



**Health Matters Newsletter
May 26, 2022
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Hospice Annual General Meeting
- Sign up for Pathways
- New Face of Homelessness
- Cowichan Seniors Expo
- Impact Measurement
- SafeTALK Suicide Prevention Training
- Canadian Mental Health Association Cowichan Branch Newsletter

Happy Last Weekend of May!



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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

You're Invited

Stories from Cowichan Hospice House and Responding to Difficult Grief
at the

Cowichan Hospice Annual General Meeting

June 9, 2021 • 7 pm

(Doors Open at 6:30 pm)

St. John's Anglican Church
486 Jubilee Street, Duncan

Please Wear Your Mask

Join us as we reflect on Cowichan Hospice House's first year through stories of those who lived their final days in The House that Love Built.

As the Cowichan region continues to grow and diversify, we pledge to continually develop and expand our services to reflect our values of equity, diversity and inclusion.

Learn how Hospice bereavement care is meeting new needs as people grieve during the pandemic.

Come and learn how Cowichan Hospice will ensure that no one will grieve alone.

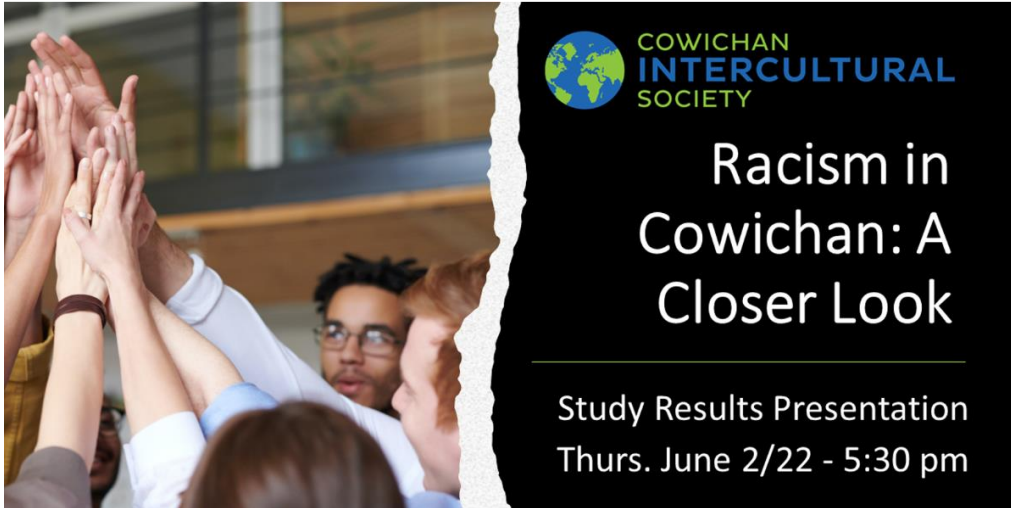
Please email frontdesk@cowichanhospice.org and let us know if you plan to attend!

Don't forget to check out the newly formatted Our Cowichan Website

www.ourcchn.ca see how it works for you. While you are checking out websites be sure to go to the 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!

If you Missed It a New Face of Cowichan's Housing Crisis

[Low-income seniors are the new face of Cowichan's housing crisis \(thediscourse.ca\)](http://thediscourse.ca)



Come to the free, online presentation and discover new insights into:

- Experiences of discrimination
- Cowichan residents' sense of belonging, recognition & safety
- Attitudes towards immigration

This is Cowichan's first local racism and marginalization study - more than 600 respondents participated! It provides local data about how racism and marginalization is experienced in our community. The study is a tool for individuals and agencies to use to promote equity and inclusion.

The presentation is of interest to everyone committed to Cowichan as a Welcoming Community: social agencies, non-profit Boards, governments, educators & more.

Everyone welcome.

A link to download the complete report will be ready & available at the presentation.

[Click to Register.](#)

The event is free - registration is required so we can be sure to provide you with the presentation link.

For details contact Elizabeth Croft | elizabeth@cis-iwc.org | 604.931.9122

We look forward to welcoming you!

Seniors Expo

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.

