



**Health Matters Newsletter  
January 13, 2017**

**Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information- 2017 Homeless Count- **Seeking Volunteers**
- Your Mental Health and Wellbeing – beat the January blahs
- Granting Opportunity for Summer Student Jobs (still time to apply)
- Seniors Aging OUT: Working Together for Inclusive Spaces for LGBTQ2 Seniors
- Cowichan's International Women's Day seeking volunteers
- Mental Illness Cheese Party



***You have to take a walk along the Skutz Falls Trail! The ice and snow along the river is magnificent! Wear good shoes as the trails can be a little slippery.***

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**Our Cowichan- Network Member Meetings-**

- ✓ **Next Admin Committee Meeting- February 9 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.

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**Community Events**

- **Next Sobering and Detox Task Force Meeting January 19** Room 213 at the CVRD
- **Changing Philosophy of Social Media Workshop-** Hosted by Volunteer Cowichan January 17, 1 pm to 2 pm \$15.00 Contact Jennifer Lazenby at 250-748-2133

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**Local Data and or Research- Cowichan Homeless Count 2017 HOLD THE DATE-** A homeless count will be undertaken on Monday February 20/21. **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) More information will follow in the New Year

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## Your Mental Health and Wellbeing

The third week of January is noted for being one of the darkest and most depressing for many people.

*A segment from Susan Evans in the Spring 2016 Island Health Magazine*

Sometimes we can increase the quality of happiness and quality in our lives by intentional activities such as:

**Nurture Relationships:** Happy people have meaningful relationships and it is the quality of these relationships (close and trusting), not quantity (1000 facebook friends) that matters.

**Experience Nature:** Spend time outside; appreciate the natural world around you. Go for a walk around your neighbourhood or spend time enjoying the sunset from your backyard. Just make sure to put down your phone and give it your full attention.

**Get Physically Active:** It is a well-researched fact that exercise makes you feel good. You don't have to run a marathon or join a gym, just start moving. Or, better yet, go for a walk in the park with a friend.

**Practice Gratitude:** As grandma used to say, "Count your blessings." There are many ways to practice gratitude, so find what works for you. For example take time to sit down once a week and identify five things you were grateful for that week and write them down.

**Volunteer and Help Others:** Doing something for others, whether through a specific volunteer role or just pitching in to help friends and neighbours, makes you feel good and enhances self esteem.

**Find a Hobby:** And no, binge watching Netflix doesn't count. Finding a hobby that allows you to immerse yourself in something can be extremely gratifying. It can be gardening, sports, arts and crafts or raising daschunds- think about something you loved to do as a child and explore it. Bonus points if you have a hobby that includes other people.

**Explore your Spirituality:** Spirituality relates to finding greater meaning and purpose in your existence. It can mean organized religion for some people, meditation or self reflection for others.

**Cultivate Optimism:** This can be hard for all of those pessimists out there, but looking for what's right instead of what's wrong can bring happiness to your life.

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## **Dear Community Members and Fellow Agencies. We wanted to ensure that you received this granting opportunity from Alistair MacGregor, MP.**

Dear Community Stakeholder,

I am writing to you to ensure you are aware of the federal funding through the Canada Summer Jobs program 2017. The application deadline for this program is January 20, 2017.

As you may know, Canada Summer Jobs helps employers create summer job opportunities for students in their communities. The program provides funding for not-for-profit organizations, public-sector employers and small businesses with 50 or fewer employees to create summer job opportunities for students aged 15 to 30.

The Canada Summer Jobs (CSJ) program has an ongoing annual budget of \$107.5 million in contribution funds. The riding of Cowichan-Malahat-Langford will receive a total of \$401,131 in funding for 2017, which includes an additional \$161,763 in funding for the year.

Applications are assessed and scored by Service Canada on the following criteria:

1. Job supports the provision of services in the community
2. Job supports local priorities
3. Job provides career-related work experience or early work experience
4. Salary offered contributes to the student's income
5. Employer provides supervision and mentoring
6. Project activities are directed toward members of and support the vitality of an Official Language Minority Community
7. Employer intends to hire a priority student

The Canada Summer Jobs 2017 local priorities for Cowichan-Malahat-Langford are:

### **Special Events**

- Community events that showcase and support local culture Canada's 150th anniversary of Confederation

### **Location**

- Indigenous communities

### **Sector**

Not-for-profit and private sector organizations that have 10 or fewer full-time employees

- Arts and culture
- Tourism

**Skilled trades:** construction, value added manufacturing, hospitality, technology and health

- Summer programs and camps for children and youth
- Environmental protection, green industries and mitigation of climate change
- Food security
- Habitat maintenance and restoration
- Alternative energy
- Security of groundwater
- Organizations that support civic engagement in international development
- Volunteer based and/or volunteer promoting organizations

Canada Summer Jobs applications are available at Service Canada Centers and online at [servicecanada.gc.ca/csaj](http://servicecanada.gc.ca/csaj). Applications must be submitted by January 20, 2017. Employers will be able to

complete and submit their applications online, by mail or in person (note that faxed applications are not accepted).

