



**Health Matters Newsletter
April 7, 2017**

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information-
- Leaders of Tomorrow Youth Awards
- Organic Veggie Boxes- order today
- Job Postings for Housing Initiative (attached)



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- April 6 4:30-6:30** Committee Room 2 CVRD
- ✓ **Next Our Cowichan Network Meeting April 13** at **Ramada Silver Bridge**. Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Next Sobering and Detox Task Force Meeting April 20, 2017** Room Committee Room 2 at the CVRD
- **EPIC-Community Steering Committee** April 20, 1:30-3:30 Ts'i'ts'uwatul' Lelum 5755 Allenby Road- Duncan, BC

Local Data and or Research-

Leaders of Tomorrow Youth Awards- nomination form attached

Job Postings- Cowichan Housing Association- Project Manager and Project Lead- attached (please note that these positions are for a Housing First Initiative and not the building of buildings)

Providence Farm grows organic veggies and berries.
Sign up today to get our best discount for 2017!

ORGANIC VEGGIE BOX

Community Supported Agriculture



**Early Sign up for our Organic Veggie Box is closing,
sign up today to get up to 12% off our regular price!**

Purchasing a Veggie Box from Providence Farm is a wonderful way to get seasonal, local, nutritious vegetables and support therapeutic programming at Providence Farm. Our Veggie Box Program is based on the Community Supported Agriculture (CSA) model.

WHY?

- Local, organic, nutrient-dense produce
- Pick from our widest selection of produce, getting priority over market customers for limited items
- Unlike other similar programs, with us you get the freedom to:
 - pick the produce you want;
 - pick exactly how much produce you take every week;
 - pick up when it's most convenient;
 - take as many vacation weeks as you like
- Get produce for cheaper than market value if you sign up early

- Reduce your carbon footprint by eliminating distributors & wholesalers
- Support a local economy
- Buy directly from your local farm increases our community's food security
- Supporting our mission to engage in sustainable, regenerative, agriculture and therapeutic programs

HOW?

- Pre-pay for 20 weeks of seasonal vegetables (June-November);
- Every weekend go to our webstore and choose the vegetables you want in your box (or, we can build your box for you every so often or every week);
- Use as much or as little of your credit as you like (i.e. one week you can spend \$10 on veggies & the next week \$35)
- On Wednesdays you pick up your customised Veggie Box from our General Store (you can pick up on a later day if you prefer)
- There is no minimum amount you have to order every week, so if you want to take a vacation just let us know!
- Sign up and pay before April 1st and get a discount on the market value of your box in appreciation of your early investment;
- Unsure what size box to pick? Choose Small, you can add more value later.

[REGISTER NOW!](#)

Questions for Farmer Abe? farmer@providence.bc.ca

Mill Bay Age Friendly Project Kick Off Event

News Release

FOR IMMEDIATE RELEASE

March 30, 2017

Mill Bay Age-Friendly Project Kicks Off

Mill Bay, BC - Did you know by 2036, over 30% of the Cowichan Valley Regional District's (CVRD) population will be over the age of 65? Age-friendly communities don't just benefit seniors; they benefit all ages. A community that supports scooters, also benefits families with strollers, and people with mobility challenges.

The CVRD is undertaking an Age-Friendly Assessment and Action Plan with the community of Mill Bay. To launch this process, the CVRD is hosting a free public lecture by Dr. Elaine Gallagher on successful age-friendly initiatives in rural and remote communities in BC.

Date: Wednesday, April 12 at 2 p.m.

Location: Brentwood College, McLean Room, 2735 Mt Baker Rd, Mill Bay

Elaine Gallagher is the former Director of University of Victoria's Centre for Aging. She is an expert on aging and age-friendly communities. Over the past decade, she has led dozens of age-friendly initiatives across Canada, authored provincial and federal guides to age-friendly planning, and conducted research to evaluate the effectiveness of age-friendly initiatives.

"We want to hear from people now, because it takes time to develop an age-friendly community," says Area A Director Kerry Davis. "We have accomplished a few age-friendly priorities in Mill Bay, but there is more work to be done."

Who should attend?

Everyone who cares about seniors or wants to live, work or play in an age-friendly Mill Bay.

More about the Age-Friendly Mill Bay Project

This lecture kicks off the public engagement portion of the process, to be followed by the launch of a community survey. The CVRD is working with the consultant group Barefoot Planning to conduct an Age-Friendly Assessment and Action Plan for the community of Mill Bay. In June, there will be community workshops to bring together local seniors and stakeholders and generate creative ideas and solutions. The input from the surveys and workshops will inform the development of an Age-Friendly Action Plan for the community.

To find additional project information and dates for the upcoming survey please visit:

<http://www.cvrld.bc.ca/2774/Age-Friendly>.

For more information please contact: Beverly Suderman bsuderman@cvrd.bc.ca or 250.746.2620

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For more information, please contact:

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Spring Edition of Alzheimer Society of B.C.'s *Insight* bulletin

Below is a link to the spring 2017 edition of the Alzheimer Society of B.C.'s *Insight* bulletin for people living with dementia.

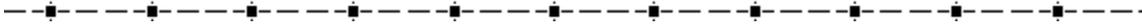
[Insight - Spring 2017](#)

In this edition:

- A letter from George – Sharing my diagnosis with others **(page 2)**.
- Telling people about your diagnosis **(page 4)**.
- House rules - People with dementia share what's important to them **(page 5)**.
- Featuring the 2017 *Walk* honouree for the city of Kamloops **(page 6)**.
- Share your experiences about health-care consent **(page 7)**.

To view past editions visit [here](#).





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

Health Matters Newsletter