



## Health Matters Newsletter February 10, 2017

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information- 2017 Homeless Count- **Seeking Volunteers and donations for day of service** (see attached posters)
- What to do with signatures collected for CDH Petition that is now on hold
- REDress Project
- Family Day Activities In Cowichan
- Recognizing International Women's Day Luncheon-Keynote
- Getting to Know Dementia Session (attached poster)

*Today's photo is the Gary Oak Preserve – if you don't get outside this weekend be sure to take advantage of fun family day events across the region- Find a family member/ child and go have FUN! Be sure to get some extra loving in next week too! A little hugging and kissing is good for everyone*



---

### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- TBD 5:00-8:00** Committee Room 2 CVRD
- ✓ **Next Our Cowichan Network Meeting March 9** Location to be determined. Light dinner at 5:15 pm Meeting starts at 5:45 pm.

---

### Community Events

- **Next Sobering and Detox Task Force Meeting March 16** Room Committee Room 2 at the CVRD
- **Homeless Count Moved To Tuesday February 21-**



---

## Local Data and or Research-

**Cowichan Homeless Count 2017** A homeless count will be undertaken on **Tuesday February 21. Seeking Volunteers** to support the count in a variety of locations. If you are interested in volunteering some time or are able to provide a staff person for this work please contact Joy Emmanuel at Joy [joy.turningtimes@gmail.com](mailto:joy.turningtimes@gmail.com)



---

## Cowichan District Hospital Petition- What to do with signatures that may have been collected

As you already know, the CDMS has decided to suspend the petition. If you could please email to me the signatures you've collected, if any, and shred the physical forms you have, that would be much appreciated. Also, are you aware of any other locations that the forms may have been distributed to? As these things will, this petition began to take on a life of its own and I was receiving signatures into my e-mailbox from far and wide. Trying to round them all up now is somewhat of a challenge, to say the least.

Thank you very much for your assistance and for taking part in this petition.  
Kind regards,

Renee

### Renee Stratton

Organization Manager

Cowichan District Medical Society

C 250.734.2348 E [reneestratton@shaw.ca](mailto:reneestratton@shaw.ca)



---

## The REDress Project

The REDress Project is an “art-turned-protest” display created in 2010 by Métis artist Jaime Black as a representation of the Indigenous women and girls lost to violent crime and as a call for action to prevent future violence. “An empty garment of clothing acts as a marker for those who are no longer with us”, states Métis artist Jaime Black, creator of the REDress Project.

“Publicly hanging a symbolic red dress invites local conversation about this issue,” said Kendra Thomas, program coordinator for Warmland Women’s Support Services Society. “Fluttering red dresses cause us to reflect deeply upon the levels of violence and



marginalization of Indigenous women in a country wealthy in civil rights", said Thomas. "Perhaps it's the fluttering spirits of the women who call to us, seeking peace and resolution."

**Saturday Feb. 11th Warmland Women's Support Services will draw attention to Missing & Murdered Indigenous Women by hanging red dresses from trees in Charles Hoey Park (train station) downtown Duncan.** This striking 2nd annual one-day display supports Stolen Sisters Marches in Campbell River, Victoria, Vancouver's DLES and elsewhere across the country. This is not a political action but rather a silent vigil of red dresses. Community members, singers and drummers from all Nations are invited to join in the public prayer circle at 9:30. Red dresses may be donated to the display at 9:00. "Our hearts are with the women and loved ones left behind."

Contact Warmland Women Support Services 250-710-8177 [facebook.com/warmlandwomen](https://www.facebook.com/warmlandwomen)



## Family Day: February 13<sup>th</sup>, 2017

British Columbians will celebrate the fifth annual BC Family Day! This mid-winter holiday offers families in all their diversity the chance to spend some extra time together.

The following are a list of Family Day activities planned for this year: **Free Admission to:**

### **Duncan:**

Aquatic Pool: 12:00 to 4:00

Skate and Rec: 12:00 to 3:00

Join us for our Family Day Skate and Rec. We will be hosting two free public skating sessions with many activities in our Multi-purpose Hall including sports, crafts, colouring, kinder-gym, and face painting.

