



Health Matters Newsletter January 18, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Link to Island Health Wellness Grants
- Our Cowichan- Network Member Meetings
- Health Canada Revised Food Guide
- LEVEL Youth Policy Program
- Cowichan Intercultural Society Seeking Advisory Members for Project



This weekend is going to be a fabulous one to get out and explore the magnificent Stoney Hill Park. A short drive on Genoa Bay Road gets you to the new Stoney Hill Road. The parking lot is easy to find and takes you directly to an easy hike.

-
- ✓ **Next Admin Committee Meeting- February 7, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Our Cowichan Strategic Planning Session- March 4, 9 am -4 pm- Venue to be determined**
 - ✓ **Next Our Cowichan Network Meeting at March 14, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** February 28, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
- **EPIC-Community Steering Committee** February 21, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Cowichan Housing and Homelessness Coalition-** January 29, 9 am to 11 am Community Futures Board Room
- **Workshops for Those Caring for Individuals with Dementia- Attached**

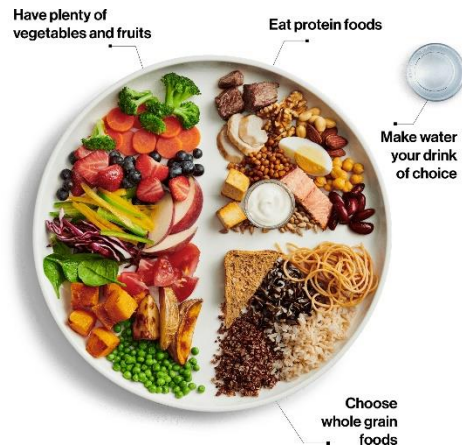
Island Health Community Wellness Grants- 5 days until deadline

Deadline January 30 <http://communitygrants.islandhealth.ca/>

Local Data and or Research- Local Health Area (LHA) Profiles

The Island Health region is divided into 14 local health areas (LHAs). Each LHA profile provides information about that area's population, health status and how often health services are used. Read the [Local Health Area \(LHA\) Profiles](#).

Health Canada Releases Revised Canada Food Guide



This week Health Canada released a revised [Canada Food Guide](#). The revised guide steers away from food groups and portion sizes but recommends more fruits and vegetables, whole grains and puts an emphasis on plant-based proteins.

With [one in every six Canadian children](#) living in households that are food insecure, the revised Food Guide prompted some advocates to renew the call for [a universal national school food program](#).

An [petition calling on the Minister of Health](#) to implement an adequately-funded national healthy school food is gathering

signatures until April 3.

The guide's focus on fresh, often more expensive, food items should also be reflected in the recalculation of the Market Basket Measure (MBM) recently set as Canada's official poverty line. Statistics Canada is inviting input from Canadians about the actual cost of essential living expenses you can [participate by completing an online survey](#).

LEVEL Youth Policy Program

The [LEVEL Youth Policy Program](#) offers grants of up to \$50,000 for charities and other qualified donees across the province to engage Indigenous and racialized immigrant and refugee young people in staff leadership and board governance. The LEVEL initiative consists of three strategies: Youth Public Policy Program, Youth Organizing, and Youth Granting. **Apply by July 11, 2019.**

Cowichan Intercultural Society Seeking Members for Advisory Group for Project

Hello Our Cowichan,

We have applied for an Arts & Social Innovation development grant from the Vancouver Foundation. Our goal is to conceive a community art project that bridges cultures and reduces isolation for immigrants/refugees. If successful, we'll form a multifaceted Advisory Group to work at the formative

stage, conceptualizing how we can leverage current expertise/resources into a program that uses art to explore community, identity and form profound connections and friendships along the way.

Because belonging & community are so important to health, we thought to reach out to Our Cowichan to see if anyone would be interested in sharing their perspective and expertise. We will find out early February if we are successful. For now, we're reaching out to assess interest.

The time commitment would be 3 meetings over March, April & May. At that point, we'll regroup and decide where to go from there.

That's the gist of things. If anyone is interested, please contact me, and I'll fill in the details.

Many thanks!

Elizabeth

Elizabeth Croft

Director of Development, Mon- Thurs.

250.748.3112 Ext. 203

321 St. Julian Street, Duncan, BC V9L 3S5

www.cis-iwc.org |  [@CISiwc](https://twitter.com/CISiwc)   



COWICHAN
INTERCULTURAL
SOCIETY

IMMIGRANT
WELCOME CENTRE
OF COWICHAN

where cultures connect

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