



Health Matters Newsletter January 5, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research – The Cost of Physical Inactivity in Island Health
- Us and Them Film – January 23rd 2018- trailer for viewing
- Tips for Long Distance Care Giving and Ways to Get Support
- Registered Disabilities Savings Plan Information Session

With the cold and snow remember to keep your bird feeders full so beauties like this one stay healthy until spring arrives



Our Cowichan- Network Member Meetings-

- ✓ Next Admin Committee Meeting- **February 1, 4:30-6:30** CVRD Committee Room 2
- ✓ Next Our Cowichan Network Meeting at **January 11 Ramada Silver Bridge**. Light dinner at 5:15 pm Meeting starts at 5:45 pm.

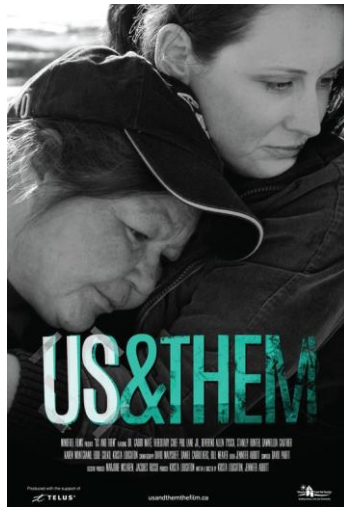
Community Events- Meetings

- **Community Response Team Meeting** January 18, 9 am-11am Meeting Room 213 at the CVRD
 - **EPIC-Community Steering Committee** January 18, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
 - **SAVE THE DATE- Us and Them Film** – January 23, 2017 Cowichan Performing Arts Theatre 7:00 Pm
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Local Data and or Research- The Cost of Physical Inactivity in the Island Health

Region- Island Health Region, physical inactivity cost our public systems an estimated \$151 million in the year 2015 - that includes \$51 million in Health Care costs alone (i.e. Hospital costs, Physicians, Drugs etc.). Think of what might be possible for our communities with that money freed up!

To break that down to an individual level – for each individual who is physically inactive, the associated cost to our public system was \$701 dollars in 2015; \$242 of that is in direct health care costs.



US and Them Film is Coming to Cowichan- January 23 – 7:00 pm Cowichan Performing Arts Theatre.

[Us and them Trailer](#)

<https://www.youtube.com/watch?v=SSCZogP4cM8>

Using a compassionate lens to challenge stereotypes about homelessness and addiction is the goal of the documentary *Us and Them*, screening Tuesday January 23 at Cowichan Performing Arts Centre.

A trip to Africa as a teenager, and the poverty she witnessed there, transformed the life of filmmaker Krista Loughton. She always thought she would return there to "do something," but "eventually I realized I don't have to go back to Africa to help people, I just have to go

downtown."

For Loughton, that meant spending hours at the local drop-in centre in Victoria, British Columbia.

'Unconditional love', no judgement

She was inspired by the centre's mission statement, which she said was "we are giving unconditional love, in a non-judgemental way, for all who walk in the door." Loughton was moved to start adopting the same principle in her own life.

Before long, she had encountered the four people whose stories she would tell in the film:

1. Karen, who was grieving the death of her husband "and I was just pulled into her pain in that moment," recalled Loughton, explaining that the two became close when they would frequently run into each other at the centre.
2. Donald, who was 4 feet 7 inches tall, about 90 pounds and "physically the person who was in the worst shape at the centre and she was angry and feisty," said Loughton. The source of the anger became evident when a staff member explained that Donald "had witnessed her son being murdered by a police officer and her life just fell apart."
3. Eddie, who had been in and out of jail for most of his adult life, but had a wonderful way with words, said Loughton. She remembered him saying that even when he was inside he felt cold and "he was always shivering, it was like the cold was in the heart of his bones and he couldn't figure out if it was physical or psychological."

4. Stan, who had "a big fur coat and this incredible sense of humour and I was warned he was a tough nut to crack, but I cracked him," said Loughton.

She filmed *Us and Them* over a ten-year period, and during that time one of the four died. While grieving that death, she said her perspective changed dramatically on who was helping who.

Who was helping who?

"Their level of intelligence, their level of humour, their level of compassion, their level of wisdom, like there's a scene where I set out to help them but they end up helping me, so my emotional issues become part of the plot and it's their wisdom, they are counselling me."

That is the message Loughton hopes to share through her documentary — everyone suffers, and everyone has the capacity to help someone else.

"There is no us and them, there's just us and for me that's where social change begins," said Loughton.

The Cowichan screening of *Us and Them* will be presented by Our Cowichan Communities Health Network and Social Planning Cowichan, in partnership with the BC Centre for Addictions. A Panel Presentation will follow the viewing. Tickets are by donation and will be available in January.

TED Talk on Effects of Childhood Trauma

In light of the challenges our community is facing at this time- this TED Talk is worth viewing!

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_life_time/up-next

Tips for long-distance caregiving and ways to get support

A person living with dementia needs more help as the disease progresses. Family members often have to take on new responsibilities and adapt to greater demands upon their time. Today, family members often live at some distance from each other. When a relative needs increasing support, caring from a distance can present different challenges. Long-distance caregiving requires regular communication and asking others to help. Here are some suggestions to do this:

- Have a routine that's reassuring for everyone. Find out how things are going through phone calls, letters or emails.
- Arrange to meet your relative's doctor in person. It will be easier and more efficient to stay in contact if you meet the physician personally at least once.
- Connect with other caregivers on the scene. Keep in touch with a neighbour, friend or relative who lives with or near the person living with dementia, or a social worker or a staff person from the local Alzheimer Society. Keep in mind different viewpoints and experiences. For example,

you may be the first to notice a problem but if you are not there every day, you may not realize how difficult the situation is for the regular caregiver.

- Support each other. Offer your support to a parent or another sibling providing care. Try to understand each other and find ways to share responsibilities.

Connect with the local Alzheimer Society in your community. The Society offers many in-person and tele-workshop learning opportunities accessible by phone or computer. For more information, call the First Link® Dementia Helpline toll-free at 1-800-936-6033.

Are you caring for someone with behavioural variant frontotemporal dementia? Access our telephone support group from anywhere in B.C.: 1st Thursday of the month, 10 – 11 a.m. OR 4th Monday of the month, 7 – 8 p.m. Call 1-800-936-6033 for more information

Getting to Know Dementia Receive basic information about dementia and the impact of receiving a diagnosis. Learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of B.C.

Thursday, March 22, 1 – 3:30 p.m. Cowichan Public Library The Gathering Place 2687 James Street Duncan

Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org Free to attend, donations appreciated.

Registered Disabilities Savings Plan Information Session

All mentally or physically disabled adults, even if they have no income, should apply for the disability tax credit, file tax returns, set up a Registered Disability Savings Plan, and apply for grants and bonds.

The BC Schizophrenia Society in the Cowichan Valley is pleased to offer a FREE Information Session concerning the RDSP and DTC, on January 8, 2018 at Island Savings Centre in Duncan at 7 pm. See attached poster for details. Please share this invitation with anyone who would benefit.

Danita Senf

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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