



## Health Matters Newsletter November 9, 2018

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Cowichan Patient Survey -please complete and share broadly
- 2017 Small Grant Recipients Report Back
- Orange Door Granting Opportunity
- Cowichan Housing Association Letter from the Board
- Community Open Houses for New Cowichan District Hospital- poster attached
- Cultural Connections Workshops
- Placemaking Event

*I am forever grateful for the Cowichan River, its trails and all it brings. Don't lose out on the opportunity to see the salmon spawning in its tributaries and all the beauty it has to offer. Get out for a walk – you will thank me later!*



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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- December 6, 4:30-6:30** Venue to be determined
- ✓ **Next Our Cowichan Network Meeting at January 10, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Community Response Team Meeting** November 22, 9 am-11am. **New Meeting location – Canadian Mental Health Board Room 5878 York Road**

- **EPIC-Community Steering Committee** November 15, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Cowichan Affordable Housing and Homelessness Coalition** November 21, 10 am to 12:30 Community Futures Boardroom. New members welcome!
- **New Cowichan District Hospital Planning - Community Engagement Sessions [Share Broadly](#)**
  - Friday November 23 Island Savings Centre Heritage Hall 4-6 pm
  - Tuesday November 27 Shawnigan Lake Community Centre 5-7 pm
  - Wednesday November 28 Ladysmith Eagles Hall 2-4 pm
  - Thursday November 29 Cowichan Lake Sports Arena 1-3 pm




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## Local Data and or Research-

### Cowichan Patient Survey- [Complete and Share Broadly](#)

Island Health and the Cowichan Division of Family Practice are initiating a survey of the residents of Cowichan Valley to better understand healthcare needs and preferences and how we might improve services. Your support in distributing this link to your membership is greatly appreciated. If you would prefer paper copies, please contact Shaun Lorhan at 250-519-5300 x32908.

#### [Cowichan Patient Survey](#)

With thanks

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**The 2017 Small Grant Recipients share their amazing stories about what they were able to accomplish with the 2017 grants. We thank them for their dedication to the citizens of the Cowichan Region!**

Pictured are representatives from: Cowichan Seniors Community Foundation, Cowichan Neighbourhood House, Play Cowichan, Volunteer Cowichan, Growing Together Child and Parent Society, Cowichan Green Community, Clements Centre Society, Cowichan Intercultural Society and Cowichan Valley Hospice.



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## **The Orange Door Awards- Granting Opportunity**

Home Depot is [currently accepting applications](#) for their [Orange Door Awards program](#). The program provides funds to allow youth-serving organizations to seek and incorporate feedback from youth in their work, with emphasis on incorporating the opinions of youth who have experienced homelessness.

Applications are due November 16 2018, and are then reviewed by the Youth Advisory Committee to decide which applicants will receive the \$25,000 grant. Applicants will be notified by December 14, 2018.



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## **A Message from Cowichan Housing Association**

Thanks to all the supporters of the Affordable Housing Referendum at our local election. The approval of the housing contribution is the culmination of considerable work by many over the past number of years and especially the past several months. We are extremely grateful to all who assisted and contributed to explaining and promoting the proposal.

As the CVRD reviews the results and details around the funding, we at CHA are continuing our work. This includes establishing priorities, processes and principles by which housing projects will be supported. This work will not be done in isolation but rather by encouraging community voices to be heard. Community meetings are being planned throughout the region in November to present information, gather your ideas and responses on where the greatest housing concern and need are in the region.

We appreciate your support and patience as details regarding affordable housing funding opportunities unfold. Our website will provide ongoing information and updates on all our activities.

