



## Health Matters Newsletter March 8, 2019

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Our Cowichan- Network Member
- Meetings
- One Billion Rising- Celebrate Women's Day in Duncan Square
- "A Just Society" Film, Poster and Trailer
- Job Postings- Attached
- For the Love of Non-Profits – Symposium
- Cowichan Caregivers Support Society Newsletter



*I would like to acknowledge and honour all of the AMAZING women who lead the charge in making the Cowichan Region a fabulous place to work, live and play.*

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- ✓ **Next Admin Committee Meeting- April 4, 4:30-6:30** CVRD Committee Room 2
  - ✓ **Next Our Cowichan Network Meeting at March 14, 2019, Ramada Silver Bridge** Light dinner at 5:30 pm Meeting starts at 6:00 pm.

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### Community Events- Meetings

- **Community Response Team Meeting** March 28, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
- **EPIC-Community Steering Committee** March 21, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Cowichan Housing and Homelessness Coalition-** March 19, 9 am to 12 noon Saint John's Hall Ingram Street. All community partners invited
- **Understanding Brain Injury** – Public Workshop Monday, March 25th, 2019 6:00pm—8:00pm Cowichan Public Library 2687 James Street, Duncan – Poster attached

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### Local Data and or Research-

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March 8th, 2019  
Duncan City Square

## One Billion Rising Cowichan Celebrate International Women's Day

Rise in community to dance, share stories and Denounce Violence against Women in our community and around the world.

### **Schedule Friday, 8 March 2019, 12:00 - 12:50 PM**

"Break the Chain: flashmob led by Ros Pringle

Shauna Devlin: 5 Rhythms Dance Performance into and throughout

Lucy Thomas: House of Friendship--Opening Welcome

Barra Mohammed: Newcomer Women and Relationship Violence

Kendra Thomas: Warmland Women's Support Services-MC and Spoken Word Piece

Michelle Staples: Mayor of Duncan-Making Safe Spaces

Karen McLaughlin: Transwomen and LGBTQ Violence

Eve Ensler's "Man's Prayer" Community of Men

Debbie Kerr: Exec. Director Cowichan Women Against Violence: In our Community

R. Koyote: Matraea Centre--Acknowledgement and Thanks

ZUMBA: Roslyn Pringle

Sonia Furstenau: MLA Harassment and Abuse in Politics

Social Hour: Meet and Organize from 1:00 to 2:00 upstairs at Just Jake's

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### **"A Just Society" Film Opening (Trailer link below)- poster attached**

**On March 28 at 7:00 pm** we will show our latest documentary **"A Just Society"** at the **Cowichan Performing Arts Centre**. It is the story of our opioid crisis and substance abuse on the island. The documentary is about 60 minutes in duration.

I like to personally invite you to the showing of this important documentary. After the showing we plan to have a discussion involving a panel to discuss what we can do to help alleviate this serious crisis in our community.

I hope that you will be able to promote this evening through your organization. I think it is very important that we get a variety of people to this evening representing different views of our community.

Please find attached a link to our trailer as well as a poster and synopsis. I sincerely hope you will take a few minutes to look at it and you can help promote this very timely project.

Kind Regards

Nick Versteeg

[nick@dvmedia.ca](mailto:nick@dvmedia.ca)

DV Media Inc/DV Cuisine

Link to our trailer: <https://www.dvmedia.ca/2019/02/22/a-just-society/>

### Synopsis: "A Just Society" a documentary

Canada is one of the richest countries in the world. It rates each year as one of the top countries to live in. So how is it possible that in 2017 in Canada 3,987 people died of opioids related abuse.....1399 in British Columbia alone!

This is the question that Documentary Film Producer Nick Versteeg asks in his latest documentary "**A Just Society**". Nick and Geoff Johnson interviewed a wide range of people to let the viewer understand that we are all in this together. This crisis affects all of us.

Nick feels its time that we start dealing with the stigma surrounding substance abuse.

Governments, health authorities, first responders, addiction workers and medical personnel struggle to cope with the opioid epidemic and shocking rise in overdose deaths.

The leaders of this country have to start listening not only to the people on the street but to the people at the heart of this challenge.

Knocking down the walls of silence that keep people from talking about substance abuse is an important step towards addressing the overdose crisis in Canada. Recognizing that people who use drugs are real people helps to put a human face behind the numbers of so many preventable tragedies.

Nick's goal is to have a frank discussion on stage and questions from the viewers after the showing of the documentary on what we need here in the Cowichan Valley.

Let's talk about ideas, the entire goal of this documentary is to make the viewer understand that we are all in this together, as all of us want a **Just Society**.

