



**Health Matters Newsletter
June 3, 2022
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Sign up for Pathways
- Racism in Cowichan Report
- Minimum Wage Increase to Assist with Family Poverty
- Come to the Seniors Expo
- How Well do we Know the History of Cowichan?
- Research and Reports on Physical Activity
- Tamarack Webinars



Gordon Bay on a Misty May Day



Join us in celebrating Pride Month together we can enhance equity and inclusion in our region so all people feel welcome.

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- ✓ **Next Admin Committee Meeting** June 2- 4:00 pm zoom call
 - ✓ **Next Our Cowichan Network Meeting** July 7 5:15 pm In Person- Location to be determined
 - ✓ **Next EPIC Committee Meeting-** June 16, 2022, 1:30 pm-3:00 pm zoom call contact Cindy cindylisecchn@shaw.ca for access
 - ✓ **Cowichan CAT –** June 23 2022, 10 am -noon contact Leah Vance leahlvance@gmail.com
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Omicron Continues to Circulate Please GET Boosted

Pathways Website <https://cowichan.pathwaysbc.ca/> and see if your organization is reflected within it. If not contact the admins with all of your details and become a part of something great!

Racism In Cowichan Report Release. The Cowichan Intercultural Society has released a report on its first study on **experiences of racism and discrimination in the Cowichan region**. The survey collected responses from 637 people, far exceeding the goal of 350. [Here's the link to the report.](#)

Living Wages Reduce Family Poverty

On June 1, BC's minimum wage rose from [\\$15.20 to \\$15.65 per hour](#). BC now has the highest minimum wage of any province, and this increase is [the final in a series of minimum wage hikes](#) currently planned by government.

Each year in First Call's annual BC Child Poverty Report Card, we call on government to raise the minimum wage because we know that earning living wages is an important way to reduce family and child poverty. At the current rate of inflation, a family's earnings are stretched even thinner, and this minimum wage increase doesn't go far in closing the gap with rising costs. This why we also call on employers to pay higher, living wages that families raising children can live on.

In all communities in BC that means an hourly rate that is higher than minimum wage. And it's the reason we co-founded and run the [Living Wage for Families BC program](#) that certifies employers who commit to paying at or above the living wage which is, in many places, 4 to 5 dollars an hour higher than minimum wage.

Seniors Expo Coming Next Week- Share The Invitation

Are You Aging Well? Are you making healthy choices to lead a fulfilling life? Are the older adults in your life aging well? Do you want to learn about the wide range of resources, supports and services available to help keep you active, healthy, and independent as you age? There are many variables to consider when making life choices as we age. Information is the key element to support you and your loved ones make informed decisions.

Learn more at Volunteer Cowichan's **Aging Well Seniors' Expo on June 10, 2022**. We're connecting Cowichan Valley seniors, caregivers, neighbours and family members with businesses and organizations to support older adults with a range of information, resources and services related to: health, financial, legal, medical, physical-care, volunteer opportunities and more!



Table talks will occur as follows:

- 10:15 AM: End of Life Planning - H.W. Wallace Cremation & Burial
- 11:00 AM: Happier Aging-Nurse Next Door, Chris Wilkinson
- 11:45 AM: Fitness & Strength - North Cowichan Recreation, Crystal Symington
- 12:30 AM: Four Cornerstones of Financial Planning
- 1:15 AM: Advance Care Planning - Cowichan Hospice, Tina Schoen
- 2:00 PM: It's Not Right: Neighbours, Friends and Family-BC CRN, Jennifer Lazenby

We invite all Cowichan Valley seniors and their friends and families to attend this free event; information booths, tables talk, refreshments and door prizes!

DATE: June 10, 2022

TIME: 10 AM - 3 PM

LOCATION: Multi-Purpose Hall - Island Savings Centre

ADMISSION: FREE

For more information OR if you would like to host a booth at the event, contact Volunteer Cowichan at 250-748-2133 or vc@volunteercowichan.bc.ca.

