



**Health Matters Newsletter  
July 31, 2015**

**Today's Health Matters Includes:**

- Meeting Schedules
- Community Meetings and Events
- UVic Dissertation research study ( information inside newsletter- poster for sharing attached)
- MEND Program- brochure and posters attached
- Relationship between outdoor time and physical activity- article
- Shared Care Child Youth and Family Mental Health and Substance Use
- Local Action Teams School Wellness Centres
- Youth Wellness Drop in Centre needs your support
- Article Related to Caring for Someone with Alzheimer's
- Hospice and Palliative Care Video From July OCCHN Meeting
- Collective Impact Online Newsletter



**This is one of my favourite summer shots- You can be sure that during the OCCHN office closure in August I will be capturing more moments like this I explore this magnificent Island.**

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**Our Cowichan- Network Member Meetings-**

- ✓ **Next Our Cowichan Network Meeting September 10, 2015**, CVRD Board Room. Light dinner at 5:30 pm Meeting starts at 6:00 pm. (There will be no meeting in August)
- ✓ **Next Admin Committee Meeting-** To be determined as Admin Committee times are being reviewed for the fall.

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**Community Events**

- **Shawnigan Lake fundraiser in support of family caregivers-** Walk – Saturday August 22- for more information or to register go to [www.shawniganlakeadventure.com](http://www.shawniganlakeadventure.com) or call 250 -743-7621

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## **UVIC Dissertation Study**

My name is Anna Jeznach and I am a doctoral student in Clinical Neuropsychology at the University of Victoria. I am writing to inform you of a study I am conducting for my dissertation, under the supervision of Dr. Holly Tuokko, which examines challenges in the process of advance care planning among older adults with cognitive impairment and their families.

I will be holding focus groups and individual interviews with family members of older adults who suffered from cognitive impairment prior to death. In order to facilitate participant recruitment, I would greatly appreciate if you could share this information with your members.

(see poster below)

## **Have You Lost a Family Member Who Suffered from Cognitive Impairment or Dementia?**



### Seeking Family Members of Older Adults who were Cognitively Impaired for a UVic Dissertation Research Study on **Advance Care Planning**

#### **What is Required?**

- Voice your story/issues/concerns in a 1.5-hour focus group or individual interview

#### **Where/When?**

- Held at the Centre on Aging (UVic) or by phone - Flexible dates and times

#### **How Will You Benefit?**

- Discuss concerns about care received by your loved one
- Become actively involved in research to inform healthcare practice and policy
- Provide suggestions on improving care for a vulnerable population

**If you would like to participate, please contact graduate student, Anna Jeznach, at 250-721-6368 or [abraslav@uvic.ca](mailto:abraslav@uvic.ca)**

**THANK YOU FOR YOUR INTEREST!**

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## Relationship between Outdoor Time and Physical Activity, Sedentary Behaviour, and Physical Fitness in Children

Among Canadian children aged 6 to 10, only 14% of boys and 7% of girls achieve the recommended 60 minutes per day of physical activity, and they spend an average of 7.4 hours per day being sedentary.

This systematic review, published in the *International Journal of Environmental Research and Public Health*, shows that children aged 3–12 years who spend more time outside are more active and fit and less sedentary.

The findings “highlight the importance of preserving time in children’s schedules for unstructured outdoor play and also for incorporating time outdoors within structured contexts like school and child care as a means of promoting healthy active living.”

Read also “What Is the Relationship between Risky Outdoor Play and Health in Children? A Systematic Review,” which revealed overall positive effects of risky outdoor play on a variety of health indicators and behaviours, most commonly physical activity, but also social health and behaviours, injuries and aggression. These positive results with the marked reduction in risky outdoor play opportunities in recent generations indicate the need to encourage action to support children’s risky outdoor play opportunities.

Source: BCACCS E-news

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**Child and Youth Mental Health and Substance Use Collaborative** — improving timely access to integrated mental health and substance use services and support for an increased number of children, youth, and their families in the Interior and on the Island. Go to <http://www.sharedcarebc.ca/initiatives/cymhsu-collaborative> for more information on Shared Care initiatives.

