



**Health Matters Newsletter
October 20, 2023
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Networking for Non-Profits Facebook Page
- What Does Cowichan Hospice Support Mean to A Client?
- Chemainus Crofton Community Schools Association AGM
- Brain Injury Society Gala- attached
- TogetherBC: British Columbia's Poverty Reduction Strategy 2022 Annual Report
- Community Paramedic Program in Chemainus - attached



Community Meetings

- ✓ **Next Admin Committee Meeting** To be Determined
- ✓ **Next Our Cowichan Network Meeting** November 9 in person- Location to be determined
- ✓ **Next EPIC Committee Meeting-** November 6 -10 am -11:30 am via Zoom Contact Cindy for access cindylisecchn@shaw.ca
- ✓ **Cowichan CAT –** October 26 2023, 10 am -noon contact Johanne Kemmler for access Johanne.f.kemmler@gmail.com

FYI Networking for Non-Profits Facebook Page

Great resource

<https://www.facebook.com/profile.php?id=100091245502278>

What does Cowichan Hospice support actually mean to a client?

We often tell you that you're making a difference.

But that's not the same as hearing it from someone who's lived it.

Keith MacKenzie connected with Cowichan Hospice after his wife and then, his close friend, died. This is his hospice story:



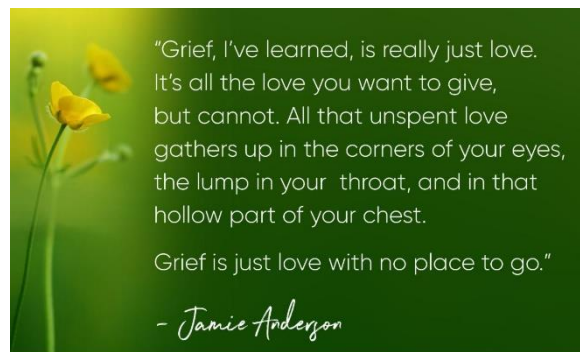
Click the image above to watch the six-minute video.

We're grateful to Keith for opening his heart to help others understand what hospice support really means.

Whether you're contributing through donations, volunteering or spreading the word, we thank you. It's you who are making hospice support available for anyone in the Cowichan region.

Your belief in this work is making a deep and lasting impact in the lives of people in our community. People whose lives are just like yours and mine, and Keith's.

***With deep gratitude,
All of us at Cowichan Hospice***



If you or someone you know needs support, please call us at 250-701-4242.

Chemainus Crofton Community Schools Association AGM

Hello Dear Community,

In case you didn't see this on Facebook, I am sending your own copy!

Some things to think about-

1. If you don't attend any other meetings, come to this one! That proves to the government you want us to keep doing our work (they ask how many attend)
2. There will be a fabulous door prize!
3. We need some new directors- some children have grown up and out of our programs (imagine that).

Let us know if you would like to volunteer to be on the board.

4. Last year's folks- you are still members and so you are invited!
5. If you come in person this evening, your membership only costs \$5! (not \$20- refund balance is applied to a camp). Such a deal!
6. Apologies if you receive the email twice.
7. We just want to see you.



Wendy Lambert / CCSA Director

Green Portable on Garner

@ Chemainus Elem

3172 Garner Street

ccsa@eagletree.ca

250-416-5473

I am honoured to live, work and play on the ancestral lands of the Stz'uminus, Halalt, Penelakut and Lyackson peoples

TogetherBC: British Columbia's Poverty Reduction Strategy 2022 Annual Report

The provincial government released its fourth annual report on progress towards reaching BC's legislated poverty reduction goals. While the government had previously reported that it met and exceeded these goals, the report finds that soaring costs, including housing and food costs, mean many families are still struggling.

The Poverty Reduction Act legislates a requirement for government "to convene an independent Poverty Reduction Advisory Committee to examine and report out on government's progress on poverty reduction each year goals." First Call's Executive Director, Adrienne Montani, has served on this committee since its formation.

Read [TogetherBC: British Columbia's Poverty Reduction Strategy 2022 Annual Report here](#)

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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