We would like to thank our event sponsors: H. W. Wallace Cremation and Burial Center, and BC Community Response Network.



Media Sponsors: Dr. Ron Smith of Smith Smiles, Valley Health and Fitness, Comox Valley Lifeline Society, Municipality of North Cowichan and Wellness News.

From the Team at the Discourse

How well do you know the history of the Cowichan Valley? To be truthful, I didn't know much about it until a few years ago. As someone who moved to the Island within the last five years and who only started reporting on the Cowichan Valley within the last two years, I had a lot of learning to do. Luckily, I was able to ground myself thanks to knowledge passed on through storytelling — some of which was done by The Discourse.

I recently revisited some of those stories with The Discourse team and we packaged them into a convenient email course for anyone interested in learning a bit more about the region's First Nations and settler history. These stories answer reader questions and touch on history that isn't often discussed in the media. You can [sign up for the free email course](#) and receive six stories over the course of six days, straight to your inbox. Know anyone who might be interested in this series? Feel free to pass along the link or forward this email!

I learned a lot from these stories. I hope you do, too.



Shalu Mehta.

From the Research Centre Reports on Activity, Fitness and Engagement in Sport New school-related sedentary behaviour guidelines

Getting students moving more and reducing screen use improves learning while supporting students' well-being. An international expert panel led by the Sedentary Behaviour Research Network has developed [recommendations](#) for managing school-related sedentary behaviours and screen use. Access the research [here](#) or visit [PHE Canada's website](#) for tools to help educators and administrators implement these recommendations.

Jumpstart 2022 State of Sport Report

This year's [report](#) reveals that major barriers to sport remain for Canadian youth. Building off what they learned last year, Jumpstart has once again partnered with Ipsos and their academic advisory panel to assess COVID's continued impact on community sports and understand how we must respond.

The Tucker Center for Research on Girls & Women in Sport's DisruptHERS Report

The Tucker Center for Research on Girls & Women in Sport, in collaboration with a multidisciplinary international team of affiliated scholars, recently released a timely [report](#) about accelerating systems change for women's sport.

What Works? International initiatives that have advanced gender equity in sport

Conducted for Sport Canada, this [research project](#) is a literature review of international initiatives that have demonstrated effectiveness or have the potential to foster equity for women in sport participation and leadership.

Canadian Women & Sport's Women in Sport Leadership 2022 Snapshot

The Women in Sport Leadership 2022 Snapshot identified that approximately 3 in 4 nationally funded sport organizations have at least 30% representation from both men and women. [Read the report](#) to learn more about the current state of women in sport leadership.

True Sport Long-Term Development Framework

We know that sport intentionally driven by positive values can deliver wide-ranging benefits. The [True Sport Long-Term Development Framework](#) provides coaches, teachers and sport and physical activity programmers with ideas to maximize sport and physical activity experiences for all participants.



Two Tamarack Webinars for Your Consideration

I wanted to share with you two upcoming webinars, the first is on [How to End a Slow-Rolling Crisis | Lessons from the Northside, Cape Breton](#). Join us in the conversation with Executive Director of Bonfire, Cape Breton Social Research Centre, Ed Michalik and Liz Weaver, Tamarack on June 22.

There will be a lively conversation about the challenge of ending a slow-rolling crisis. Ed will share lessons learned from the Northside, Cape Breton, a community struggling with harmful substance use, low trust, and crumbling institutions. Read more on this topic [here](#).

He will explain how to identify a slow-rolling crisis and how difficult it can be to create a sense of urgency around solving it. Urgency and an endpoint are two critical factors in ending a slow-rolling crisis. They are often difficult to discern, which is why slow-rolling crises tend to linger.

Learn more and register for the webinar below:

[How to End a Slow-Rolling Crisis | Lessons from the Northside, Cape Breton](#)

June 22, 2022 | 1:00 pm - 2:00 pm ET

[Learn More & Register](#)

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 Friday Newsletter