



Health Matters Newsletter December 7, 2018

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Cowichan Patient Survey -please complete and share broadly
- Caring with Cookies- Your opportunity to help!
- Cost of Food in BC 2018- attached
- 2018 BC Poverty Report Card
- Authentic Engagement - article
- Cowichan Living Wage 2018
- Seeking Admin Assistant Job Posting- (Attached)
- Upcoming Attainable Housing Strategy Workshops



Our Cowichan- Network Member Meetings-

- ✓ Next Admin Committee Meeting- **December 13, 4:30-6:30** Venue to be determined
- ✓ 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

Cowichan Patient Survey- Complete and Share Broadly – Last Week

Island Health and the Cowichan Division of Family Practice are initiating a survey of the residents of Cowichan Valley to better understand healthcare needs and preferences and how we might improve services. Your support in distributing this link to your membership is greatly appreciated. If you would prefer paper copies, please contact Shaun Lorhan at 250-519-5300 x32908.

[Cowichan Patient Survey](#)

With thanks

Shaun Corrine Lorhan, BSW, MA

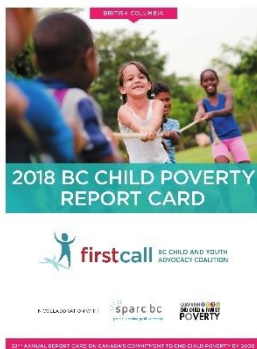
Project Manager Community Health & Care | Island Health Authority

p: (250) 519-5300 x32908 | c: (250) 920-6715 | e: Shaun.Lorhan@viha.ca

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!

2018 BC CHILD POVERTY REPORT CARD RELEASE



On November 20, First Call released its annual BC Child Poverty Report Card finding that not much has changed for poor children and their families. In 2016, the year this report covers, there were 172,550 children and youth living in poor households with many living in deep poverty.

Every year, First Call, in collaboration with [SPARC BC](#), produces a report card with the latest statistics on child and family poverty in British Columbia. This is done in conjunction with the release of the national child poverty report card by [Campaign 2000](#).

We have been tracking child and family poverty rates in BC for two full decades. Our first provincial report card containing data for 1996 showed that one in five BC children were poor. It is profoundly disappointing that, now more than twenty years later, the data still shows one in five BC children live in poverty.

Due to systemic discrimination and other factors, the situation is even worse for some groups of children. Indigenous children, new immigrant children, children in visible or racialized minority groups and children affected by disabilities all have much higher poverty rates than the BC average.

Resources:

- Download a copy of our [2018 BC Child Poverty Report Card](#).

- Check out our 2018 report card website www.still1in5.ca.
- Listen and watch our 1-hour [2018 BC Child Poverty Report Card webinar](#).
- Access BC child poverty maps [here](#).
- Read our joint OpEd in the Times Colonist on an important child poverty solution [here](#).
- Read Campaign 2000's national report card and other provincial report cards [here](#).

Cowichan Living Wage-

Click corners to Expand document size

Cowichan Living Wage 2018
Social Planning

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.

Authentic Engagement is a Personal Journey

BY: NATASHA PEI

How do we engage authentically?

In our effort to professionalize the non-profit sector, we've forgotten how to interact with and care for people as people. We all want to be respected, heard, included, and made to feel like the contributions we make are important and valued. We all want to trust and be trusted.

[Learn How to Engage Authentically](#)



ACTION PLANNING FOR ATTAINABLE HOUSING IN COWICHAN - WITH GUY DAUNCEY



Event to be held at the following time, date, and location:

Thursday, 6 December 2018 from 12:30 PM to 4:30 PM (PST)

O.U.R. Ecovillage
1565 Baldy Mountain Road
Shawnigan Lake, BC V0R 2W2
Canada

[View Map](#)

Share this event:



[Attend Event](#)

You're invited to an action-packed workshop aimed at moving the dial on affordable housing in the Cowichan Region. (for more on an optional tour of O.U.R Ecovillage with lunch, please see below)

Over the past six months, the Cowichan Housing Association and Social Planning Cowichan have been conducting housing research and consultations to develop a Regional Attainable Housing Strategy. The purpose of this session, is to present what has been learned and invite your input into developing an action plan.

Along with our community partners at the O.U.R. Ecovillage, we will hear from Guy Dauncey about his ideas in the realm of affordable housing development.

