



**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

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- ✓ **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
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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>

A poster for a Redneck Barn Dance event. The background is a dark wood wall with string lights. 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.'. It includes details about live music featuring 'ROW OF CROWZ' and local artist 'Matt Lemay'. There is also information about food and libations on site, a 19+ event, and a ticket price of \$20.00 per person. A QR code is provided for ticket purchases. The bottom of the poster features images of cowboy boots and a chicken.

**REDNECK
BARN DANCE**

in support of Rotary Gardens at
Cowichan Hospice House

SATURDAY, MAY 4TH - 6:30 P.M.

Gather for music from 7 to 11 p.m.

1300 block of Herd Road • look for the signs

Live Music Featuring **ROW OF CROWZ** Plus Local Artist
Matt Lemay

**CHUCKWAGON FOOD &
LIBATIONS ON SITE!**

19+ EVENT
\$20.00 per person

To purchase tickets scan code
or visit Rotary Gardens at
Cowichan Hospice House
on Facebook
For more information email:
redneckbarndance@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.

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 new guidelines 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.

YOUTH WEEK MAY 1-7
SCHEDULE OF EVENTS
AGES 13-18

Wed, May 1 Nerf Gun Capture the Flag
 Location: TBD
 6:00-8:00pm

Thu, May 2 Ultimate Frisbee
 Location: Forrest Field
 7:00-9:00pm

Fri, May 3 Beach Volleyball
 Location: Transfer Beach or FJCC Gym (weather dependent)
 6:00-9:00pm

Mon, May 6 Dodgeball
 Location: Aggie Hall
 8:00-10:00pm

Tue, May 7 BBQ Lunch - cosponsored with LRCA
 Location: LSS
 11:56am-12:34pm

Heart on the Hill

Find us on
 @youthladysmith #youthladysmith

RECREATION & CULTURE

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