

Health Matters Newsletter April 26, 2019

Today's Health Matters Includes:



One more reason why living in Cowichan is so awesome... this view! The trailhead is on the left-hand side of Genoa Bay road just a couple hundred metres past Stoney Hill Road...

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research-
- Hospice House (Rotary Gardens) Barn Dance
- Canadian Mental Health Association Celebrates Mental Health week- join them at an open house
- Want to solve a problem? Ask the right question- article
- World Health Organizations Guidelines for Children
- Youth Week Activities in Ladysmith
- ✓ Next Admin Committee Meeting- June 6, 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. Note -July meeting moved to June 13

Community Events- Meetings

- Community Response Team Meeting May 23, 9 am-11am. Location to BE MOVED -Stay tuned
- EPIC-Community Steering Committee May 16, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- 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.

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. https://www.eventbrite.ca/e/redneck-barn-dance-tickets-59396124407

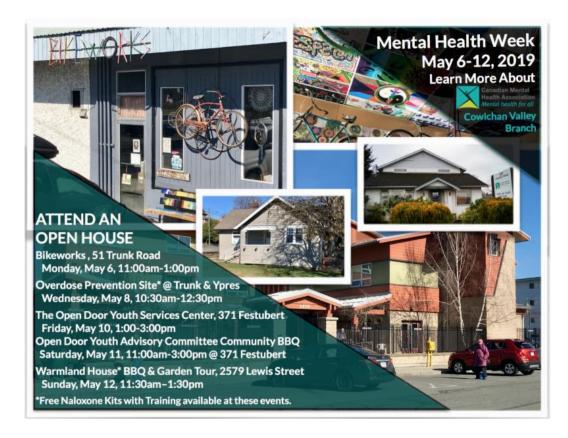


CMHA Mental Health Week - May 6-12, 2019

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.



If we want to catalyze action, we need to be asking the right questions- Article

In *The Art of Powerful Questions: Catalyzing insight, innovation and action,* authors Eric E. Vogt et al. claim that our culture focuses on having the "right answer" rather than discovering the "right question." The authors also say that spending more time asking ourselves meaningful questions can foster breakthrough thinking. And we need breakthrough thinking in order to move forward. A quote from Einstein that appears in the article describes says it all: "The problems we have cannot be solved at the same level of thinking that created them."

So, what gives a question clout? According to the article, a powerful question is one that:

- generates curiosity in the listener
- stimulates reflective conversation

- is thought-provoking
- surfaces underlying assumptions
- invites creativity and new possibilities
- generates energy and forward movement
- channels attention and focuses inquiry
- stays with participants
- touches a deep meaning
- evokes more questions

The article attached features clear examples and goes into great detail about how to turn weak questions into powerful ones. It's worth the read. Enjoy!!

New WHO Guidelines on Children Health



The World Health Organization's <u>new guidelines</u> outline that children under five must spend less time sitting watching screens, or restrained in prams and seats, get better quality sleep and have more time for active play if they are to grow up healthy. The recommendations include specific guidelines of physical activity for infants less than 1

year old, children 1-2 years old, and children 3-4 years old.



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