On the Island, Cowichan and Nanaimo are both in the process of setting up school wellness centres. Cowichan plans to have their wellness centre ready for operation in October with a multidisciplinary team of mental health and substance use clinicians, public health nursing, and a physician. For more information: contact [Meghan.Marr@viha.ca](mailto:Meghan.Marr@viha.ca) Nanaimo plans to have their wellness centre ready for operation in September with the initial small tests of change focused on Primary care in the school setting. Contact [Erin.Kenning@viha.ca](mailto:Erin.Kenning@viha.ca) for more information.

### Youth Wellness Centre Seeks Your Support

As the Cowichan Valley Open Learning Coop (CVOLC) is making the move across the street to the old Duncan Elementary School, they have allocated a space for a Youth Wellness Centre. The School District, Health Authority, MCFD, Physicians, Discovery Substance Use Counsellors, COS, Canadian Mental Health

Association and other community organizations, along with youth and parents, have come together to create a collaborative, wrap around service (including primary care, counselling and support) for youth (ages 12-25). We are planning on opening the doors in October 2015. We are on the lookout for the following supplies:

**Comfy Counselling chairs (3) or combination of love seat and chair; Coffee table (2); Small Desk (3); Office Chairs (3); Lamps (4); Computer or Laptop; Rug; Couch; End Tables (2-3); Coffee Mugs; Glasses; Coffee Machine; Spoons; Small Freezer; Small Fridge; Fax Machine; Book Shelf; Small Filing Cabinets – 2 drawer (2); Shredder**

Please contact Meghan Marr at [Meghan.Marr@viha.ca](mailto:Meghan.Marr@viha.ca) if you are able to donate or are looking for more information or want to be involved.

Thank you!

Meghan Marr  
Cowichan Valley Community Developer  
Child and Youth Mental Health and Substance Use Collaborative

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### **Article Related to Caring for Someone with Alzheimer's**

<http://www.drpincott.com/pdf/CaringForNorah.pdf>

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### **Hospice and Palliative Care Video from July OCCHN**

Here is the link to video <https://www.youtube.com/v/deyfsZWg6Wc>



**COLLECTIVE  
IMPACT FORUM**

FSG



## News from the Collective Impact Forum — July 2015

This month, we're excited to share with you updates from the Forum community, including the [results](#) from last month's Quick Poll, a new [Ask Me About](#) focusing on collaborative governance, an updated [Working Group Toolkit](#), and lots more news, discussions, and events from the field of collective impact.

We look forward to hearing what you think, and if you have a minute, please take this month's [short survey](#) to help choose the next selection of books for the Forum book club. (We'll share the results next month!)

Gratefully yours,

Tracy Timmons-Gray

Community and Program Manager, Collective Impact Forum

### Forum Highlights

#### "Ask Me About Collaborative Governance" with Tamarack's Liz Weaver

Sharing governance and decision-making can be a unique challenge. In this month's "Ask Me About," **Liz Weaver** (Tamarack Institute) is here to answer your questions about how to collaborate around governance and making decisions within your collective impact initiative. What questions would you like to ask?

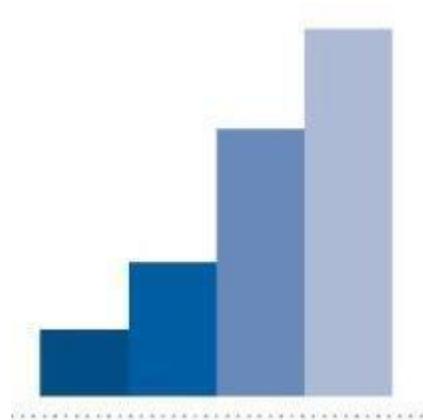
[Ask Liz your questions >](#)



## The Results are In! Forum Members' Most Challenging Issues

We're excited to share with you the results of last month's Quick Poll that focused on your most challenging issues. See what Forum members voted for, and let us know what you think!

