



Health Matters Newsletter January 22, 2015

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data – Research section (New)- Early Development Index (EDI)
- Successful Visiting with persons with Dementia session
- The Balancing Act Triple P Parenting for pre/teens
- Social Policy Framework Workshop
- Hospice Newsletter (Attached)



There are incredible little creeks that are raging with the winter rain.

Now is the time to check them out. If you have never hiked the Bings Creek Trail- it is highly recommended at this time of year!

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** February 4, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** February 11, 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 – January 21 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **Social Policy Framework Community Meeting- Jan 28 Silver Bridge Travel Lodge- 9 am to noon** contact Social Planning Cowichan to register michelle.spcowichan@gmail.com

Local Data and or Research- (NEW)

This is a new section where I will be sharing local data or research that crosses my desk. This information may be useful to you and your organizations so be sure to check here and then file and save the information that you need.

This month I share with you:

The Early Development Instrument Results for the Cowichan and Ladysmith Region. This information is collected in school districts from around the province and outlines how our children are prepared to enter school. It is very compelling as it provides information we need to monitor children's

development and to help develop effective program and policy responses that will help our children thrive

<http://earlylearning.ubc.ca/edi/>

Once on the site- Go to

1. Maps and Data
2. Neighbourhood
3. SD 79 (Cowichan) and SD 68 (Ladysmith)
4. You will find two sections
 - a. 1 with asset maps
 - b. 1 with community summaries
 - c. WAVE 5 will provide you with the most current data- waves 1 through 4 provide historical data

Successful Visiting with Persons with Dementia

Where: Duncan United Church, 246 Ingram Street

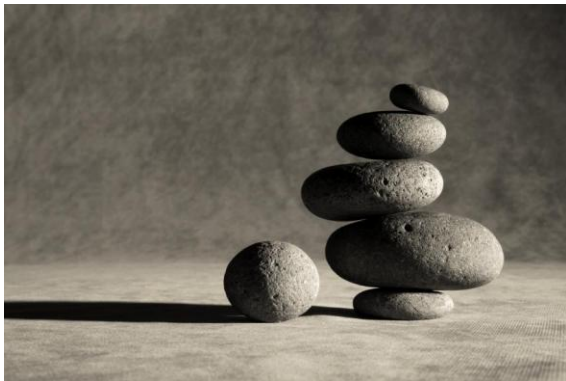
When: Tuesday, January 26, 2016 **2:00 – 4:00 p.m.**

Presenter: Jane Hope, Support and Education Coordinator, Alzheimer Society of BC

This session is intended for Pastoral Care volunteers, Friendly Visitors and family and friends - anyone who visits persons with dementia. The focus will be on connecting with the person who has dementia, communicating and interacting, and successful visiting.

To let us know you are attending, please contact:

Kathie Fielding kathiefielding@duncanunited.org or telephone: 250 746-6043



The challenge of parenting teenagers is balancing their desire for increased independence with your desire for increased responsibility. Learn effective parenting strategies to help your child learn the skills and competencies they will need to develop healthy and productive lifestyles through this difficult transitional stage.

THE BALANCING ACT

Triple P Pre/Teen Program

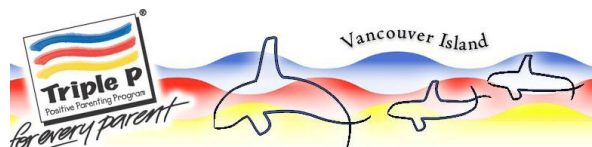
For Parents of 8 – 14 year olds

Wednesday Feb. 3 – March 9, 2016

6:30 – 8:30 p.m.

Margaret Moss Health Centre, Duncan

To Register Call: 250-709-3050



**"So What?" and "Now What?"
On the Road to a Regional
Social Policy Framework**

Be Part of Change

Join us as we continue to work together to build a social vision for our community.

What you will hear:

- Reports from conversations in the community with youth, seniors/elders, First Nations, women and other community members, including your input in May
- In their own words: clips on the importance of social policy from local leaders in business, government, community benefit organizations
- A sneak peek at reports and summaries
- New ideas for aligning existing policy lenses to support more effective decision making
- The vision statement that has been built by the community

What you are invited to do:

Develop next steps on the road to a Regional Social Policy



**Share Ideas
Take Action**

THURSDAY/JANUARY 28/9:00 AM - NOON

Travelodge Silver Bridge 140 Trans Canada Highway Duncan

Free event (must register)

Coffee/tea/healthy morning snack will be served

Follow this link to register or paste in your browser:

<http://www.socialplanningcowichan.org/events-and-workshops.html>

Sponsored by:

Social Planning Cowichan/Safer Futures Cowichan/Cowichan Board Meets Board

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