



Health Matters Newsletter March 17, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information-
- When Clutter Becomes Hoarding Forum
- We Can End Homelessness in Canada Article
- Cowichan Hospice Society Event- Keep Calm and Play the Game
- Campaign 2000 report on cost of raising children in Canada
- AFABC youth scholarships - Apply by Apr. 30
- BC Association Community Response Networks Learning Event

Stony Hill Hike is a great one and you may find a lucky friend under the wildflowers! Access the trailhead on the new road off of Genoa Bay Road- the trailhead parking is marked on the right hand side of the road.



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.

Community Events- Meetings

- **Next Sobering and Detox Task Force Meeting April 20, 2017** Room Committee Room 2 at the CVRD
- **EPIC- Ladysmith Committee-** April 20, 1:30-3:30 Ladysmith Resource Centre

Local Data and or Research-

When Clutter Becomes Hoarding

A Community Forum presented by members of
The Hoarding Education and Action Team (HEAT)



Wednesday April 5th from 3:00-5:00pm (join us at 2:30 for networking and refreshments)
At Silver Threads Service - Saanich Centre 286 Hampton Road
Everyone is Welcome- please bring your questions!

Please register in advance for this free event tracyryan@silverthreads.ca

If you have questions, call 250-658-3264.



United Way helping seniors
remain independent.

Sponsored by the Saanich and Peninsula Better at Home Program partners:
Broadmead Care, Saanich Volunteer Services, Beacon Community Services, and Silver Threads
Service



KEEP CALM AND PLAY THE GAME

Join us for Afternoon Tea and Advance Care Planning



Saturday, April 8th, 2017
1:30 PM to 4:00 PM
At the Duncan Ramada



Who knew that something as simple as playing a game could be a gift to your family, help you live a better life... and BE FUN????? On Saturday April 8th, 2017, Cowichan Hospice is Hosting Afternoon Tea accompanied by the Advance Care Planning Game *Hello: The Conversation Game for Living & Dying Well*.

Join us on Saturday, April 8th at 1:30 pm at the Duncan Ramada for delicious refreshments and an insightful afternoon.

This event is free of charge, but space is limited so pre-registration is required. For more information and to pre-register, please call 250.701.4242 or email cvhospice@shaw.ca.



Funded by the BC Center for Palliative Care, *The Seed Grant Program*.

We can end homelessness in Canada

Alex Himelfarb and Roy Romanow

Special to The Globe and Mail

Published Monday, Jan. 16, 2017 10:54AM EST

Last updated Monday, Jan. 16, 2017 1:42PM EST

Alex Himelfarb and Roy Romanow are co-chairs of the Canadian Alliance to End Homelessness

Homelessness has been an issue for so long many view it as a natural fixture of our world. Inevitable. Unfixable. Quite simply, that's not the case. Mass homelessness is the result of choices we have made. It's time to make better ones.



The federal government has just finished a consultation on what to include in a long-overdue National Housing Strategy. If we get it right, it could mark the beginning of the end of homelessness in Canada.

For decades governments trying to balance budgets opted for false economies, cutting investment in housing and squeezing social and mental-health services. The net result? 100,000 fewer units of housing than would otherwise have been built, and a growth in homelessness in communities across Canada.

Thirty-five thousand people in Canada experience some form of homelessness every day, 235,000 a year! Another 1.5 million people pay more than they can really afford – more than 30 per cent of their income – on housing. Canada emergency shelters are getting fuller – occupancy is up more than 10 per cent since 2004, and those trapped in shelters are staying longer. For seniors and families, the average stay has increased to more than 20 days.

More than one in four homeless people in Canada are women, about one in four are seniors and one in five are youth. Indigenous people are 10 times more likely than non-indigenous to end up in emergency shelter, representing as much as one-third of shelter users, despite being only 4.3 per cent of the population. Two per cent of shelter users in Canada are veterans.

These are obvious human costs, but the cutbacks driving growth in homelessness haven't even saved governments money. The failure to address homelessness means government ends up spending more and more – on emergency shelters, health care, and incarceration. For years, as we trimmed budget lines for housing and services, we added even greater costs to other budget lines, all while leaving more people on the street.

It doesn't have to be this way.