Nick Versteeg has been a producer for the past 38 years. He has produced documentaries for the Discovery Channel, A&E, CBC and CTV and ten years for the Food Network in Canada and the US. On the Island Nick is well known for his award winning "**Once Upon a Day Cowichan**", "**Resilience**", the story about the Cowichan river. "**Seventy-One Years**" the story about a second world war plane that was found a few years ago and "**The History of the Malahat**" a comical look at the building of the Malahat Hwy. His last two documentaries on **Nepal** featured the earthquake in Nepal and the rebuilding two years after.

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## Walk for Alzheimer's

**Alzheimer Society**  
BRITISH COLUMBIA

The Alzheimer Society of B.C. invites you, your family, your friends and colleagues to take part in the [IG Wealth Management Walk for Alzheimer's](#) in one of 21 communities across B.C. on Sunday, May 5, 2019.

The Walk is a way we can honour, celebrate and remember people in our lives that have been affected by dementia while raising vital funds and awareness to create change in our community. However, if you cannot make it to the *Walk*, we would like to invite you to host your very own Walk in a Box!

Hosting a [Walk in a Box](#) is a fun, social event that's inclusive and easy to organize and participate in. It can be as simple as gathering your family, friends and colleagues together to walk in your neighborhood and asking them to make a donation in support of the Alzheimer Society of B.C.

**Will you help take us a step closer to this world by joining us this spring as we walk to raise funds and awareness for dementia?**

Register to host your own event and we'll send you a complimentary host kit, which includes a Walk in a Box guide, participant certificates, promotional posters and more! If you have any questions, please email me at [dwang@alzheimerbc.org](mailto:dwang@alzheimerbc.org) or call 604-742-4936. You can find more information about the *IG Wealth Management for Alzheimer's* and the Walk in a Box initiative by visiting [walkforalzheimers.ca](http://walkforalzheimers.ca).

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## **What: Child Welfare and the Media: A Cowichan Community**

There is a lot of good, credible work happening with women and families with agencies like Hiiye'yu Lelum.

We don't hear too much about this good work in the media but hopefully there will be an opportunity to hear more about some of this good work at this event... see e-mail thread below.

As well, I've heard that one long-standing agency's years of advocacy is going to result in some new resources for vulnerable women and children. I can't say too much about it yet... but it is very positive for the Valley!

Thanks,  
Vanessa

**Subject: Fwd: Child welfare and the media: Are you in?**

From: Jacqueline Ronson <[jacqueline@thediscourse.ca](mailto:jacqueline@thediscourse.ca)>  
Hello,

We hope you can join us this Friday for Child Welfare and the Media: A Cowichan Community Conversation<<https://www.facebook.com/events/241311893416009/>>, hosted by The Discourse in partnership with the Cowichan Valley International Women's Day festival<<http://cowichanvalleyiwd.com/>>

The purpose of the event is to allow space for the community to tell journalists what they think of how child welfare stories are told, and how it could be better. We'd especially like to hear from youth in and from care, birth parents, foster parents, social workers and others with lived experience of the child welfare system. Local journalists are invited to attend and share their perspectives, including barriers they face to telling these stories. If you know someone who might like to be there, please forward this email invitation to them.

**What:** Child Welfare and the Media: A Cowichan Community

Conversation<<https://www.facebook.com/events/241311893416009/>>

**When:** Friday March 8, International Women's Day<<http://cowichanvalleyiwd.com/>>, from 6 to 8:30 p.m.

**Where:** Duncan United Church

**Cost:** Free. Food and refreshments will be provided.

**Please RSVP** here<<https://www.thediscourse.ca/cowichan-discourse-child-welfare>> if you plan to attend and have not already let us know, so we can be sure there's enough food for everyone.

**Here's a rough schedule of events:**

18:00-18:20: Food and mingling

18:20-18:35: Territorial acknowledgement, welcome, and introductions

18:40-19:00: Group Activity: What do you notice about child welfare media coverage?

19:00-19:45: Discussion: What would ideal media coverage of the child welfare system look like?

19:45-20:15: Journalists respond and present opportunities for working together

20:15-20:30: Closing circle: One thing I'm taking away from this is...

We will set expectations as a group with respect to what can and cannot be shared outside the group. Journalists must agree not to quote individuals without their permission.

Children are welcome to attend. If you require childminding, transportation, or other accommodations, please let me know ASAP so I can do my best to accommodate.

