



Health Matters Newsletter

February 19

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data – Research section – Understanding the Early Years
- Poverty Reduction and Adequate Income Cannot Be Overstated
- HealthyFamiliesBC.ca has launched new, comprehensive content to help older adults prepare to age well.
- Presentation on the Refugee Crisis from Melie De Champlain who just volunteered on the frontline where thousands of refugees make the treacherous journey across the Aegean Sea. (Attached)



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** March 3, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** March 10, 2015 **CVRD Board Room**. Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- **Next Sobering and Detox Task Force Meeting – February 18 -9:00 am to 11:00 am CVRD Meeting Room 213**
 - **Board Meets Board Governance Workshop with Professor Vic Murray-** The session will run from 10:00 am to 12:00 noon on Saturday February 27, 2016 at the Clements Centre, 5856 Clements St, Duncan. \$10.00 donation appreciated
 - **Ladysmith Interagency Meeting-** 12:30 pm to 2:00 pm at Ladysmith Resource Centre Society- 630 Second Avenue Ladysmith
-

Local Data and or Research-

This week's Edition: Understanding the Early Years Report 2010

<http://publications.gc.ca/site/archivee->

[archived.html?url=http://publications.gc.ca/collections/collection_2011/rhdcc-hrsdc/HS4-23-33-2010-eng.pdf](http://publications.gc.ca/collections/collection_2011/rhdcc-hrsdc/HS4-23-33-2010-eng.pdf)

Poverty Reduction and Adequate Income Cannot be Overstated

Readers of the list may be interested to know that in their recent submission to the federal pre-budget consultation, the [Chronic Disease Prevention Alliance of Canada \(CDPAC\)](#) noted that: “the impacts of inadequate income cannot be overstated as one of the most significant social determinants of health”

And among the 4 recommendations - two related to policies for poverty reduction and one to food security:

- 1) **Increasing the Canada Child Benefit** to the amount recommended by Campaign 2000 (\$6,800 per child under 6 and \$5,800 for children aged 6-17 years)
- 2) Canada undertake a study of best practices for assuring a **guaranteed minimum income** for Canadians and that the evidence and innovations identified serve as the basis for a Canadian strategy and implementation plan
- 3) **Increase investments in the Nutrition North** program by \$40 million over four years and that it work with northern and remote communities to ensure that the program is more transparent, effective, and accountable to northerners and other Canadians.

<http://www.cdpac.ca/media.php?mid=1437>

HealthyFamiliesBC.ca has launched new, comprehensive content to help older adults prepare to age well.

HealthyFamilies BC has prepared a number of messages to make it easy for your organization to spread the word about Aging Well on your available web and social media channels. The messages have been separated by topic so you can share the ones that make sense for you.

If you have any questions or specific needs in order to engage in this campaign, please don't hesitate to connect with Jen Ricketts-Glassel (Jennifer.RickettsGlassel@gov.bc.ca). We'll make every effort to accommodate your needs.

Content and Messages

Hashtags:

#AgingWell

#BCSeniors

#HealthyAging

Social Media Messages:

Use the handle **@HealthyFamilyBC** on Twitter and tag **Healthy Families BC** on Facebook. Use any/all of the hashtags and messages provided.

Feel free to link to any of the prepared articles or blogs available HealthyFamiliesBC.ca/Aging-Well.

General:

- Five important things to think about for a healthy retirement. Hint: it's not just about saving money. HealthyFamiliesBC.ca/Aging-Well #AgingWell #HealthyAging
- Tips to stay healthy and independent as you age. HealthyFamiliesBC.ca/Aging-Well #AgingWell #BCSeniors #HealthyAging
- Find tools and tips to help you plan now for a healthy and independent future. HealthyFamiliesBC.ca/Aging-Well #AgingWell #HealthyAging #BCSeniors

Housing:

- Learn where #BCSeniors can go for housing support as they age. HealthyFamiliesBC.ca/Aging-Well #AgingWell #BCSeniors #HealthyAging
- #AgingWell means planning for your housing needs. Check out tips on HealthyFamiliesBC.ca/Aging-Well #HealthyAging
- #DYK there's a tax credit for reno's that help you age in your home? Find out more here ow.ly/Wf6JJ #AgingWell #BCSeniors

Finance:

- Thinking about #retirement? Planning your financial needs? We've got the list here ow.ly/Wf6h7 #AgingWell #BCSeniors
- Do you have a financial plan for your #senior years? Find out what resources are available ow.ly/Wf6d2 #AgingWell #BCSeniors
- CPP, OAS, GIS... do these mean anything to you? Find out how they can help you as you age. ow.ly/Wf6IH #AgingWell #BCSeniors
- What benefits and discounts can help #BCSeniors age well? Find out more here ow.ly/Wf6IH #AgingWell #HealthyAging
- Find out what programs are available to help with property tax payment. ow.ly/Wf6sl #AgingWell #BCSeniors

Transportation:

