Assessment and Action Plan with the community of Mill Bay. To launch this process, the CVRD is hosting a free public lecture by Dr. Elaine Gallagher on successful age-friendly initiatives in rural and remote communities in BC.

Date: Wednesday, April 12 at 2 p.m.

Location: Brentwood College, McLean Room, 2735 Mt Baker Rd, Mill Bay

Elaine Gallagher is the former Director of University of Victoria's Centre for Aging. She is an expert on aging and age-friendly communities. Over the past decade, she has led dozens of age-friendly initiatives across Canada, authored provincial and federal guides to age-friendly planning, and conducted research to evaluate the effectiveness of age-friendly initiatives.

"We want to hear from people now, because it takes time to develop an age-friendly community," says Area A Director Kerry Davis. "We have accomplished a few age-friendly priorities in Mill Bay, but there is more work to be done."

Who should attend?

Everyone who cares about seniors or wants to live, work or play in an age-friendly Mill Bay.

More about the Age-Friendly Mill Bay Project

This lecture kicks off the public engagement portion of the process, to be followed by the launch of a community survey. The CVRD is working with the consultant group Barefoot Planning to conduct an Age-Friendly Assessment and Action Plan for the community of Mill Bay. In June, there will be community workshops to bring together local seniors and stakeholders and generate creative ideas and solutions. The input from the surveys and workshops will inform the development of an Age-Friendly Action Plan for the community.

To find additional project information and dates for the upcoming survey please visit: http://www.cvrd.bc.ca/2774/Age-Friendly.

For more information please contact: Beverly Suderman bsuderman@cvrd.bc.ca or 250.746.2620 - 30 -

For more information, please contact: Mike Tippett Manager, Community and Regional Planning 250.746.2602 mtippett@cvrd.bc.ca

Spring Edition of Alzheimer Society of B.C.'s *Insight* bulletin

Below is a link to the spring 2017 edition of the Alzheimer Society of B.C.'s *Insight* bulletin for people living with dementia.

Insight - Spring 2017

In this edition:



- A letter from George Sharing my diagnosis with others (page 2).
- Telling people about your diagnosis (page 4).
- House rules People with dementia share what's important to them (page 5).
- Featuring the 2017 *Walk* honouree for the city of Kamloops (page 6).
- Share your experiences about health-care consent (page 7).

To view past editions visit here.

Upcoming dementia education tele-workshop

Date and time: Wednesday, April 5, 2 p.m. PDT Topic: Get Ready for the Provincial Election This year's provincial election is an important one for people with Alzheimer's disease and other dementias. With dementia making national and provincial headlines across the country, it is the perfect time to speak to your local MLA or candidates about dementia. Learn how to raise your voice!



To connect by phone call 1-866-994-7745 and enter participant pass code 1122333. To watch the session live on your computer visit <u>momentum.adobeconnect.com/alzheimerbc</u> and enter as a guest. <u>Insight@alzheimerbc.org</u>

What does the future hold for Cowichan- Tuesday April 25, 2017 12:00 pm to 3:00 pm Providence Farm Chapel Room 1843 Tzouhalem Road Duncan BC V9L- 5L6 DESCRIPTION

Board Voice and community partners are excited to invite you to join with other Cowichan residents who are coming together for a Community Conversation during which we hope to hear about how folks view our community – what is our vision



for the community, for the people we care about and for ourselves? What is our vision of a BC that is fair, just and working for everyone? What three things would enhance the quality of life for ourselves, our families, our neighbours, and our community? And, importantly, what do we need to do to get there?

Many of us find that we barely know people from different parts of the community. So, we hope the conversations will provide opportunities to get to know one another's thoughts and will build upon community initiatives that are working toward finding common ground and building upon what is working in our community. The goal is to contribute to the development of a framework for wellbeing – a social policy framework for BC along with 14 other communities who are holding similar conversations.

Our province has an Economic Plan. We hope you will join this local Community Conversation as a first and critical step toward contributing to a much-needed Social Plan.

We hope you will say "Yes" to be part of this community conversation in Cowichan and join us April 25, 2017 at Providence Farms in the Chapel Room for a farm fresh working lunch. Our collective voices can make a difference.

Register here by clicking on eventbrite

Eventbrite

Do you have a resource, event or information you would like to share? Send it to <u>cindylisecchn@shaw.ca</u> and it will be included in the weekly

Health Matters Newsletter