



Health Matters Newsletter April 5, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research-
- Fundraising Workshop poster attached
- Hospice House (Rotary Gardens) Barn Dance
- Canadian Mental Health Association Celebrates Mental Health week- join them at an open house
- Cowichan Housing Association Welcomes John Horn new Executive Director



This is what you find when you don't walk on the beaten path! Take a risk, find your own path and you may end up in paradise!

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- ✓ **Next Admin Committee Meeting- April 4, 3:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at May 9, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** April 25, 9 am-11am. **Location to BE MOVED -Stay tuned**
- **EPIC-Community Steering Committee** April 18, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Everyone Deserves a Home-** Community Meeting April 25- Information attached
- **Hospice House Fundraiser Dance-** May 4th 6:30 pm-11:00 pm Herd Road All proceeds go to Rotary Gardens for Hospice House- Tickets Available on Eventbrite. Poster below

Local Data and or Research-

You just have to be here! Join in the fun and or volunteer too.

If you are able to volunteer your time is greatly appreciated. Just click on the link to pick your time slot and activity <https://docs.google.com/spreadsheets/d/1T-sB3w2Fdft9AwOkHvHaF6wtwieGFve3jiYM0FxfqAFk/edit?usp=sharing>

Our Cowichan has been a strong supporter of this project from the very beginning. This fundraiser will not only be a blast but will be a fantastic addition to the Hospice project and an opportunity for us to spend a social night together. Call your friends, family and colleagues out for a great night.

Tickets on sale at Eventbrite.

A poster for a 'Redneck Barn Dance' event. The background is a dark wood texture with string lights at the top. The title 'REDNECK BARN DANCE' is in large, blue, block letters. Below the title, it says 'in support of Rotary Gardens at Cowichan Hospice House'. The date and time are 'SATURDAY, MAY 4TH - 6:30 P.M.'. There is a musical note icon followed by 'gather for music from 7 to 11 p.m.'. The location is '1300 block of Herd Road - look for the signs'. It lists 'Live Music Featuring ROW OF CROWZ' with a crow logo and 'Plus Local Artist Matt Lemay'. It also says 'CHUCKWAGON FOOD & LIBATIONS ON SITE!' and '\$20.00 per person'. At the bottom, there is a QR code and a photo of cowboy boots with chickens in them. Text at the bottom left says 'To purchase tickets scan code or visit Rotary Gardens at Cowichan Hospice House on Facebook. For more information email: redneckbardance@gmail.com'.

CMHA Mental Health Week - May 6-12, 2019

CMHA's Mental Health Week is now in its 68th year. CMHA-CVB will be using the week to highlight services and increase public understanding of our community programs. We invite the community to come in, meet our caring staff and learn more about what we do. Please make a note of these dates. Our Mental Health Week Open House Events are scheduled as follows (also see poster below):

- **Monday, May 6** from 11:00am-1:00pm: Open House at ***BikeWorks/Artworks**, 51 Trunk Rd. Site Tour, Art Show, Light Refreshments
- **Wednesday, May 8** from 10:30am-12:30pm, Open House at our ***Overdose Prevention Site**, 221 Trunk Rd (Trunk Rd & Ypres St). Site Tours, Light Refreshments, Information, Free Naloxone Training w/Narcan Kit for those interested.
- **Friday, May 10** from 1:00pm-3:00pm, Grand Opening at the **Open Door Youth Services Centre**, 371 Festubert St. Cake cutting with Sonia Furstenau, MLA Cowichan Valley, Light Refreshments
- **Saturday, May 11**, from 11:00am-3:00pm, A Community BBQ Hosted by our Youth Advisory Group at the **Open Door Youth Services Centre**, 371 Festubert St. Hot dogs, hamburgers, music and more.
- **Sunday, May 12** from 11:30am-1:30pm Open House at **Warmland Shelter**, 2579 Lewis St. Shelter site and garden tours, burgers and cake. Free Naloxone Training w/Narcan Kit for those interested.

*these events are held outside of operating hours in order to protect client privacy
 For more information, please email annemarie.thornton@cmha.bc.ca.

Mental Health Week
May 6-12, 2019
 Learn More About

Canadian Mental Health Association
 Mental health for all
Cowichan Valley Branch

ATTEND AN OPEN HOUSE

Bikeworks , 51 Trunk Road
 Monday, May 6, 11:00am-1:00pm

Overdose Prevention Site* @ Trunk & Ypres
 Wednesday, May 8, 10:30am-12:30pm

The Open Door Youth Services Center, 371 Festubert
 Friday, May 10, 1:00-3:00pm

Open Door Youth Advisory Committee Community BBQ
 Saturday, May 11, 11:00am-3:00pm @ 371 Festubert

Warmland House* BBQ & Garden Tour, 2579 Lewis Street
 Sunday, May 12, 11:30am-1:30pm

*Free Naloxone Kits with Training available at these events.



John Horn
Executive Director
Cowichan Housing Association

Cowichan Housing Association (CHA) is pleased to welcome John Horn as our new Executive Director, effective April 8th 2019.

A long time resident of Vancouver Island with deep roots in the Cowichan Valley, John has been working on the issues of affordable housing and homelessness for the last 14 years. He is a Registered Professional Planner and most recently worked as the City of Nanaimo's Social Planner. He holds a Bachelor's Degree from Concordia University and a Graduate Diploma in Financial Management from the Association of Certified Chartered Accountants.

John's work history includes seeing affordable housing projects from inception to construction. That work is driven by a strong understanding of the challenges in meeting affordable housing needs along with the implications of homelessness. In so doing, John has spent more than a decade working with a variety of non-profit societies on Vancouver Island. John is also a journeyman carpenter bringing a solid understanding of the development and construction sectors to his new role with CHA.

In this time of transition, CHA also expresses its deep appreciation to Terri Mattin for her guidance, commitment and achievements on behalf of our organization over the past two and a half years. While stepping aside from her leadership role with CHA, we anticipate Terri will have an ongoing interest and involvement as we move forward.

The Board of Cowichan Housing Association is excited about the opportunities ahead in addressing the need for safe and affordable, housing for all in the Cowichan Region.



Health Matters Newsletter

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 newsletter