



Health Matters Newsletter May 3, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- A Just Society -Film and Presentation - Attached
- Local Data and Research
- Overdose Alert- Attached
- Hospice House (Rotary Gardens) Barn Dance- Attached
- Canadian Mental Health Association Celebrates Mental Health week- join them at an open house
- Inclusive Leadership on line Training
- Hospice Fundraising Golf Tournament
- Granting Opportunity for Integrated Community Based Programs for Older Adults



Did you know?

A healthy 75-year-old has the same hospital use as a 54-year-old who is unhealthy. Time to take care of yourself and get out and active in this amazing valley.

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- ✓ **Next Admin Committee Meeting- June 6, 3:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at May 9, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm. Note -**July meeting moved to June 13**
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Community Events- Meetings

- **Community Response Team Meeting** May 23, 9 am-11am. **Location to BE MOVED -Stay tuned**
- **EPIC-Community Steering Committee** May 16, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Hospice House Fundraiser Dance-** May 4th 6:30 pm-11:00 pm Herd Road All proceeds go to Rotary Gardens for Hospice House- Tickets Available on Eventbrite, at the door and Marlin Travel. Poster attached
- **A Just Society- The Film** The event takes place on May 7th, 2019 at Ladysmith Senior Secondary in the Multi-Purpose Room, 710 6th Avenue, Ladysmith from 5PM to 7PM.

There is a crisis in our communities of overdoses and deaths due to poisoning of the drug supply, and exacerbated by homelessness, poverty, and stigma. The Ladysmith Interagency Committee presents "A Just Society" The Story of Our Opioid Crisis and Substance Abuse by Film Producer Nick Versteeg. The film captures the local picture of the opioid crisis in the Cowichan Valley Region. The film will be followed by a presentation by Ladysmith's Medical Health Officer, Dr. Shannon Waters, where specific statistics for Ladysmith will be shared. Poster Attached

Local Data and or Research-

The International Federation on Aging Dementia Survey. ADI is sponsoring a world wide survey about attitudes to dementia in multiple languages. Here is the link to the survey article on the ADI website:

<https://www.alz.co.uk/research/world-report-2019> community members have a chance to air in your views.

Overdose Alert Cowichan Valley:

Island Health is extending the overdose alert to the Cowichan Valley for one more week, since many cases more than 2 ampules of naloxone were needed to respond. **Attached is ad update to date poster.**

**ROTARY
BARN DANCE**

**in support of Rotary Gardens at
Cowichan Hospice House**

SATURDAY, MAY 4TH - 6:30 P.M.

gather for music from 7 to 11 p.m.

1300 block of Herd Road - look for the signs

Live Music Featuring **ROW^{of}CROWZ** Plus Local Artist
Matt Lemay

**CHUCKWAGON FOOD &
LIBATIONS ON SITE!**

19+ EVENT
\$20.00 per person

To purchase tickets scan code
or visit Rotary Gardens at
Cowichan Hospice House
on Facebook
For more information email:
redneckbarndance@gmail.com

CMHA Mental Health Week - May 6-12, 2019

CMHA's Mental Health Week is now in its 68th year. CMHA-CVB will be using the week to highlight services and increase public understanding of our community programs. We invite the community to come in, meet our caring staff and learn more about what we do. Please make a note of these dates. Our Mental Health Week Open House Events are scheduled as follows (also see poster below):

- **Monday, May 6** from 11:00am-1:00pm: Open House at ***BikeWorks/Artworks**, 51 Trunk Rd. Site Tour, Art Show, Light Refreshments
- **Wednesday, May 8** from 10:30am-12:30pm, Open House at our ***Overdose Prevention Site**, 221 Trunk Rd (Trunk Rd & Ypres St). Site Tours, Light Refreshments, Information, Free Naloxone Training w/Narcan Kit for those interested.
- **Friday, May 10** from 1:00pm-3:00pm, Grand Opening at the **Open-Door Youth Services Centre**, 371 Festubert St. Cake cutting with Sonia Furstenau, MLA Cowichan Valley, Light Refreshments
- **Saturday, May 11**, from 11:00am-3:00pm, A Community BBQ Hosted by our Youth Advisory Group at the **Open-Door Youth Services Centre**, 371 Festubert St. Hot dogs, hamburgers, music and more.
- **Sunday, May 12** from 11:30am-1:30pm Open House at **Warmland Shelter**, 2579 Lewis St. Shelter site and garden tours, burgers and cake. Free Naloxone Training w/Narcan Kit for those interested.

*these events are held outside of operating hours in order to protect client privacy
For more information, please email annemarie.thornton@cmha.bc.ca.



Mental Health Week
May 6-12, 2019
Learn More About

Canadian Mental Health Association
Mental health for all
Cowichan Valley Branch

ATTEND AN OPEN HOUSE

Bikeworks , 51 Trunk Road
Monday, May 6, 11:00am-1:00pm

Overdose Prevention Site* @ Trunk & Ypres
Wednesday, May 8, 10:30am-12:30pm

The Open Door Youth Services Center, 371 Festubert
Friday, May 10, 1:00-3:00pm

Open Door Youth Advisory Committee Community BBQ
Saturday, May 11, 11:00am-3:00pm @ 371 Festubert

Warmland House* BBQ & Garden Tour, 2579 Lewis Street
Sunday, May 12, 11:30am-1:30pm

*Free Naloxone Kits with Training available at these events.

