



Health Matters Newsletter
June 9, 2023
Today's Health Matters Includes:

- OCCHN Meeting Schedule
- Community Meetings
- Be Prepared for Wild Fires and Wildfire Smoke
- World Elder Abuse Day
- Period Poverty Study
- Fan Fair
- Cowichan Seniors Expo
- Connectivity strategy provides roadmap to improved internet and cellular service for underserved Cowichan communities
- How to Create Indigenous Partnerships Plan H
- Tamarack Workshop
- Food Costing in BC



June is for Fathers Day, Pride Month, World Elder Abuse Day and Indigenous Day

Community Events- Meetings

- ✓ **Next Admin Committee Meeting** To be Determined
- ✓ **Next Our Cowichan Network Meeting** September 14 in person- location to be determined
- ✓ **Next EPIC Committee Meeting-** To be determined zoom call contact Cindy cindylisecchn@shaw.ca for access

- ✓ **Cowichan CAT – June 22 2022, 10 am -noon** contact Johanne Kemmler for access Johanne.f.kemmler@gmail.com

Be Prepared for Wildfires and Wildfire Smoke <https://theconversation.com/prepare-for-the-worst-10-steps-to-get-ready-for-wildfire-smoke-158357>

[British Columbia FireSmart Begins At Home Manual \(gov.bc.ca\)](http://gov.bc.ca)

WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15th

Abuse and neglect of seniors and elders is a problem all over the world. As we age, we are often alone and sometimes lonely, which makes us vulnerable to all kinds of abuse - emotional, financial, physical, or neglect.

Learn more about this important event and the partnership between the Community Response Network, Our Cowichan, and EPIC (Eldercare Project in Cowichan). Contact Jane Osborne E Jane Osborne jane_osborne@telus.net or

Elder abuse is **preventable** – and everyone has a role to play.

We can help ensure that older people live in safety – **without fear of being hurt, exploited, or neglected.**

The public can:

- ✓ Watch for signs of elder abuse
- ✓ Learn how to get help and report abuse

Older people can:

- ✓ Stay connected to family and friends
- ✓ Learn more about their rights
- ✓ Use professional services for support where available
- ✓ Make sure their financial and legal affairs are in order

Family and informal caregivers can lower their risk of committing abuse by learning ways to cope:

- ✓ Get help from family or friends
- ✓ Take breaks
- ✓ Get support from local health and social services

[World Elder Abuse Awareness Day - Province of British Columbia \(gov.bc.ca\)](http://gov.bc.ca)

Period Poverty Survey

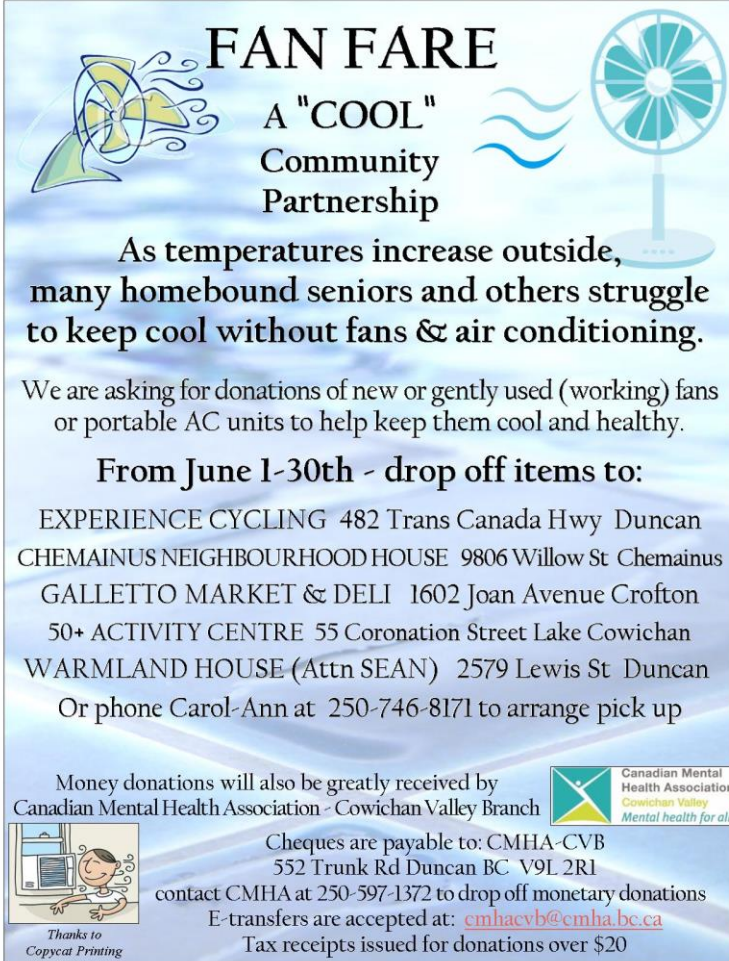
Just a quick note to say that the period poverty online survey is quickly coming to a close. I recently made a FB post, which has been boosted, to try to promote more responses from the general community ...

I invite you to consider sharing the post to your social media networks. It can be found here: <https://www.facebook.com/cowichanwomenshealth/>

You might also want to wade in on the discussion in response to the post. It is fairly lively, and mostly respectful (I have removed the homophobic comment and response).

Best wishes, and thanks for considering sharing our post!

Bev



FAN FARE
A "COOL"
Community
Partnership

As temperatures increase outside,
many homebound seniors and others struggle
to keep cool without fans & air conditioning.

We are asking for donations of new or gently used (working) fans
or portable AC units to help keep them cool and healthy.