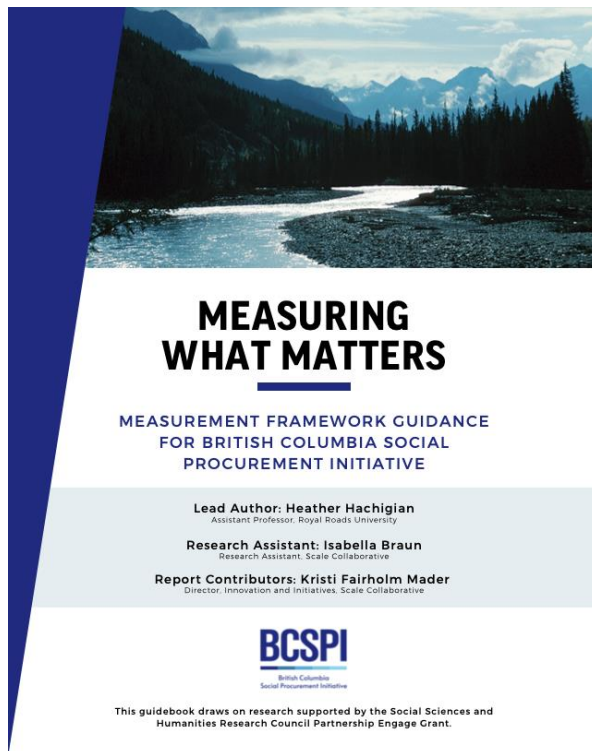
We would like to thank our event sponsors: H. W. Wallace Cremation and Burial Center, and BC Community Response Network.

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



Impact Measurement Update

Measuring What Matters: Measurement Framework Guidance for BCSPi



Impact measurement matters. It helps to set the direction and vision of an organization and to determine the outcomes resulting from actions.

BCSPi is excited to share this guide that aims to facilitate the co-development of a measurement framework to help public sector institutions in the region to understand and measure their social impact across the stages of procurement.

The guide is intended to provide procurement officials with the ability to measure and connect local social impacts to the UN Sustainable Development Goals (SDGs).

Using the same measurement framework across the region helps build the knowledge and capacity of vendors and suppliers, and reduces the uncertainty associated with diverse measurement requirements.

[ACCESS THE GUIDE](#)

SafeTALK Suicide Prevention Training

(Although taking place in Westshore and Sooke some may be interested in the training)

I'm excited to let you all know that we are **hosting our first SafeTALK trainings in Sooke and the Westshore later in June**. The Healthy Schools Healthy People Network wanted to take initiative on hosting these trainings as soon as possible in order to get the ball rolling on some action items. More trainings will be sure to come as our subgroups roll out as well (stay tuned for our first meeting dates that will be sent out later this week!).

[SafeTALK](#) is an entry-level suicide prevention and awareness training course. It is best suited to folks who have little to no formal mental health training or background in suicide prevention. Examples of who may be best suited to attend include: administration staff, staff in entry-level support positions, folks for whom talking about suicide may be new, general public, etc.

At this time, we have scheduled 2 workshops in June. One workshop will be held in **Sooke on June 15th from 1pm-5pm** at the public library (6671 Wadams Way). The second workshop will be held in the **Westshore on June 23rd from 9am-1pm** at Emery Hall (537 Glencairn Lane). **Please see the attached poster for additional details. You may disseminate this information throughout your networks.** Spots are first come first serve, but I will be giving priority to members of this group to start with.

To register, [please use this link](#). If you would prefer to register by phone or by email, you may also do so by contacting me directly. Please also don't hesitate to reach out to me if you have any further follow up questions about registration, payment, the materials, eligibility etc.

Talk soon!

Warmly,

Maria

Maria Weaver (she/her)
Manager, Regional Suicide Prevention

CMHA BC

Canadian Mental Health Association, BC Division – Victoria Office
101 – 612 View Street, Victoria BC, V8W 1J5
Tel: 778-533-6472 | www.victoria.cmha.bc.ca



**Canadian Mental
Health Association**
Cowichan Valley

CANADIAN MENTAL HEALTH ASSOCIATION NEWSLETTER

Last Chance to Double Your Donation!

Our Text To Donate campaign ends May 31st. This is the last week to make a \$10 donation to support our Child, Youth, and Family Connections programming - and have Shaw Brighter Communities match your donation. We are extremely grateful to partner with Shaw Brighter Communities, the BCHL and the Cowichan Capitals again this year. Shaw will match donations up to \$3,000.

**SUPPORT
YOUTH IN YOUR
COMMUNITY.**

**Text CVKIDS to 41010 to donate \$10 to
CMHA Cowichan Valley.
Shaw will match your donation.**

Conditions apply. See bchl.ca/shaw for more details.