On Line Inclusive Leadership Training Program

This is so exciting to be welcoming champions of diversity and inclusion from around the world to our online quest to [Discover Your Inclusive Leadership Potential!](#)

We are very proud to have created a meaningful participatory, interactive online guided expedition for champions of diversity and inclusion that is flexible, self-paced and easily accessible from anywhere in the world at any time via your computer. [Click on this link for details.](#)

Now we are reaching out to you for help with inviting champions of diversity and inclusion to participate. One of the first things Inclusive Leaders learn is that people from diverse backgrounds do not gather together automatically. Bringing diverse groups together involves extensive personalized word of mouth networking. We hope you will show up in this online quest and enrich our global online learning community with your diverse gifts. We hope you will invite others to show up with you. Please personally invite your colleagues, students, allies, friends and family to discover our online course. Please share this post with your email and social media contacts. With your help, emerging and experienced leaders from around the world will discover this amazing online guided expedition to [Discover Your Inclusive Leadership Potential.](#) [Read more of this post](#)



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.

Integrated Community-Based Programs for Older Adults with Higher Needs Grant Streams

This is a reminder that the United Way of the Lower Mainland and the CBSS Leadership Council will be hosting information sessions for the new Integrated Community-Based Programs for Older Adults with Higher Needs Grant Streams on **May 6th, 7th, and 8th, 2019**.

The goal of this call for proposals is to help address the gap in programs and services for higher needs older adults identified through local, regional, and provincial consultations, led by the Raising the Profile Project (RPP) and United Way's Healthy Aging Department. The Province of British Columbia has provided funding to support the delivery of demonstration projects over a

30-month period. These grants aim to scale-up local innovations and promising practices and encourage new partnerships and more integrated programming strategies.

This call includes three granting streams:

1. Social Prescribing for Older Adults at Risk of Frailty

The Social Prescribing for Older Adults at Risk of Frailty stream supports primary care physicians and other health practitioners to identify seniors at risk of frailty, support them to develop a wellness plan, and link them with community-based seniors' support services. Demonstration projects funded through this call for proposals are encouraged to build on the Community Actions and Resources Empowering Seniors (CARES) project currently being piloted in Fraser Health and other best practice approaches for social prescribing. The CARES approach partners pre-frail older adults with primary care providers and community-trained lay wellness coaches. Note that this grant stream is not open to communities within the Fraser Health region – the current pilot project within Fraser Health will be expanding to eight additional communities over the next three years.

Information Session: Wednesday, May 8th 1-3:30PM – [Register Here](#)

2. Therapeutic Activation Program for Seniors (TAPS)

The Therapeutic Activation Program for Seniors (TAPS) funding stream is a multi-faceted prevention-oriented program designed to support seniors who are homebound to delay their use of health services (e.g. adult day care, assisted living and complex care) and to instead be supported in community for as long as possible. The TAPS funding stream will support demonstration projects that replicate the established model TAPS wellness program located in Creston, BC which supports isolated seniors who are experiencing barriers in accessing community resources. Programs will include proactive outreach through daily/weekly telephone calls to participants, transportation to and from the program, a nutritious meal, and exercise/education/recreational activities tailored to the needs of different individuals within the program (e.g. activities appropriate to male participants, people from different cultural communities, people living with dementia, people with mobility impairments, etc.).

Information Session: Tuesday, May 7th 1-3:30PM – [Register Here](#)

3. Family & Friend Caregiver Supports

The Family Caregiver Support stream will provide funding for demonstration projects that focus on supporting family and friends who provide unpaid care for someone living in the community with higher needs – chronic disease, frailty or life-limiting conditions. Broadly, projects aim to enhance caregiver well-being by increasing skills, knowledge, confidence, and inclusion as partners in care. Services provided will include individualized one-to-one emotional support, peer support, information and referral to community services, navigation assistance, and access to education and coaching. Projects will support caregivers to build strong networks and effective connections with their health care teams to anticipate and respond to changes in health status over time - their's or the person they are caring for. Projects will be supported by Family Caregivers of BC (FCBC) as the backbone organization through information, consultation, training, evaluation, and ongoing collaboration to design and implement processes and activities that “fit” each community. Projects will access existing FCBC services and supports, avoiding duplication and inviting co-creation of new topics and ideas through a Project Community of Practice. Projects will be part of advancing Person and Family Centered Care and the implementation of Primary Care

Networks through FCBC's Integrated Caregiver Support & Engagement Project so that caregivers are identified, supported, and included as valued partners in care in BC.

Information Session: Monday, May 6th 1-3:30PM – [Register here](#)

If you have any questions, please contact United Way – Nichole Holdbak, Provincial Coordinator, Grants & Data at nicholeh@uwlm.ca.

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