The Canadian Alliance to End Homelessness and York University's Canadian Observatory on Homelessness just released the State of Homelessness in Canada 2016 which outlines the steps governments could and should take to end homelessness. The recommendations are tangible, concrete, affordable and proven to be effective wherever they have been tried including in Canada. It's a list of things that we can actually do.

The report calls for a new federal/provincial/territorial framework agreement focused on community capacity, prevention, and “Housing First” for those now on the streets. Success will need increased investment and leadership at all levels of government and the community.

Priority should be on where the needs are most acute and the impact will be greatest and most immediate – including the chronically homeless, youth, veterans and indigenous peoples.

It will be crucial to retain and expand existing affordable housing stock: You can’t end homelessness without building more housing. But this can come in a variety of forms, including through a national housing benefit, an affordable housing tax credit that encourages private social housing investment, and by expanding investment in affordable housing for indigenous peoples.

You can read the full report [here](#).

Yes, there’s a price to doing this – \$4.4-billion a year for the next decade, an increase of \$1.8-billion a year over current investment. But that’s only about \$50 for each Canadian annually, less than a dollar a week – a bargain when we consider that homelessness costs the Canadian economy \$7-billion each year. Ending homelessness would yield a 2:1 return on investment.

It’s not often that an issue of national importance cuts across ideologies and partisan politics. Addressing issues of poverty and social justice are regular refrains for progressives; reducing spending while more efficiently using resources are a hallmark for fiscal conservatives. Being a contributing member of society and a full participant in the economy requires an address.

The National Housing Strategy presents an opportunity to make a lasting impact. Let’s use it to end homelessness.

Campaign 2000 report on cost of raising children in Canada

We need state-of-the-art estimates of the cost of raising children in order to determine social policies and programs meant to support low-income and middle-class families, says Campaign 2000.

Released Mar. 7, 2017, Campaign 2000’s new report, *Estimating the Cost of Raising Children: Setting the Agenda for Canada*, outlines the need for official estimates to guide public policy and assist parents across Canada with planning.

Download the [report](#)

Read the [news release](#)

Read the [op-ed](#) in *Policy Options*

Find report recommendations in the [infographic](#)

AFABC youth scholarships - Apply by Apr. 30

Did you know the Adoptive Families Association of BC offers two scholarships for youth from foster care and youth who joined their family through adoption?

The Howard Legacy Youth Fund and the AFABC Youth Bursary are two separate scholarships that are awarded once per year, at \$1,000 each.

These scholarships assist in covering tuition or other costs directly related to a post-secondary program. [Application deadline is Apr. 30, 2017. Apply today!](#)

BC Association of Community Response Networks PROVINCIAL LEARNING EVENT NOTICE

Tuesday, March 21, 2017 - 10:30 a.m. - 12:00 noon

Dial in to join the call toll free at:

1-877-353-9184 or local **604-681-0260** - Pass Code 9239214#

GATEKEEPER: THE KEY TO COMMUNITY-BASED SUPPORT FOR OLDER AND VULNERABLE ADULTS

Learn more about BC CRN's Gatekeeper Program! In this Provincial Learning Event, participants can expect to receive:

- Insight on how the purpose of Gatekeeper connects to *It's Not Right!*, the work of local Community Response Networks (CRNs), and the community.
- An overview of the Gatekeeper Program content.
- Tips on how to use the revised Gatekeeper materials.

Presented by Heather von Ilberg, BC CRN Regional Mentor – West Kootenay and Boundary, and Sandi McCreight, CRN Coordinator for Castlegar. Sandi is also the Seniors Services Coordinator for SOS – Seniors Outreach and Support Program, and Castlegar's Better At Home Program at the Castlegar and District Community Services Society. Heather and Sandi were also the original authors of BC CRN's version of Gatekeeper.

NOTE: We ask all participants to have the [Gatekeeper Facilitator Manual](#) with you during the session. Please also review the [Gatekeeper suite of materials](#) ahead of time and bring your questions. Provincial Learning Events are toll-free teleconferences that take place the third Tuesday of the month. Everyone is welcome. Email info@bccrns.ca to receive notifications of upcoming teleconferences. Presentation materials will be available prior to the event at www.bccrns.ca on our homepage.

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