[View the Results >](#)



## From the Blog

### Overcoming Pitfalls for Funders Also Playing the Backbone Role

by **Robert Albright**, Collective Impact Forum

### The Scoop on the 2015 Collective Impact Summit

by **Paul Born**, Tamarack Institute

### When and How to Engage the Private Sector in Collective Impact

by **Kim Fortunato**, Campbell Healthy Communities

### Cuddle Parties, and Other Tips for Cross-Sector Collaborations

by **Vu Le**, Rainier Valley Corps

### Building Capacity for Collaboration and Collective Impact

by **Caitlin Nossett**, The HCA Foundation

### 10 Lessons Learned from Engaging the Business Community in Collective Impact

presented by the **Collective Impact Forum**

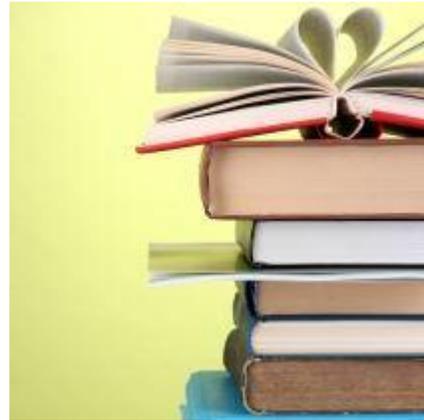
## Social Change Book Club

## Vote for Your Top Book Picks

We got a great group of suggestions from Forum members on what books to think about as future selections for the Forum's Social Change Book Club. We've now taken all those suggestions, and made them the next Forum Quick Poll.

**Please take 2 minutes** to fill out this survey and choose your top 5 book choices from the 20 recommendations.

[Vote Now >](#)



## New Resource

### Video: How to Create Lively Collective Impact

In this video interview, **Kirsten Wysen**, Initiative Director of The Integration Initiative Seattle/King County site, shares what they've learned about creating greater health, social, economic and racial equity.

[Watch Now >](#)

[Watch More from The Integration Initiative >](#)



## Upcoming Events

### United Way, Collective Impact and the Building Blocks for a Good Life (Webinar)

(Aug. 4, 2015 - Online)

### The Art of Participatory Leadership

(Sept. 17-19, 2015 - Tacoma, WA)

### Collective Impact Summit 2015

(Sept. 28 - Oct. 2, 2015 - Vancouver, BC)

### Have an upcoming event related to collective impact?

Whether it is in-person or online, come share your event on the Forum's [events page](#).

## Join the Discussion

**Job Opportunity: Unidos Contra Diabetes seeking a Program Director**

**How to measure partner engagement?**

**How to move from plan to implementation?**

**How to identify assets and resources in your community?**

**Seeking entities that support cross-sector partnerships**

**Creating a space for elder issues**

**Have a question or topic to share related to collective impact?**

Come share your questions and thoughts in the community [discussion forum](#).

## Spotlight on Tools

### Expanded Working Group Toolkit

One of the Forum's most popular resources, the Working Group Toolkit, has been expanded to include new templates for action planning, meeting debriefs, and to describe working group member roles and responsibilities.

[Access now >](#)



**Tools for  
Working  
Groups**

### About the Collective Impact Forum

The Collective Impact Forum, an initiative of FSG and the Aspen Institute Forum for Community Solutions, is a resource for people and organizations using the collective impact approach to address large-scale social and environmental problems. We aim to increase the effectiveness and adoption of collective impact by providing practitioners with access to the tools, training opportunities, and peer networks they need to be successful in their work. The Collective Impact Forum includes communities of practice, in-person convenings, and an online community and resource center. Learn more and join the community at [collectiveimpactforum.org](http://collectiveimpactforum.org)

**Have a question or comment about the Forum?** Please contact Tracy Timmons-Gray

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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**

Hudson and I will see you all in September! Be safe on the water and the roads, wear your sunscreen and be sure to get out and active!