### **Lake Cowichan / Youbou:**

Youbou Bowling: 12:00 to 3:00

Come on out to Youbou's historic Bowling Alley with human pinsetters. For those who are not into bowling, check out Pickleball at the Youbou Hall gym next door. Free gift cards, granola bars and juice boxes will be given out.

Skate: 3:30 to 4:50

Bring your whole family out to enjoy a FREE family day skate. Everyone is welcome. Admission and skate rentals are free and so is the hot chocolate.

### **Shawnigan Lake**

Passport to Canada 150- with a local twist: 10:00 to 1:00

This family friendly event is based on a passport with eight activities, that encourages families to play together while increasing their knowledge of Canada and learning some important Canadian connections to their local community.

### **Chemainus**

Fuller Lake Arena: 3:15 to 4:00 Free Skate

### **Ladysmith:**

Family Day Weekend: Feb. 10<sup>th</sup> 6:00 to 8:00, Feb. 11/12 all day, Feb. 13 11:00 to 3:30

---

Feb. 10-13, Ladysmith Parks, Recreation and Culture, Ladysmith Resource Centre Assoc. and Ladysmith Family and Friends will host a weekend full of FREE family activities for Ladysmith Family Day Weekend. On Feb. 10: a free family dance and concert will be at the Aggie Hall from 6:00 to 8:00. Feb. 11/12, families will be encouraged to get out and explore the many local trails. We will be asking families to post a family selfie on the Ladysmith Parks, Recreation and culture Facebook page, for a chance to win a family-oriented gift basket. On Feb. 13, Frank Jameson Community Centre will host a free Family Day Swim from 12:00 to 3:30.

**Mill Bay:**

Kerry Park Rec: 1:00 to 3:00, Skating and Learn to Curl  
Skating and rentals are free.



## Cowichan Therapeutic Riding Association looking for Volunteers

### Volunteers Needed!

CTRA is looking for some new volunteers to join our team! No experience is needed and all the training you need is provided.

Our **next volunteer training events** are scheduled for March (dates and times TBA). Contact us to sign up in advance, or stay tuned for more details.

**Volunteers:** Are you receiving the new monthly volunteer newsletter? Let Terry know if you're not on the list!

**Contact:** Terry Mack ([info@ctra.ca](mailto:info@ctra.ca)) or 250-746-1028



THE CANADIAN FEDERATION OF UNIVERSITY WOMEN COWICHAN  
INVITES YOU TO JOIN US IN RECOGNIZING INTERNATIONAL WOMEN'S  
DAY



WE ARE PRESENTING

**MELIE deCHAMPLAIN**

**Director, Community Integration Cowichan Valley, Island Health**

WHO WILL SHARE HER PERSONAL EXPERIENCE WITH HER WORK WITH SYRIAN REFUGEES IN  
EUROPE AND HERE IN CANADA

AT A

**LUNCHEON**

**SUNDAY, MARCH 5, 2017**

**Arrivals at 12:00 Luncheon at 12:30**

RAMADA DUNCAN

140 Trans-Canada Highway

Register by sending a \$25.00 cheque to:

Sheila Service, P.O. Box 1143, Lake Cowichan, BC V0R 2G0

Pre-registration is a requirement. Share this with a friend and please be assured  
that gentlemen are welcome.



---

## Getting to Know Dementia Introductory Session (Attached Poster)

February 16, 2017

10:30 a.m. – 12:30 p.m.

Cowichan Public Library - The Gathering Place

2687 James Street, Duncan

By donation

To Register call: 1-800-462-2833 or in Nanaimo 250-734-4170

Or email [jhope@alzheimerbc.org](mailto:jhope@alzheimerbc.org)

This introductory session reviews basic information about Alzheimer's disease and other dementias and the impact of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of B.C. ***This session is only intended for people experiencing early symptoms of dementia, as well as family members or friends who have recently begun supporting a person with dementia.***

---

[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**

