



Health Matters Newsletter December 21, 2018

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- A Cowichan Year in Review
- Meals on the Ground Boxing Day Dinner
- Hospice House News Flash



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**
- **Cowichan Housing and Homelessness Coalition** – January 29- 9 am -11:30 am **Community Futures Board Room**

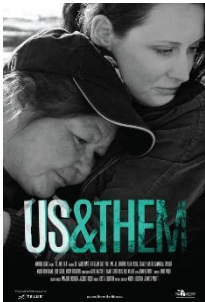
Our Cowichan Year in Review

Wow, when reflecting back on 2018, the amount of work completed by our incredible team of community partners inside and outside of Our Cowichan is astounding. We don't have

photos for everything but here are a few highlights of what is possible in Cowichan when we work together.

(It should be noted that Our Cowichan is ***one of many partners*** working together and are proud of working in collaboration with others).

Cowichan District Hospital Foundation, Island Health, Cowichan Neighbourhood House, Town of Lake Cowichan, Cowichan Housing Association, Ladysmith Resources Association, Cowichan Basket Society, Schizophrenia Society, Canadian Mental Health Association, CVRD, Arbutus Ridge Ratepayers Association, Discovery Youth and Family Services, Cowichan Tribes, Cowichan Hospice Society, Alzheimer Society of BC, BC Community Response Network, Cowichan Caregivers Support Society, Clements Centre Society, Cowichan United Way, Municipality of North Cowichan, City of Duncan, FNHA, Ministry of Children and Family Development, Lyackson FN, Cowichan Intercultural Society, Social Planning Cowichan, School District 79, Cowichan Seniors Community Foundation, Cowichan Division of Family Practice, Citizens at Large, Halalt FN, RCMP, BC Ambulance, Cowichan Women Against Violence, Salvation Army, Duncan United Church, Ministry of Environment, Medical Health Officer, MP Alistair MacGregor, MLA Sonia Furestenau, Volunteer Cowichan, Phoenix Wellness Centre, Town of Ladysmith, NARSF, Safer Futures Cowichan, and so many more!



January- The Us and Them Film brought over 450 community members together to learn about homelessness and addictions. \$1,977.35 in donations will go to the local Street School to directly support individuals who are living rough on Cowichan Streets.

January also brought together community partners around Housing First for Youth, The Cowichan Housing Coalition, EPIC, Physical Literacy, the Community Action Team and the Our Cowichan Network Meeting. The City of Duncan denies an application for a cold weather women's shelter and efforts to get women housed in the winter of 2017/2018 is not possible.

February- Housing conversations were ramping up with local governments coming together to learn about the housing needs in Cowichan. Partners Cowichan Housing Association, Social Planning Cowichan, the United Way and many others worked non-stop night and day during this time as the Housing and Homelessness Coalition, Housing First for Youth, Affordable Housing Committee and more were under development. An Opioid dialogue with University Students was held at VIU that was well attended and supported by over a dozen community partners who presented and supported the dialogue.

Our Cowichan supported Cowichan 2050, the establishment of the South Cowichan Seniors Network, Island Health Evaluation, The Aging Well via the senior's speaker's series and the Cowichan Regional Airshed Roundtable!

March Community efforts to address child apprehensions was about to get underway. Pre-planning with community leaders began. The opportunity for our region to access \$100,000.00 in Overdose Prevention funds was announced and meetings to plan the grant application began. Plans to move the Overdose Prevention Site started as it has reached its capacity in its current location. EPIC, the CAT, Housing First 4 Youth and all of the Housing coalition and committees are working hard. Our Cowichan hosted its Network meeting.

April Our Cowichan efforts moved outside of the Cowichan Region as we supported the hosting of an Island wide Network gathering. The two days included opportunities for facilitators to learn from each other and then leadership from all networks to come together for a collective day of learning. The value of learning with others who engage in the same work is invaluable in our efforts to build healthier communities.



Our focus at home continued on with Opioid dialogues this time in Lake Cowichan. The evening was so successful that Naloxone training took place in the parking lot long after the session was over! Community sessions on housing were taking place across the region as we supported the CVRD and Cowichan Housing Association in their efforts to learn from community and inform them of housing needs.

May Housing meetings were still ongoing and getting a little rough as some members of the public banded together to push back on community efforts for affordable housing. Community partners rallied together to support each other as times got rough.

The Overdose Prevention Site moved to its new location on Trunk Road and a community meeting to listen, learn and work with neighbouring businesses was held. Again, community partners helped each other get through difficult dialogues. Our Cowichan hosted its Network meeting

June Office time resulted in writing and supporting the writing of two successful Island Health Grants that brought funding to Nourish Cowichan to support early childhood lunch programs (\$12,500.00) and another to provide Neighbourhood Wellness events for seniors (\$25,000.00). It was also the time to submit the Overdose Prevention Grant of \$100,000.00.

In the community EPIC the CAT (Community Action Team) South Cowichan Seniors Network, Cowichan 2050, Child apprehension dialogues and more were underway

July What used to be the quiet month was no longer true! We brought together our members at Our Cowichan in dialogue with Island Health Executive on health and wellbeing in our region. It was also a time



when the long-awaited news about proceeding to plan for the new Cowichan District Hospital was announced. July was also the time of two significant community undertakings the BC Summer Games and the Cowichan Elders Gathering. These two events are most noted for the astounding community contributions of time, resources and efforts. Thousands of



volunteers who wore the neon t shirts should be proud of representing Cowichan in the best possible way.