If you have any specific questions about applications, please contact Service Canada officials directly at: 1-800-935-5555.

I trust this information will be helpful to you. Thank you.

Sincerely,

**Alistair MacGregor, MP**

Cowichan-Malahat-Langford

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(TEL) 250-746-4896

(OFFICE) 1-866-609-9998 | (FAX) 250-746-2354

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## **BC Association of Community Response Networks (BC CRN)**

### **Provincial Learning Event**

**Tuesday, January 17 - 10:30 am - 12 PST**

**Dial in to join the call toll free at:**

**1-877-353-9184 or local 604-681-0260 Pass Code 9239214#**

### **Seniors Aging OUT: Working Together for Inclusive Spaces for LGBTQ2 Seniors**

The Island Health *LGBTQ2s Aging Issues* project focuses on educating and training front line staff on this community, their issues, and how to provide competent care that meets their unique needs.

Its companion project, BC CRN's *Seniors Aging OUT*, intends to build welcoming and inclusive communities for those who identify as LGBTQ2+ and their allies. This project focuses on a series of education and awareness activities for the public at large, community agency staff and volunteers, private health care providers, regional and municipal organizations and local businesses.

Both of these projects grew out of a Victoria Town Hall meeting on Elder Abuse in the LGBTQ community.

#### **Presenters for this event:**

**Nicole Tremblay**, Clinical Social Work Educator at Island Health, and **Jane Osborne**, BC CRN Regional Mentor, Central Vancouver Island, present their respective projects intended to affect how this population access health and community services.

Provincial Learning Events are toll-free teleconferences that take place the third Tuesday of the month from 10:30 am to 12 pm.

Everyone is welcome. Email [info@bccrns.ca](mailto:info@bccrns.ca) to receive notifications of upcoming teleconferences.

Presentation Materials will be available prior to the event at [www.bccrns.ca](http://www.bccrns.ca) on the homepage.

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## **BE BOLD FOR CHANGE – JOIN COWICHAN’S INTERNATIONAL WOMEN’S DAY- Seeking volunteers**

**Be bold for Change! We need your help! Join us for a committee meeting on Thursday, January 26 at 3:00 pm at the office of Cowichan Women Against Violence, 255 Ingram St.**

**For more information, contact Tina at 250.748.8543 or Jennifer at 250.748.3112.**

Cowichan’s International Women’s Day Committee is seeking inspired and inspiring women to join this working group to bring together this year’s International Women’s Day celebration. Will you stand up and ‘be bold for change’? As the International Women’s Day website says, ‘each of us - with men and

women joining forces – can be a leader within our own spheres of influence and take bold pragmatic action to accelerate gender parity. We can collectively help women advance and unleash the limitless potential offered to economies the world over.’

With more women in the boardroom, greater equality in legislative rights, and an increase in visibility of women as impressive role models, one could think that women have gained true equality. The unfortunate fact is that women are still not paid equally to that of their male counterparts, are not represented in equal numbers in business or politics, and globally women’s education, health and the violence against women is worse than that of men.

Since 1908, International Women’s Day has grown to become a global day of recognition and celebration of women’s rights to participate in social, political and economic processes. Women’s organizations and governments around the world observe IWD annually on March 8, holding events that honour women’s advancement while diligently reminding of the continued vigilance and action required to ensure that women’s equality is gained and maintained in all aspects of life.

Cowichan’s annual celebration will be hosted on Friday, March 3, 2017, at the Eagles Hall in Duncan, featuring family friendly entertainment, a potluck dinner. The volunteer committee needs dedicated, passionate and industrious women to help lead the Cowichan IWD evening event.

This event is hosted in partnership by Cowichan Intercultural Society, Cowichan Women Against Violence, Matraea Centre, and Cowichan Spirit of Women



**HAS YOUR LIFE BEEN TOUCHED BY MENTAL ILLNESS?**

**We offer Education and Caring Support to families.**

*You are invited to a Cheese Party  
to learn more about our free education programs and advocacy.*

*Tuesday, January 24th  
7:00 pm*

*Island Savings Centre Koksilah Meeting Room*

**Volunteers who would like to play a leadership role are welcome!**

**For additional information**

**Telephone: Danita at 250-709-2985 or Cindy at 250-686-3576**

**Email: [vimanager@bcss.org](mailto:vimanager@bcss.org) or [cowichan@bcss.org](mailto:cowichan@bcss.org)**



**A REASON TO HOPE. THE MEANS TO COPE.  
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY**

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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**

