



## Health Matters Newsletter

### January 8, 2015

#### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Successful Visiting with persons with Dementia session
- Meals on Wheels needs volunteers and your help!
- New Societies Act Workshop
- Physical Literacy Webinar
- Economic Benefits of Reducing Risk Factors (attached)
- Electronic Cigarettes Fact Sheet (attached)
- Handmade Hugs (attached)



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#### 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 January 14, 2015, **CVRD Board Room**. Light dinner at 5:30 pm Meeting starts at 6:00 pm.
- ✓ Asset Mapping Task Force –January 13 -11 am 6080 York Road

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#### 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

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#### 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](mailto:kathiefielding@duncanunited.org) or telephone: 250 746-6043

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## **Meals on Wheels Duncan Needs Your help**

**COWICHAN** – The Meals on Wheels program in Duncan is looking to add to their roster of volunteers. The program is operated by Cowichan Seniors Community Foundation with the help of a group of reliable and trusting volunteers. Vicki Holman, Executive Director of the Foundation explains that the program not only offers a hot and nutritious meal six days per week but also provides a once a day, informal check in for some seniors who may otherwise be isolated. “Often our volunteers provide the daily comfort check for someone who may not have friends or family close by,” says Mrs. Holman. “While we can easily quantify the benefits to our clients, some of the unspoken benefits are for the volunteers who actually carry out the work.”

“It is such a rich and rewarding experience,” says Sher Wrest, volunteer driver. “Getting to know the clients and the interactions we have with them as volunteers provides a very fulfilling experience. I feel quite passionate about the need we fill in the community and the opportunity we have to make a difference in someone’s day.”

Volunteer drivers are asked to either commit to a weekly schedule of once per week or to have their name added to a substitute list that provides support for vacation relief. Each shift can usually be accomplished within a two hour period. Anyone wishing to volunteer may contact the Cowichan Seniors Community Foundation by telephone at 250 715-6481 or via email at [cscfoundation@shaw.ca](mailto:cscfoundation@shaw.ca).

Contact:      Vicki Holman  
                  Executive Director

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**In place of Jan 25 NFN. Volunteer Cowichan hosts: New Society's Act Workshop with Martha Rans.**

[View this email in your browser](#)

For those of you who might be interested Volunteer Cowichan is hosting this session. For more information and to register please contact:

[anne-marie@volunteercowichan.bc.ca](mailto:anne-marie@volunteercowichan.bc.ca)

**Volunteer Cowichan hosts: New Society's Act Workshop with Martha Rans. (See: [martharans.ca](http://martharans.ca))**

Find out what you need to know to transition your organization without losing sleep. This interactive workshop will familiarized non-profit and volunteer driven organizations (as well as anyone interested) with a review of the new Societies Act.

And: Greetings from Lawrie Portigal, President of Volunteer BC and Workshop partner. Volunteer BC is the provincial organization advocating on behalf of all volunteer driven organizations and non profits across the sector.

Date: Jan 25, 2016 (Monday)

Time: 9:00am light refreshments and networking

Workshop start: 9:30am-12:00noon

Location: Duncan, BC. TBA (will confirm by email)

**Cost:\$35.00** -Preregistration is required

**Deadline January 18, 2016.**

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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**