



Health Matters Newsletter December 14, 2018

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Caring with Cookies- Your opportunity to help!
- Cowichan Family Caregivers Support Society Newsletter (Attached)
- British Columbia Community Achievement Awards- Nominate someone who makes a difference in your community!

December forest hikes are pretty awesome in between rain storms and wind.



Our Cowichan- Network Member Meetings-

- ✓ Next Admin Committee Meeting- **January 3, 4:30-6:30** CVRD Committee Room 2
- ✓ Next Our Cowichan Network Meeting at **January 10, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- Community Response Team Meeting January 24, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
- EPIC-Community Steering Committee January 17, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Local Data and or Research-

Cost of Food in British Columbia for 2018 – Graphic- attached

Caring with Cookies

It is that time of year again when we can do the smallest generous things that have the most impact. Our very own Stacy Middlemiss is now in her 11th year of doing just that. Stacy collects cookies to deliver to shelters and those on the street. The generosity of Stacy and those who bake cookies has impacted thousands of people over the years! This year perhaps you and your colleagues, family and friends can help her Caring with Cookies campaign be even greater than the last. See the attached poster, share it broadly and drop off your cookies at the addresses located on the attached poster!



NOMINATION DEADLINE: JANUARY 15, 2019

Celebrating the spirit, imagination,
dedication, and outstanding contributions
of British Columbians to their communities.

Nominate Today!

Nominate a deserving individual who raises
the quality and character of your community for a
British Columbia Community Achievement Award.

"Give back to the people who give the most in your community"



*Cultural hero, spirited,
undaunted, fearless, bold
Raising our awareness to
a higher understanding*
- Robert Davidson

Cowichan Living Wage-

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Living Wage 2018

What is a Living Wage?

The hourly amount an individual would need to receive for a 35 hour work week in order to cover basic expenses.

Family of Four
Two Parents, Two Children
\$23.33/Hour
An increase of 22.47% in the past year

For a family of four, the cost of living in the Cowichan Valley is \$10.68/hour more expensive than the minimum wage.

Single Parent with Child under 5
\$20.98/Hour

Single Parent with Child over 5
\$18.88/Hour

Individual (50+)
\$18.87/Hour

Monthly Expenses

- Food, clothing & footwear, shelter (including utilities), transportation, childcare (for families), MSP
- premiums, other health care,
- education, contingency funds

Please note: The information provided is accurate as of the date of this publication, as it is based on ever-changing information regarding family expenses and government transfers. The living wage is updated annually.