



**Health Matters Newsletter
November 30, 2022
Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- Extreme Weather Shelter
- Canadian Mental Health Offices Have Moved
- Can 20 Youth Scholarship Information- attached
- Empowering Indigenous Subject Matter Webinar
- Cowichan Living Wage

Today I share with you that the Our Cowichan office assistant Hudson who has sat on my desk for 15 years has crossed over the rainbow bridge. He joined many of you on zoom calls and in meetings. Thanks to all of you for loving him along the way. He will be missed.



Community Meetings

- ✓ **Next Admin Committee Meeting January 5th- 4:00 pm In Person**
- ✓ **Next Our Cowichan Network Meeting January 12 Location to be determined – IN PERSON**
- ✓ **Next EPIC Committee Meeting- December 15, 2022, 1:30 pm-3:00 pm zoom call** contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT – December 22, 2022, 11 am-12:30 Pot luck** contact Leah Vance leahlvance@gmail.com

Omicron Continues to Circulate Please GET Boosted

Vaccination Clinics are open again at the Cowichan Community Centre for Flu and COVID Vaccines.

Warmland Shelter has increased Capacity

Just a reminder that we do have an additional 15 extreme weather shelter spaces/mats at Warmland which are in effect until March 31. These are available nightly, after 4:30 pm, to 7:30 am. Dinner is provided to those using the spaces.

Canadian Mental Health Association Offices Have Moved

We are pleased to advised that our Administrative Offices at 5878 York St are moving to a new location. Please take a minute to update your address books. As of December 1st, 2022, we can be reached as follows:

CMHA Cowichan Valley Branch
552/554 Trunk Road
Duncan, BC
V9L 2R1

Our [telephone numbers and email addresses](#) will remain the same.

The addresses for Warmland House Shelter, the Sobering and Assessment Centre and our Youth Centre will not be changing.

Thank you for supporting our work.

Youth Scholarships- information attached

Youth 20/20 Can Cowichan program at the organization and we recently partnered with Altruition to offer approved students scholarship credit for volunteer hours they complete with the program.

The opportunity is for students in grades 10-12 at BC public high schools and is at a rate of \$20/hr.

December 6th, 2022 – Empowering Indigenous Subject Matter Experts (SMEs) Through Research with Christopher Horsethief



Join us for a discussion focusing on the impacts of removing Indigenous Subject Matter Experts for conversations of weight. Visual data will explore several federally funded research projects re-legitimizing Ktunaxa SMEs, and present best practices for empowering Indigenous community members to play more meaningful roles in ongoing research.

We would like to reiterate that everyone is welcome to our UBCLC sessions.

Our events aim to embody a safe space for everyone of all different backgrounds to have their opinions and voices equally heard.

Date: Tuesday, December 6th, 2022 ([PST](#))

Time: 10 a.m. to 11:30 am

Where: Online via Zoom

[View system requirements](#)

Registration: required to participate; (We would strongly recommend signing up for this event if you are interested even if you can't make the date and time so we can have your information to send you the video link after the webinar session)

[Register for Webinar](#)

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- Christopher Horsethief – [website](#)

Social Planning Cowichan has calculated Living Wage for the Cowichan Region for 2022, which has risen to an unprecedented \$23.53; a 20.6 per cent increase over our 2021 calculation.

Living Wage figures have similarly risen sharply across all regions of British Columbia, as the cost of essentials such as housing and food continue to soar at alarming rates.

Please find our full press release attached, along with some infographics.

Further information can be found on our website

(<https://www.socialplanningcowichan.org/living-wage>), where our full Living Wage report will be published in the coming days.

More about the provincial Living Wage for Families campaign website can be found [here](#).



Please share widely, and join us in encouraging all Cowichan businesses and organizations to help address local affordability by adopting a Living Wage policy.

Please don't hesitate to reach out if you have any thoughts or questions!

Thank you,

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Ryan Watson
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Cowichan Region Living Wage 2022

2022 marks the highest yearly increase since SPC began calculations in 2014. This is attributed to a combination of factors including the high costs of housing, food, and current rate of inflation.

The new Living Wage for the Cowichan Valley is **\$23.53** per hour

UP 20.6% since 2021

A living wage is the hourly pay that a family of 4 would need to earn in order to cover basic, unavoidable costs required to live in our region. It is a conservative estimate representing a "bare minimum" of what a family needs to earn in order to cover a very modest amount of expenses.

While the figure varies from region to region based on local situations and costs of living, the determination of a living wage is consistent in encouraging local employers to offer rates of pay significantly higher than the provincially mandated minimum wage to provide for greater financial stability and a way to avoid the cycle of living paycheque-to-paycheque. Ensuring individuals can meet their core living expenses supports peace of mind, including mental, physical and emotional well-being.

Meet the Living Wage Family

- 2 parents, each working 37.5 hours weekly
- 7 year-old in before-and-after school care
- 4 year old in daycare
- Rents a 3-bedroom home
- Operate 2 vehicles
- 1 parent is upgrading their education

MONTHLY COSTS:

Food.....	\$1205.83
Clothing/Footwear.....	\$173.83
Housing/Telecom.....	\$2162.48
Transportation.....	\$942.55
Childcare.....	\$1344.66
Health Care.....	\$225.00
Parent Education.....	\$122.52
Other Expenses.....	\$1040.27

LOCAL EMPLOYERS benefit through lower absenteeism and employee turnover, and increased retention and productivity, resulting in savings on rehiring and retraining. Employers providing a Living Wage also receive public recognition and become more attractive to consumers and the broader community. Interested in becoming a certified Living Wage employer in the Cowichan Region? Visit <https://www.livingwageforfamilies.ca/> to find out how!

What goes into the Living Wage?

Living Wage includes a variety of factors: Food, Housing, Transportation, Childcare, Health Care, Parent Education, Other Expenses.

SPC COWICHAN LIVING WAGE | 2022
 WWW.SOCIALPLANNINGCOWICHAN.ORG

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