



Health Matters Newsletter February 3, 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)
- Cowichan Hospital Petition Placed on HOLD
- REDress Project
- Recognizing International Women's Day Luncheon-Keynote
- Safety Planning For Domestic Violence in First Nations Communities Webinar
- Getting to Know Dementia Session (attached poster)

This week's beauty is Crystal Falls on the Holland Creek Trail in Ladysmith... This is one of my favourite local hikes. Check it out in person!



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

NOTE- HOLD PLACED ON COWICHAN DISTRICT HOSPITAL PETITION- SEE BELOW

Statement from Cowichan District Medical Society

The physicians who make up the Cowichan District Hospital Medical Society are pleased that the Ministry of Health has formally approved a request to proceed with developing a concept paper to replace the existing aging hospital. We sincerely hope this decision is another step forward toward approval for the construction of a new hospital which is important to provide quality care to patients in our region. We have suspended our December petition calling for a new hospital. We want to thank our partners, who are: Cowichan Valley Regional Hospital District, Our Cowichan Community Health Network, the Hospital Foundation, the Cowichan Valley Division of Family Practice (our sister medical society), and especially the many people who had already signed the petition.

Dr. A. R. Anderson, Dr. Jan Malherbe, Dr Robin Routledge
Cowichan District Medical Society Executive

The REDress Project (Poster Attached)

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)

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.





Safety Planning For Domestic Violence in First Nations Communities Webinar

Please join us in a conversation with returning presenter, **Corinne Stone**, around Safety Planning for Domestic Violence in First Nations communities using the Medicine Bundle.

You can't control abusive behavior, but you can take steps to teach self-protection from harm. Assist in taking strides in creating a safety plan whether s/he decides to stay in the relationship or leave.

A safety plan is a personalized and practical plan for reducing risk of being hurt. By thinking through it in advance, a safety plan can help avoid dangerous situations and know the best way to react when one is in danger.

- **Date:** Thursday, February 2, 2017
- **Time:** 10:00 am – 11:30 noon (PST)
- **Where:** Video conference or Internet webinar
[view system requirements](#)
- **Registration:** is required to participate.

**For more information
and to Register**

Corinne Stone is a member of the Tl'etinqox-Anaham Band from the Williams Lake Band. For more than two decades she has been providing a full range of services including counselling adults and youth who have experienced complex trauma and residential school syndrome, within the justice field, child and family settings, working for many different Aboriginal organizations and reserves including Squamish, Naniamo, Chemanius, and for her own Tsilhqot'in people. Currently residing in Vancouver, BC, her work has included the assistance in the development of a transition house for battered women, a street youth housing project and development of a traditional parenting program...



DISCLAIMER: Due to the sensitive subject matter and stories shared during the UBC Learning Circle sessions participants may become triggered. Please ensure you have prepared a support system for yourself in advance in which you may have easy access to. This could mean an Elder, trusted mentor/family/friend, Counsellor and/or crisis contact number.

If you need support please do not hesitate to call the toll free crisis line here in the province of B.C. (1.800.784.2433) or if you prefer, have a number prepared in advance locally.

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

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 and it will be included in the weekly

Health Matters Newsletter