August- We rested! Your facilitator worked quietly from the office and co chair extraordinaire, Denise took over the emails during vacation time.

September came with a vengeance and we were off and running again. All committees were back in action. Our Cowichan Small Grants RFP's opened. Our Cowichan planned and prepared for a very special presentation with the Island Health Board of Directors and Executive. Housing conversations, meetings and planning were also in progress as the CVRD voted to go to referendum to implement a Housing Service via Cowichan Housing Association. The City of Duncan once again denies community efforts to build a cold women's shelter for the 2018 winter. We had much work to do! Our Cowichan Health Network met.



October- The small grants team had their work cut out for them in reviewing 2018 applications. At the end of the day recommendations for \$20,200.00 in grants were awarded! October brought together over 100 community partners, agencies and community members in our Opioid Symposium. The outcome of the day will assist the development of a framework for response for our region. In addition to all that we learned we also developed new partnerships and

relationships to help us move forward. October was election month and over 10 months of incredibly hard work from so many community partners was rewarded as the referendum for a housing service was passed! This was a significant undertaking considering that at this time in 2016 housing was just surfacing as collaborative effort in our region. In addition to the symposium and election the community was active in all committee work relating to seniors, child apprehensions, physical literacy, the new hospital, Primary Care Networks, housing and homelessness work!



November Was a time to celebrate our 2017 small grant recipients as we were inspired by what they were able to accomplish with Our Cowichan small



grants! Dialogues around the region were underway regarding the new Cowichan District Hospital and Health and Care Planning. Grants for further dialogues for Opioids and for youth alcohol were submitted in hopes we can continue to work with

community members on addressing substance use. As always, the committees continue to come together, collaborate and work for a better Cowichan.

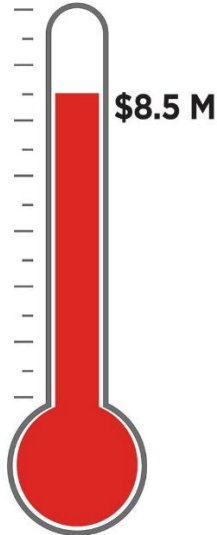
December- and the day came! After a year of attempts on behalf of amazing dedicated community organizations the Municipality of North Cowichan unanimously endorsed the permit for a women's cold weather shelter on the Cowichan University Village property. Immediately community partners who supported Cowichan Women Against Violence came together to

prepare for its opening. Generosity and kindness have humbled the community in its efforts and the impact of negative social media fade away as donations, offers of resources and support come pouring in. The shelter opened to no power and candlelight December 20!





\$10 MILLION



News Flash!

Cowichan District Hospital Foundation matches the community's fundraising efforts of \$500,000 and donates a grand total of \$1 million in support of Cowichan Hospice House.

This brings the campaign progress to \$8.5 million with \$1.5 million left to raise!



"We are absolutely thrilled that in working together our community can do great things! Thank-you to everyone who made a gift to the matching campaign. This is a huge step in the direction of building Cowichan Hospice House - a beautiful home-like place that offers expert care and support to live well at the end-of-life, and that welcomes and supports families. Only \$1.5 million left to go!"

Chair of the Cowichan Hospice House Task Force, Christa Fox.

On December 13, 2018, the **Purica Foundation announced their \$135,000 earnings from the 2018 Gala** benefitting Cowichan Hospice House, plus an additional \$48,338.00 as part of the CDHF matching campaign!



plus....

Chemainus Health Care Auxiliary donates \$150,000 to Cowichan Hospice House!



During the Auxiliary's annual Christmas luncheon they presented a \$150,000 cheque to Cowichan Hospice. This incredibly generous gift is in addition to the \$100,000 already donated to Cowichan Hospice House. The Chemainus Health Care Auxiliary was one of the first to believe in this vision and have inspired others to follow suit. Our heartfelt thanks for all of the support!

p.s.... Looking for a tax break for 2018? Do you own appreciated securities? Did you know that *making a gift of appreciated securities provides you with a receipt for the current value of the securities and you do not have to pay any capital gains.* [Want more information?](#)

Please call Gretchen Hartley at 250-701-4242 or email gh.cvhs@shaw.ca. In order to take advantage of this opportunity, call before December 21, 2018.

And it keeps getting better!

Stacy Middlemiss and Caring with Cookies collects over 10,000 Cookies!

I had the honour and privilege of spending the day with Stacy and her amazing family as we packed 10,000 cookies into packages that were delivered to food banks and many of the homeless individuals who live between Victoria and Parksville. I was able to contribute a few hours but was deeply touched by the hundreds of hours Stacy and her family unselfishly give to those who need it most.



So, thank you Our Cowichan as each and every one of you contributed to all of the honorable mentions above. Thank you, community organizations, local governments, Island Health and our First Nations partners for working tirelessly for a better community. Thank you, citizens, for coming out and informing us, sharing your knowledge and supporting us. Cowichan is an incredible place to work, live and play because of you.

MERRY CHRISTMAS and Happy New Year



May the joy of family, community and health fill your New Year

Regards

Cindy 