Notice of CMHA Cowichan Valley Branch Annual General Meeting



**Canadian Mental
Health Association**
Cowichan Valley

*** Save the Date ***
Annual General Meeting
June 29, 2022 via Zoom
Details Coming Soon
Members Welcome

Our Board of Directors have set a date for our Annual General Meeting. Please save the date of Wednesday, June 29th. The meeting will be held virtually again this year and will likely be held in the evening.

All 2022/23 membership holders will receive an invitation via email. If you are a past member, we encourage you to renew your membership. The [Membership Page](#) of our website has information available as well as an online form.

If you have questions about membership, please feel free to reach out to us by [email](#).

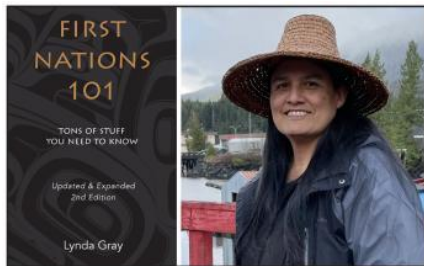


New Charity Partnership

We are pleased to announce a new partnership with local business [OodyOos Pet Store](#). If you are a pet owner and supporter of mental health programs for youth, you may want to shop at the new OodyOos (located in the same block at the Duncan Dairy Queen). When making your purchase, use our Charity Code - CMHAC - and OodyOos will donate 5% of your sale to CMHACVB's youth programs.

Thank you OodyOos for helping us to help at risk youth!

Recommended Reading: First Nations 101



“A lot of us live in poverty. We’re struggling for land back; residential schools, all of the issues that we’re immersed in. But, most of us don’t know what the reasons are or what the context is or how it affects our day-to-day lives.”

Author Lynda Gray hopes that the second edition of her book *First Nations 101* will impart the same level of understanding on other Indigenous readers as it did on her

when she wrote the original version 11 years ago.

Pet Enclosure at Warmland is Opening Soon!

Thank you to everyone who donated to support the construction of an enclosure for pets. We know that folks experiencing homelessness will not take shelter if it means leaving their pets out in the cold. By providing this pet enclosure, everyone can have a safe, warm, dry place to sleep. We have acquired and converted two sleeping pods and are just awaiting finishing touches - paint and electricity - the enclosure should be in service early next month. We hope to have photos to share soon.

BikeWorks Re-Vamped & Re-Opened as CMHA's Youth Centre



After two challenging years, we are pleased to be able to (re)open BikeWorks as a new Youth Centre. Our 360 Festubert St location will welcome at risk 12-19 years olds on Mondays and Wednesdays from 2pm until 9pm.

Youth will be invited to participate in a variety of activities including access to internet and computers, arts and crafts, skateboard repair and other workshops while building connections with our caring, supportive youth workers. Light meals and snacks will be available each day.

Help Wanted:

CMHA-Cowichan Valley Branch is a great place to work! We have a positive and fair workplace culture, and are also big believers in wellness and work-life balance. If you care about mental illness and mental health and you have the right skills, then CMHA-Cowichan Valley may be the place for you.

Please visit our website to learn more about the following positions:

- [Part Time Harm Reduction Worker - Sobering and Assessment Centre \(SAC\)](#)
- [Casual Harm Reduction Worker - Sobering and Assessment Centre \(SAC\)](#)
- [Casual Shelter Workers](#)
- [Child and Youth Program Support Worker, Casual](#)
- [Shelter Worker, Full Time Night Shift \(Midnight-8am\)](#)

Please feel free to share these postings with your networks.

Good News about the Good Food Box!



After two years, we are working to bring back our popular Good Food Box Program. The monthly program is dedicated to feeding the community fresh fruits and vegetables at an affordable price. Pre-COVID, each Good Food Box was only \$10 and included potatoes, onions, carrots and a variety of fresh seasonal fruits and vegetables. We will likely need to increase the price to \$15 to include the same amount of food, or we can increase to \$20 and include more.

We are presently exploring all options and should be able to make an announcement soon! More orders = increased buying power so please tell your friends!

We thank you for taking the time to catch up with us. As always, [donations to support our work](#) are welcome. If you have questions, or a fundraising idea to discuss, please send us an [email](#).

CMHA - Cowichan Valley Branch
<http://www.cmhacowichanvalley.com/>

Canadian Mental Health Association - Cow · 201 5878 York Rd, Duncan, BC V9L3S4, Canada
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You can also keep up with CMHA - Cowichan Valley Branch on [Twitter](#) or [Facebook](#).

Created with [NationBuilder](#), software for leaders.

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