I hope to see you there,

Jacqueline

[<https://docs.google.com/uc?export=download&id=15erHtzA0iLs9PyR6peEJmcRzhUPvNyLm&revid=0Bw7oeDWNt9cXNTI3UCt4MjIwVVBoampkY1d6SkxSdkg1YUd3PQ>]

Jacqueline Ronson

Cowichan Community Reporter

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## **JOB POSTING-Full details attached**

Hello amazing supporters of Canucks Autism Network in the Cowichan Valley,

It is that time again where I am going to request your help in spreading the word about job opportunities in our upcoming MultiSport program. I am currently looking to hire a coach and a support worker for the program and would very much appreciate your support in sharing the two attached job postings with anyone you feel may be a fit.

The program details are:

### **PROGRAM DETAILS**

**Location:** Queen Margaret's School, 660 Brownsey Ave, Duncan, BC V9L 1K1

**Day of the week:** Thursday

**Program Dates:** April. 25<sup>th</sup> to May 30<sup>th</sup>

**Session Time:** 5:30-7:30pm

And any interested applicants may contact me directly at [Shelby.milholm@canucksautism.ca](mailto:Shelby.milholm@canucksautism.ca)  
Thank you so much for your continued support of our programs!

Shelby

**Shelby Milholm**

Regional Coordinator - Nanaimo/ Cowichan Valley



**MEDIA RELEASE | EMBARGOED**

**For Release March 1, 2019**

**DUNCAN COWICHAN CHAMBER OF COMMERCE PARTNERS  
WITH LOCAL BUSINESS LEADERS FOR THE LOVE OF  
NONPROFITS**



The Duncan Cowichan Chamber of Commerce will launch an annual professional development and networking symposium for the non-profit sector this April. For the Love of Non-profits, the only event of its kind on Vancouver Island, will provide a platform for non-profits, registered charities, social enterprises and community service organizations to connect, collaborate, share resources and develop operational practices.

“In the face of an ever-changing funding and economic climate, organizations in the non-profit sector need to continue to adapt and diversify” says Chamber President and MNP LLP Partner, Chris Duncan. “This symposium will provide organizations – not only from Cowichan, but throughout Vancouver Island – with an opportunity to come together, share information and hear from some of the experts and professionals who are at the forefront of change.”

The idea for the symposium first came about during a conversation amongst a handful of Cowichan professionals who were looking for a more effective way to respond to increasing in-kind support requests from local non-profits. “As we discussed the various non-profits we were all involved with, and our shared feelings of guilt about not being able say yes to all of them, we started brainstorming ways we could create greater impact” explained Cynthia Lockrey, Owner of Lockrey Communications and one of several key players behind the initiative.


This past October, after attending the Chamber's Small Business BIG DAY symposium, Lockrey became a Chamber Member. It was during a meeting with Chamber Events and Membership Manager, Alec Wheeler, that the concept of the non-profit symposium really took flight. "When Cynthia first mentioned the idea of a symposium, specifically for non-profit sector, I knew it was an initiative the Chamber needed to champion" said Wheeler. "The Chamber has a great number of member organizations that fall within the general non-profit category. While we deliver a robust program of over 50 professional development and networking events annually, the majority cater to small business. This non-profit symposium will tackle some of the unique challenges and needs of the organizations that do so much to support, nurture and advocate for our communities. This initiative really is For the Love of Non-profits."

The event has been given a nod of approval by Community Futures Cowichan and Economic Development Cowichan, both of which are contributing time and resources to the day's programming. The Chamber is actively seeking sponsorship support from the wider business community to help launch the symposium in its inaugural year. Funding received will help offset event costs to ensure the program remains financial accessible for the non-profit sector.

For the Love of Non-profits will be held at the Best Western CVI on Wednesday, April 10th 2019. Registration opens today. Advance booking is required. For more information visit [www.duncancc.bc.ca](http://www.duncancc.bc.ca) or call 250.748.1111.

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 Please click on the link to view or download the **Cowichan Family Caregivers Support Society's March 2019 newsletter.**

<http://familycaregiverssupport.org/wp/wp-content/uploads/2019/03/March-2019.pdf>



March 2019

is this issue...

- Interview with a Former Caregiver
- Caregiver Case Advice Column
- Definition of a Caregiver
- Dimensions of Caregiver Health
- Office of the Seniors Advocate
- Caregiver as Advocate

Cowichan Family Caregivers Support Society  
1 Kenneth Place,  
Duncan BC V9L 5G3  
250-597-0886  
[www.familycaregiverssupport.org](http://www.familycaregiverssupport.org)

Our mission is to acknowledge, appreciate and support people in their caregiving roles, to alleviate their stress, to improve their quality of life, and to raise awareness of caregiving through education and advocacy for all caregivers.

'wind words'  
Acrylic on canvas, 24 x 36  
Artist: Chantey Dayal



### **Health Matters Newsletter**

Do you have a resource, event or information you would like to share?

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly