



Health Matters Newsletter May 17, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- A Just Society -Film and Presentation - Attached
- Local Data and Research
- New Cowichan Podcast -The Obstacle Course
- CAR 60 -Cowichan RCMP Respond to Mental Health Issues article
- New Horizons for Seniors Grant
- Canadian Mental Health Association Annual General Meeting
- Board of the Year Award Hosted by Cowichan Green Community



Camas is in bloom all over the region. Go find it while it is in bloom!

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- ✓ **Next Admin Committee Meeting- June 6, 3:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at June, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** May 23, 9 am-11am. **Island Savings Board Room**
- **EPIC-Community Steering Committee** June 20, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Local Data and or Research-

New Cowichan Podcast We welcome the creation of a new [Podcast!](#) It's called [Obstacle Course](#) The two leads interview people who have overcome challenges of all sorts. The [Cowichan Citizen](#) featured our podcast on their front page a few weeks back.

The most recent [episode](#) may be of some interest to you. We spoke with Blair Roberts, leader of the Homeless effort in Regina, Saskatchewan. We talk candidly about the challenge surrounding homelessness, the importance of empathy and how Blair doesn't allow his own trauma to affect his

ability to care for those struggling with theirs. We also cite Gabor Mate and the powerful Us and Them Documentary.

Car 60 Police in Cowichan Respond to Growing Mental Health Issues

This is a great article that highlights some of the incredible work underway in our region. The story is up. Here's the link: <https://www.thediscourse.ca/cowichan-valley/car-60>

New Horizons for Seniors Grant

We wish to inform you of a funding opportunity that may be of interest to you and/or your network and partners. On May 15, 2019, the Government of Canada launched the New Horizons for Seniors Program (NHSP) 2019-20 call for proposals for community-based projects across Canada.

The NHSP is a federal grants and contributions program whose goal is to support projects that help improve the well-being and quality of life of seniors and foster social inclusion and engagement of older Canadians in all aspects of society. The projects are led or inspired by seniors who are making a difference in the lives of others and their communities.

Since the NHSP was launched in 2004, it has funded thousands of projects and thousands more opportunities for seniors to become engaged in their communities by volunteering their time and sharing their knowledge. Whether they are signing up for financial literacy classes or participating in fun exercise activities, seniors are getting involved. These are just some examples of how NHSP projects are contributing to the well-being of seniors and their communities. The NHSP's community-based stream supports activities that engage seniors and address one or more of the Program's five objectives: volunteering, mentoring, expanding awareness of elder abuse, social participation and capital assistance. Organizations are invited to apply for funding under the NHSP's three national priorities:

- preventing elder abuse and fraud, including measures to reduce crimes and harms against seniors;
- supporting healthy aging in community and addressing dementia, including community supports and intergenerational housing; and
- counteracting ageism in the workplace to promote labour market retention of seniors.

Community-based projects are eligible to receive up to \$25,000 in grant funding, and up to \$5,000 in small grants funding is available to organizations that have not received funding in the past five years. The deadline to submit applications is **June 21, 2019**. If you would like to apply for funding or learn more about this funding opportunity, visit [our website](#). We now have a **simplified online form** to make applying easier than ever. To raise awareness in your community about the 2019–20 NHSP community-based call for proposals, we encourage you to share this email with your network, partners and stakeholders so they may also benefit from this funding opportunity. We also encourage you to follow us on [Twitter](#) and [Facebook](#) and share our posts for others to see. **To register for an information session**

please see the attached document for instructions.



12th Annual Golf for
cowichan hospice
Tournament

Friday, June 21 • Cowichan Golf Club

THIS YEAR'S THEME:
BIG, BRIGHT 80's

18 Holes of Golf • Gourmet Buffet Dinner
Costume Prizes • Live & Silent Auction
COME IN COSTUME!

Golf & Dinner Ticket:
early bird \$145 / regular \$160
(early bird registration ends May 31st)

Dinner Only Ticket:
\$65 (limited availability)

COWICHAN GOLF CLUB
4955 Trans-Canada Highway • Duncan BC
Purchase Tickets at cowichanhospice.org or 250-701-4242

All proceeds support the grief and end-of-life programs provided by Cowichan Hospice.

Annual General Meeting



Canadian Mental
Health Association
Cowichan Valley

Location: Warmland Dining Room, 2579 Lewis Street

Date: June 26, 2019

Time: 11:30am-2:00pm

Annual General Meeting and membership election of board.

Light buffet lunch will be served at 11:45am.

Board of The Year Award (Hosted By Cowichan Green Community)

It's that time of year, where we ask EDs to nominate their boards for our very prestigious "Board of the Year" Award.

Since 2014, CGC has been honouring non-profit board of directors with our annual award. The staff at CGC first awarded the CGC Board with the award after the very arduous purchase of the Station. We wanted to recognize just how much hard work goes on behind the scenes - and let's be honest - none of us would have these jobs if our boards didn't love us!! :-)

If you would like to throw your board's name into the hat it's very simple - just send me a couple of paragraphs on what makes your board exceptional before June 3rd. The CGC staff will have a VERY secret and democratic process to decide the winner. We will advise you, then you just have to make them try to show up to our AGM on June 15th 4pm at Small Block Cider - we are hosting this alongside our Cider Release Party - there will be music, food, prizes, games, and even a dunk tank!!

If you know of another organization that is not on this list please feel free to share!

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