From June 1-30th - drop off items to:

EXPERIENCE CYCLING 482 Trans Canada Hwy Duncan
CHEMAINUS NEIGHBOURHOOD HOUSE 9806 Willow St Chemainus
GALLETTO MARKET & DELI 1602 Joan Avenue Crofton
50+ ACTIVITY CENTRE 55 Coronation Street Lake Cowichan
WARMLAND HOUSE (Attn SEAN) 2579 Lewis St Duncan
Or phone Carol-Ann at 250-746-8171 to arrange pick up

Money donations will also be greatly received by
Canadian Mental Health Association - Cowichan Valley Branch

Cheques are payable to: CMHA-CVB
552 Trunk Rd Duncan BC V9L 2R1
contact CMHA at 250-597-1372 to drop off monetary donations
E-transfers are accepted at: cmhacvb@cmha.bc.ca
Tax receipts issued for donations over \$20

Thanks to
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Canadian Mental
Health Association
Cowichan Valley
Mental health for all



VOLUNTEER
Cowichan
4th Annual
Aging Well Expo
2023

MUNICIPALITY OF
NORTH
Cowichan
Parks and Recreation

**Better
at Home** 
United Way helping seniors remain independent.


STONEBRIDGE
LAW

 **BC Association of
Community Response
Networks**
Stopping Adult Abuse and Neglect ...Together

June 23, 2023
10:00 - 3:00 pm
Cowichan Community Centre



Connectivity strategy provides roadmap to improved internet and cellular service for underserved Cowichan communities

DUNCAN, BC – A newly completed Cowichan Internet & Cellular Connectivity Strategy has identified gaps in connectivity infrastructure and services in the region, and provides recommended actions for improved connection into the future.

The 2020-2022 Cowichan Valley Regional District (CVRD) Board Strategic Plan identified the development of a connectivity strategy as a key action towards creating healthy, livable, and efficiently-served communities for residents of all backgrounds and income levels. After conducting extensive background research and securing funding for the project in 2021, Economic Development Cowichan (EDC) launched the Cowichan Regional Internet & Cellular Connectivity Strategy project in early 2022. Working in collaboration with consultants from IBI Group, EDC staff undertook a process of research, analysis, education and engagement that has resulted in the development of a Regional Connectivity Strategy and four Community Connectivity Plans.

“Connectivity is an essential service that allows us not only to communicate, but to work, learn and access services online,” said Barry O’Riordan, Manager of Economic Development Cowichan. “This strategy helps us better understand the state of internet and cell phone connectivity in the region so we can work to improve access for all residents and businesses.”

Community members, local businesses, First Nations, internet service providers, and many others participated in the development of the strategy, which identified the following as a collective vision for the future of connectivity for the region:

“The Cowichan Valley Regional District is a connected community, with an appropriate and efficient mix of technologies deployed throughout the region that provides affordable access to connectivity services for all homes and businesses. Connectivity enhances the livability of our communities by enabling business, employment, health care, education, security, and social and family connections for residents of all backgrounds and income levels.”

The Regional Connectivity Strategy recommends that the CVRD continue in its role of observing, advocating and influencing the rollout of connectivity infrastructure and services in the region, with the potential to evolve into a more active role in the future. The report provides 28 specific recommended actions focusing on advocacy and facilitation, affordability and access, infrastructure, local government policy, and cellular coverage. The Community Connectivity Plans outline specific technologies, network plans and funding models to bring improved service to the four priority underserved communities: Thetis and Penelakut Islands, Cowichan Station, Ditidaht First Nation, and the Cowichan Lake region. The plans provide a roadmap for these communities to tackle their connectivity challenges.

The Cowichan Regional Internet & Cellular Connectivity Strategy may be viewed at planyourcowichan.ca/connect.

Economic Development Cowichan and the CVRD gratefully acknowledge the financial support of the Province of British Columbia and Island Coastal Economic Trust in completing this project.

For more information, please contact:
Barry O’Riordan
Manager, Economic Development Cowichan
250.709.1119
barry.oriordan@cvrld.bc.ca



How to Create Indigenous Partnerships to Inform Healthy Public Policies



BC Healthy Communities and [#PlanH](#) invite you to a webinar on how local and Indigenous governments are forging partnerships to tackle challenges, share resources and create healthy public policy. Featuring UVic Assistant Prof. Dr. Sarah Wright Cardinal (pictured) and PlanH community guest speakers from the City of Mission, the event takes place on June 28 at 1:30 pm PST. For more details: <https://bit.ly/430yC94> or [register](#)

Register

Tamarack Workshop

The landscape of community engagement has evolved dramatically. It's no longer just about participation; it's a powerful conduit for equity-building. It's time to amplify the voices of those closest to the issues we care about. Together, we'll create a real impact!

Join me, Lisa Attygalle, for an empowering workshop, [Community Engagement: From Debate to Dialogue](#), on June 22 to explore your role and enhance your confidence in creating spaces for meaningful dialogue.

Learn More and Register

Food Costing in BC

I'm writing to share the recently released [Food Costing in BC 2022: Assessing the affordability of healthy eating](#) report, which shows that food insecurity occurs in 1 in 7 BC households on average, and 1 in 6 BC households with children.

The report uses data from food costing of 61 food items, recorded at 245 full service grocery stores across BC in May-June 2022. Compared to the other regions in BC, Island Health region had the highest average food cost for a family of four at \$1366 per month.

The report highlights the challenges of affording a nutritious diet for people and households who live on low incomes, especially for those who live on income and disability assistance.

To help spread the word about food and nutrition insecurity, I invite you to:

- Read and share the [Food Costing in BC 2022 Report](#)
- View and share [The Affordability of Healthy Eating in BC infographic](#)

I welcome opportunities to discuss the report and explore ideas to improve food and nutrition security in our region.

Janet Krenz, BSc, Registered Dietitian

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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