



Health Matters Newsletter November 15, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research
- Island Health Seeking Focus Group Participants
- Child Rights Fun Free Family Event (Attached)
- Cowichan Valley Basket Society Seeking Volunteers for Christmas Dinner December 14
- McCreary Adolescent Health Survey
- How to use Technology to Manage Diabetes



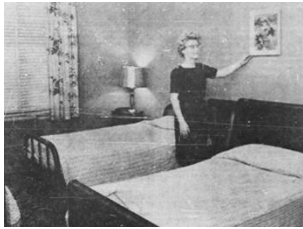
Any day rain or shine is a good day to spend a little time with the magnificent Three Sisters in Carmanah Valley

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- ✓ **Next Admin Committee Meeting- December 5, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at January 9, 2020, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome)**-November 26, 11:00 am to 1:00 pm Cowichan Community Centre Board Room
- **Community Action Team (CAT) Meeting** November 28, 9 am-11am **Cowichan Community Centre Board Room**
- **EPIC-Community Steering Committee** November 21, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **EPIC Conversation with Seniors Advocate Isobel Mackenzie-** Friday November 29, 9:30 am-11:15 Ts'i'ts'uwatul' Lelum

History of Women's Shelters in Canada and Current Facts



October was Women's History Month, and [this Tye article](#) highlights the women who fought to deal with an issue society wanted to keep in the shadows; the unsung heroes who created Canada's first women's shelters.

Darlene Lawson was a 23-year-old student when she joined the call to create the first women's centre in Canada, called the Interval House in Toronto in 1972. Today, Lawson says, there are some 630 shelters across Canada.

Approximately 100 of those shelters are located in British Columbia, according to [a list](#) published by BC Housing.

Lawson notes, "that 8,000 women and children stay in shelters every night in Canada proves how much has yet to be done to eradicate the root causes and systemic conditions of violence against women." Members of the [BC Society of Transition Houses](#) continue to advocate for more affordable housing options for women and their children, more funding for Transition and Second Stage housing and more transportation options in rural areas.

In Cowichan the Women's Shelter has seen 200 unique women since it opened in December of 2018.

Many of the women who access the sight are young and a number of seniors are also reported staying at the shelter. Some of the women in their 60' s.

Island Health Seeking Focus Group Participants (See attached Poster)

Cowichan Valley Basket Society Annual Christmas Dinner Needs Volunteers

Our Annual Christmas dinner is being held at the Christian Reformed Church 930 Trunk Road on Saturday December 14, 2019 with 2 seatings at 4 pm and 6 pm. Each seating feeds about 200 people. We would be honored if you would consider joining us on that day to volunteer. We of course will feed you between the two seatings.

We will need people to plate food, serve, and clean up. Please email me at CVBS@shaw.ca and let me know where you would prefer to work. This is a tentative schedule that we used last year.

3:15: Cut and plate pie and add ice cream about 4:15.

3:45 Set up in kitchen for plating food and begin at 4:15. Serve beverages and serve plates.

4:35 Table clearing and dishwashing

4:45 Set up for 2nd setting

4:45 Food prep

5:45 Welcome: set up for plating food

6:00 Serve beverages and serve plates

6:35 Table clearing and dishes

7:00 Pack up extra gifts and clean up etc.

This is often our families only celebration and it is filled with warmth and laughter. We really enjoy having folks from our community joining us.

Respectfully,
Jennifer Millar
Manager of the Cowichan Valley Basket Society

McCreary Adolescent Health Survey 2018 New Reports



The regional reports from the [McCreary Adolescent Health Survey 2018](#) are being released over time. They have already posted regional reports for Northeast, Kootenay Boundary, East Kootenay, and Richmond. We encourage you to keep checking the website for your region's report. In the meantime, McCreary also released the [Beyond a Dreamcatcher report](#), a youth-led study to improve services for Indigenous justice-involved youth with substance use challenges. McCreary has an array of research studies available [here](#).

How to Use Low-Cost Technology to Manage Your Diabetes (Although American based there is helpful information here)

The prevalence of diabetes is growing in the United States. According to the Centers for Disease Control and Prevention, more than [100 million Americans](#) have diabetes or prediabetes. Complications related to the ailment can be serious, including vision loss, heart disease, stroke, kidney failure, and the amputation of toes, feet, or legs due to poor circulation. The great news is that with proper management, diabetes doesn't have to hamper your quality of life. These low-cost tips and tools will help with day-to-day management so you can get your diabetes under control.

Watch Your Weight with Supplements

Obesity [increases your risk](#) for developing type 2 diabetes and, if you've already been diagnosed with the illness, can make it more difficult to manage. Watch your weight by maintaining a healthy diet based primarily on whole grains, fresh fruits and vegetables, and lean proteins. You can also use supplements to support your goals. Green coffee bean extract is one all-natural option, for example, which is designed to [increase metabolism](#). Always consult a healthcare professional before adding any medications or supplements.

Get a Fitness Tracker for Exercising

Of course, your diet isn't the only factor influencing weight. It's important to engage in regular exercise, as well. A fitness tracker can help hold you accountable to your fitness goals by recording your physical activity and key statistics, such as resting versus active heart rate. The Apple Watch Series 4, in addition to monitoring heart rate and [generating an ECG](#), can even help keep you safe as it provides [fall detection](#) and an emergency SOS call function. Not a fan of Apple products? Alternative brands like FitBit are

another option, including key features like [heart rate monitor](#) and GPS in addition to activity tracking. These assets support both your wellbeing and your safety.

Use Telemedicine to Check in with a Doctor

One of the keys to diabetes management is keeping an eye on important statistics, like blood sugar levels, and checking in regularly with a doctor. If you find yourself unable to stick to in-person appointments, try [telemedicine](#). These programs connect you with a certified medical practitioner, who can review your stats and symptoms and advise on your care plan. Platforms like [AmWell](#) even offer 24/7 service, so you can work around your busy schedule. All of the professionals on their platform are board-certified so you can be sure you're getting reliable advice. You can even access AmWell through your mobile device using its app.

Download Useful Apps to Your Phone

Apps offer a cost-effective way to keep track of your diabetes without added hassle. You can keep track of what you're eating using a tool like [MyNetDiary](#), for instance. It features meal and exercise planning tools as well as custom trackers; upgrade to premium and you can even print out PDF reports to share with your dietitian or doctor. There are also apps available to help you track your glucose. Glucose Buddy lets you [create a continual record](#) of glucose levels, allowing you to gain insights into telling patterns over time. Your doctor can use this real-time information to adjust your treatment plan.

It's possible to live a long, happy, and healthy life with diabetes. The key to success is day-to-day management. The above guidelines will help you keep your diabetes under control by making the process easier and more enjoyable for you. In general, it's been shown that technology can play a major role in [empowering and motivating](#) patients to manage their diabetes, so don't discount the tech devices mentioned above. With a small investment in these tools and tricks, you will be making a big investment in your health.

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