



**Health Matters Newsletter**  
**April 14, 2023**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedules
  - Community Meetings
  - Our Cowichan Small Grants are Here
  - April 20th Family Support Group- Attached
  - Shortened Life Expectancy for Food Insecure Seniors
  - Cowichan Brain Injury Society Events Attached
  - Job Postings Volunteer Cowichan
  - Annual Sport and Recreation Fair (Great for Families)!
  - Healing From Trauma Webinar
  - Lancet- Spotlight on 5 Ways to Improve Mental Health Video
- Spring is Here...Get Outside



### **Community Meetings**

- ✓ **Next Admin Committee Meeting** **May X, 2023**
- ✓ **Next Our Cowichan Network Meeting** **May 11, Ramada Silver Bridge 5:30 pm**
- ✓ **Next EPIC Committee Meeting- April 17, 2023, 10 am-11:30 pm NEW DAY AND TIME zoom call**  
contact Cindy [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) for access
- ✓ **Cowichan CAT – April 27 2023, 10 am-12:00** contact Johanne Kemmler  
[Johanne.f.kemmler@gmail.com](mailto:Johanne.f.kemmler@gmail.com)



### **Shortened life expectancy for food-insecure seniors**

<https://www.news-medical.net/news/20200120/People-with-limited-access-to-food-much-more-likely-to-die-early.aspx>

"Among adults who died prematurely, those experiencing severe food insecurity died at age 9 years earlier than their food-secure counterparts," Dr. Fei Men, a postdoctoral fellow in the lab of Professor Valerie Tarasuk at the University of Toronto, said in a statement.

And another - <https://www.cbc.ca/radio/whitecoat/good-nutrition-means-longer-life-says-canadian-study-1.5432963>

Once again, it's not medical breakthroughs but what many of us take for granted that bring the biggest bang for the buck. In this case, it's nutritious food, but secure housing, exercise, vaccinations, social networks and other socioeconomic determinants of health are the keys for all of us to live well. The cost of providing adequate nutrition for all regardless of ability to pay is a smart investment that would save a lot more money in health-care spending down the road.



**FREE!**

**2ND ANNUAL  
SPORT & RECREATION FAIR**  
SATURDAY, MAY 13TH 11AM - 3PM

**COWICHAN SPORTSPLEX**

- ★ Hands-on opportunities to try locally offered sports and activities
- ★ All ages event - From kids to seniors!
- ★ Totally **FREE** for sport organizers and participants
- ★ A fun outdoor festival like environment
- ★ Prizes, food trucks, mascots and more!

**AMAZING!  
FUN!**

**COWICHAN SPORTSPLEX**  
CVRD  
BRITISH COLUMBIA  
Supported by the Province of British Columbia  
COUNTRY OF ORANGES  
You'll feel like family.

For more information please call 250-746-5666 or e-mail [ed@cowichansportsplex.com](mailto:ed@cowichansportsplex.com)

## Job Postings Volunteer Cowichan

<https://ca.indeed.com/cmp/Volunteer-Cowichan-1/jobs?k=ff017374dea3dd20&start=0&clearPrefilter=1>



# Healing from Trauma

FEATURING GUEST SPEAKERS:

Jordie Johnson (Moderator) Veronica Haddon Henry Morgan Sandra Harris

FREE ONLINE WEBINAR ON  
APRIL 20TH, 2023 AT 10AM PST

INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY UBC Learning Circle a place of mind THE UNIVERSITY OF BRITISH COLUMBIA Centre for Excellence in Indigenous Health First Nations Health Authority Health through wellness

[Learn about this session](#)

[Register for the Webinar](#)



# Plan H Healthy Communities Grant application deadline extended

The application deadline for the 2023 PlanH Healthy Communities Grants has been extended to May 15. This extension offers an opportunity for more communities to apply for and access funding to support initiatives that promote community connectedness and healthy public policy.

The grants, which are offered through two funding streams, Community Connectedness and Healthy Public Policy, provide financial support to eligible organizations seeking to make a positive impact in their communities. The Community Connectedness grant offers up to \$5,000 to fund projects that foster a sense of belonging and connection among community members. Examples of eligible projects include

community events, workshops, and other initiatives that promote social interaction and build strong relationships.

The Healthy Public Policy grant offers up to \$15,000 to support initiatives that promote healthy policies that aim to create healthier environments, promote active living and support the overall well-being of community members.

The extension of the application deadline provides more time for eligible organizations to submit their proposals and access this valuable funding. The grant program is designed to support grassroots initiatives that can make a significant impact in promoting healthy communities across British Columbia. With the deadline extended, more organizations have the chance to make a difference in their communities and contribute to building healthier, more connected places to live.

BC Healthy Communities encourages all eligible organizations to take advantage of this extension and submit their proposals by May 15. Successful applicants will have the opportunity to bring their ideas to life and create meaningful change in their communities, contributing to a brighter, healthier future for all.

[Read More](#)



### Lancet- Spotlight on Mental Health:

researchers, doctors, and people with lived experience discuss 5 ways to improve mental health treatment—for everyone, everywhere.

[Watch this video](#)



### Health Matters Newsletter

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

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the Friday Newsletter