- Guy Dauncey is an ecotopian futurist who works to develop a positive vision of a sustainable future, and to translate that vision into action. He is founder of the [BC Sustainable Energy Association](#), co-founder of the Victoria Car Share Cooperative, and the author or co-author of ten books, including [The Climate Challenge: 101 Solutions to Global Warming](#) and [Journey to the Future: A Better World Is Possible](#). He is currently writing his next book on *The Economics of Kindness: The Birth of a New Cooperative Economy*. He is an Honorary Member of the Planning Institute of BC, a Fellow of the Findhorn Foundation in Scotland, and a Fellow of the Royal Society for the Arts. His website is www.thepracticalutopian.ca.
- *"As we work to tackle the housing crisis, we need to think about more than money, location, approval and construction. We need to place the new housing within a wider vision of who we are, and what we want our region to become."* - Guy Dauncey

Our agenda will include:

- 10:30am - 12:30pm: Ecovillage Tour and/or Lunch (optional)
- 12pm - 12:30pm: Registration/Networking
- 12:30pm: Welcome & Introductions
- Background and Update on the Attainable Housing Strategy
- Guest Speaker Presentation & Questions
- World Cafe housing action planning
- Closing Remarks & Next Steps

Tour & Lunch Option:

- If you'd like to take a tour of the O.U.R Ecovillage and/or enjoy a delicious lunch before the session, you can select that ticket option at a cost of \$30.
- The tour will begin at 10:30am with lunch at 11:30am.
- For more information visit: <https://ourecovillage.org/>

Please feel free to invite anyone who may be interested in attending this event.

For more information about this event, please contact Rosalie at rosaliespcowichan@gmail.com or at 250-597-0172 ext. 109.

We hope to see you on December 6th!

Share this event on [Facebook](#) and [Twitter](#). We hope you can make it !Cheers, Social Planning Cowichan

ACTION PLANNING FOR ATTAINABLE HOUSING IN COWICHAN **- WITH JUDY STAFFORD**



Event to be held at the following time, date, and location:

Wednesday, 5 December 2018 from 12:30 PM to 4:30 PM (PST)

Frank Jameson Community Centre & Swimming Pool, Program Room

810 6 Avenue
Ladysmith, BC V9G 1N8
Canada

[View Map](#)

Share this event:



[Attend Event](#)

You're invited to an action-packed workshop aimed at moving the dial on affordable housing in the Cowichan Region.

Over the past six months, the Cowichan Housing Association and Social Planning Cowichan have been conducting housing research and consultations to develop a Regional Attainable Housing Strategy. The purpose of this session, is to present what has been learned and invite your input into developing an action plan.

Along with our community partners at the Ladysmith Resource Centre Association and the Town of Ladysmith, we will hear from Judy Stafford, Executive Director at the Cowichan Green Community about her experience and ideas in the realm of affordable housing development.

- Judy Stafford is the Executive Director of Cowichan Green Community, a non-profit located in Duncan. Since 2007, Judy has been leading the way for CGC in becoming more financially sustainable through the pursuit of social enterprises while keeping an eye on the quadruple bottom line and the organization's vision of a more food secure Cowichan.

Judy has served on the Downtown Duncan Business Area Improvement Board since 2010, as a Director, Vice President, President, and Past President. She sat on the City of Duncan Environment Commission, the Cowichan Valley Regional District Environment Commission and Agriculture Commission, the Island Farmers' Alliance, and represents Cowichan on the Island Health's Food Hub Network. She has chaired and sits on the Cowichan Food Security Coalition, responsible for creating the Cowichan Food Action Plan, the Cowichan Food Charter, and the Cowichan Food Map, which will be celebrating its tenth year in 2019.

With incredible support from a very talented and dedicated board of directors, CGC has certainly grown in the past 11 years from renting a 500 square foot office space with no

bathroom, to owning a 20,000 square foot building with 27 bathrooms. It's been quite the ride!

Judy is looking forward to seeing what's around the next corner for CGC including the expansion of the Cowichan Food Recovery Project, and the opening of the "reFRESH Cowichan Food Shoppe," which offers a dignified and inclusive shopping experience: sharing recovered and local produce and value-added products to nourish our community.

- Judy will be sharing the story of "The Station" - the good, bad, ugly, and heart-wrenching. Come tag along while Judy delves deep into what it really takes to make a social enterprise real estate venture come true for a very small non-profit with only guts and passion leading the way. Lessons learned, friends made and lost, and the reasons behind the thought, "if we knew what we were getting into, we wouldn't have done it, so we're glad we didn't know." We are happy to share our story to help you avoid similar bumps in the road.

Our agenda will include:

- 12pm - 12:30pm: Registration/Networking
- 12:30pm: Welcome & Introductions
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- World Cafe housing action planning
- Closing Remarks & Next Steps

Please feel free to invite anyone who may be interested in attending this event.

For more information about this event, please contact Rosalie at rosaliespcowichan@gmail.com or at 250-597-0172 ext. 109.

We hope to see you on December 5th!

Share this event on [Facebook](#) and [Twitter](#). We hope you can make it! Cheers, Social Planning Cowichan

Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the weekly

Health Matters Newsletter