**With sincere thanks to all,  
Cowichan Housing Association's Board of Directors**

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# UPCOMING CULTURAL CONNECTIONS WORKSHOPS

## THE VILLAGE PROJECT: THE JOURNEY OF OUR GENERATION



*"This was one of the most powerful and impactful workshops I have ever attended. I was humbled by the courage and honesty of the Elders to share and educate. The information is offered in a way that does not blame but asks 'How can we heal this?'"*

### Everyone is welcome at our November workshops:

[November 23rd - Duncan](#)  
[November 26th - Ladysmith](#)

#### Dates and Locations:

- **[November 23rd in Duncan](#)**: St. John's Anglican Hall - 486 Jubilee St.
- **[November 26th in Ladysmith](#)**: Stz'uminus Community Gym - 3949 Shell Beach Rd.

Time: 9:00 am to 3:30 pm, Doors open at 8:30 am

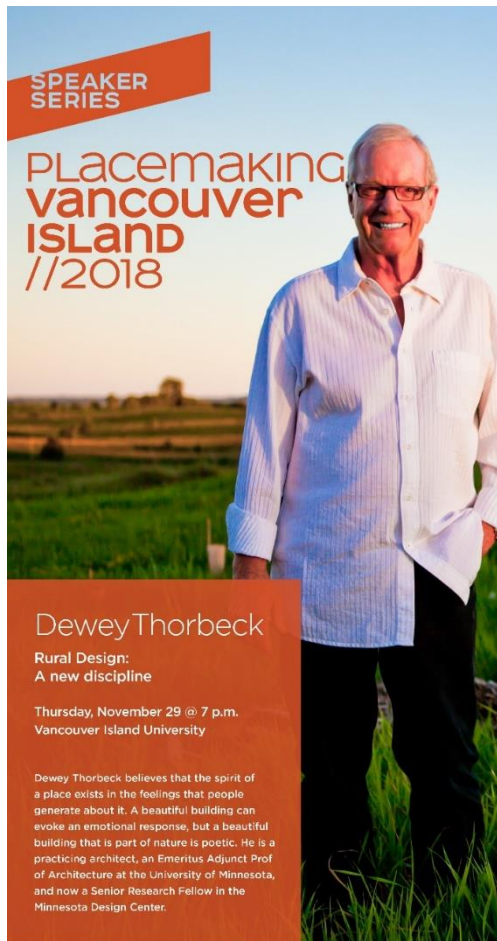
Cultural Connections has a story to share about reconciliation; its highs and lows, the emotions it stirs up and unimaginable gifts. In this workshop, our team will take you through the story of the first 145 years of Canada's history and into the era of reconciliation. Participants will laugh, reconsider, reflect, deepen their understanding, maybe shed a tear, answer some tough questions and perhaps inspire a few new ones.

Registration: Click on the date above to register through EventBrite or email: [sandraspcowichan@gmail.com](mailto:sandraspcowichan@gmail.com).

Cost: \$40 (includes lunch). No one will be turned away due to lack of funds.

Please share widely and encourage friends and colleagues to attend. Stay tuned for more workshops and Cowichan 101 activities in the new year!

[Find Out More About Our Work](#)

A vertical poster for a speaker series. At the top left, an orange banner contains the text 'SPEAKER SERIES'. Below this, the title 'Placemaking Vancouver ISLAND //2018' is written in a mix of orange and white fonts. The central image shows an older man with glasses, Dewey Thorbeck, wearing a white button-down shirt and dark pants, standing in a grassy field. At the bottom left, an orange box contains the speaker's name and event details.

SPEAKER SERIES

Placemaking  
vancouver  
ISLAND  
//2018

Dewey Thorbeck

Rural Design:  
A new discipline

Thursday, November 29 @ 7 p.m.  
Vancouver Island University

Dewey Thorbeck believes that the spirit of a place exists in the feelings that people generate about it. A beautiful building can evoke an emotional response, but a beautiful building that is part of nature is poetic. He is a practicing architect, an Emeritus Adjunct Prof of Architecture at the University of Minnesota, and now a Senior Research Fellow in the Minnesota Design Center.

Get your tickets today!  
<https://deweythorbeck-cowichan.eventbrite.ca>



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Do you have a resource, event or information you would like to share?

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly

**Health Matters Newsletter**