- Did you know getting older can affect your driving? Find out what to look for ow.ly/Wf947 #AgingWell #BCSeniors
- How does getting older affect your ability to drive? Explore #transportation options: ow.ly/Wf98o #BCSeniors
- Public transit doesn't just mean using the bus. Check out the other options for older adults. ow.ly/Wf9dB #AgingWell #BCSeniors

Health and Wellness:

- Your health needs change as you age. Here are some tips to help you age well. ow.ly/Wf9zz #AgingWell #BCSeniors
- What can give you more energy, boost self-confidence, and protect your brain? Find out ow.ly/Wf9Fw #AgingWell #BCSeniors
- How much physical activity do you need for #HealthyAging? Find out ow.ly/Wf9Fw #AgingWell #BCSeniors
- Falls account for 85% of seniors' injury-related hospitalizations. How to prevent falls: ow.ly/Wf9Vb #AgingWell #BCSeniors
- #ElderAbuse includes financial abuse. What to do if you suspect elder abuse. ow.ly/Wf9YQ #AgingWell #BCSeniors
- Your body might change as you age, but your brain doesn't have to. Find out how ow.ly/Wfa2d #AgingWell #BCSeniors
- What you eat can help you age well. Check out some helpful hints ow.ly/Wfa5z #AgingWell #BCSeniors #HealthyAging

Staying Connected:

- Learning new things is an important part of #HealthyAging. Find out what you can do to keep learning. ow.ly/Wf5Ds #AgingWell #BCSeniors
- Find out why staying connected to friends and family is important as you grow older. ow.ly/Wf5lw #AgingWell #BCSeniors
- People who do this live longer than those who don't. Can you guess what it is? ow.ly/Wf5rr #AgingWell #BCSeniors

Videos:

Five videos were created to demonstrate how British Columbians are planning to age well. Please feel free to share the videos on your social feeds.

Full length videos:

YouTube playlist:

https://www.youtube.com/playlist?list=PLIMQcm6u2kWvAkEq8kDgt_bJZThX9Xmi_

Messages:

Tom: For Tom, aging well includes thinking about his housing needs so he and his wife can age in place as long as possible. Find out more about how Tom and other British Columbians are planning to age well. https://www.youtube.com/watch?v=lmUT-dIPoVo&list=PLIMQCM6u2kWvAkEq8kDgt_bJZThX9Xmi_&index=5

Laurel: Laurel is planning for healthy aging by focussing on her finances for retirement. Find out more about how Laurel and other British Columbians are planning to age well. https://www.youtube.com/watch?v=aiAbWaScr4k&list=PLIMQCM6u2kWvAkEq8kDgt_bJZThX9Xmi_&index=3

Sam: Sam is aging well by continuing to learn and to pass on skills to others, especially youth. Find out more about how Sam and other British Columbians are planning to age well. https://www.youtube.com/watch?v=p8yGk5kAWbo&list=PLIMQCM6u2kWvAkEq8kDgt_bJZThX9Xmi_&index=4

Connie: Having spent over 15 years volunteering in search and rescue, aging well to Connie means continuing to give back. Find out more about how Connie and other British Columbians are planning to age well. https://www.youtube.com/watch?v=7L55nUs305w&index=1&list=PLIMQCM6u2kWvAkEq8kDgt_bJZThX9Xmi_

Dave: Dave is a third generation mariner who is aging well by doing what he loves - continuing to work as a commercial fisher. Find out more about how Dave and other British Columbians are planning to age well. https://www.youtube.com/watch?v=3clwGMdFegI&list=PLIMQCM6u2kWvAkEq8kDgt_bJZThX9Xmi_&index=2

Newsletter Content:

Short:

What do you need to age well? Check out HealthyFamiliesBC.ca/Aging-Well to learn about what you can do in areas of health and wellness, housing, finances, transportation, and social connections for a healthy and independent future.

Aging Well is a new resource for you to think about and plan for a healthy future in all aspects of your life. Find information and tools to help you at HealthyFamiliesBC.ca/Aging-Well

Long:

What do you need to age well?

Aging Well is a new online resource--on HealthyFamiliesBC.ca--to help you think about and plan for a healthy and independent future.

Aging Well has information, tools and videos so you can learn about how to prepare for the years ahead, with links to further information and support. Learn more about health and wellness, finance, transportation, housing and social connection - areas of your life that are all important when it comes to healthy aging.

Thinking about and planning for your future helps you anticipate your needs as you age so you can avoid the need to make tough decisions if a crisis takes place. It can also help you know where to find the right information and support if you need it.

Visit HealthyFamiliesBC.ca/Aging-Well to learn more about what you can do now to prepare for a healthy future.

Website Content/Button:

Whether you're on your way to retirement or already there, you can age well with a little planning. Find resources and tools to support your healthy aging at HealthyFamiliesBC.ca/Aging-Well

(high resolution versions can be sent upon request 250 x 100 or 448 x 265):



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