



Health Matters Newsletter July 8, 2016

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information – Important request for regional data and reports to support creation of Cowichan Snapshots

Ah the taste of summer!



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** August 4, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** July 14, 2016 CVRD Board Room. Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- **Next Sobering and Detox Task Force Meeting – September 15 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **39 Days of July Cowichan Summer Festival 2016** <https://www.facebook.com/Duncan-Cowic...>

Local Data and or Research-

For Immediate Release from Social Planning Cowichan Request for Local Research and Reports June 27, 2016

Social Planning Cowichan, working with the community partners and OUR Cowichan is launching the final stage of our community based research project the "Story of Cowichan" for 2016 and moving forward, will be updating this work every two years. This project will provide us with an overview of the current health and well-being of our community, where we are alive and thriving and where we need to be taking a deeper look at what is challenging us.

As experts in your area as community service providers and organizations we are reaching out to you for

any research reports you have completed over the past couple of years that will assist us in providing the most current, accurate and up to date data for this look at our community.

We will be using this data in our snapshots but also will be housing links to all the reports on our website and pinpointing areas where we are research rich and those that need attention.

We invite you to email us links by July 8th to reports or if offline, pdf's and indicate whether or not you would like them linked to this project website or if you would like the information to stay offline.

There are other ways you can contribute or encourage others to have their voices included, please refer to the following to find out more and thank you for taking the time to make sure your area of expertise is recognized and included.

How would you rate your quality of life in the Cowichan Valley?

What is it about this place that makes you call it home?

If you could change one thing about it, would what that be? How happy are we in the Cowichan Valley?

These are some of the questions we will be asking people in the Valley over the summer months as we work in collaboration with our community to develop a series of Community Snapshots that will tell the Story of Cowichan for 2016.

In order to make these Snapshots truly reflective of the Cowichan community, we're aiming to gather as much feedback as possible from community members, like yourself! We have three different ways you can get involved:

1. Community Happiness Survey: How happy are we in this beautiful valley of ours? We can find out by taking part in this simple survey and once all the surveys are in, we can compare our results to other places in the world! To complete, please follow the link on our website or Facebook Page.

Then sign up or log in & select "CowichanValley2016."

2. Cowichan Valley Story Survey: This one is for those live and work in the Cowichan Valley to find out what matters most to you and what concerns you the most? To complete, please follow the link on our website or Facebook Page.

3. Photo Contest: Take it one step further and include a photo that captures what matters most to you and/or what concerns you the most along with a short caption that explains why. Your photo will have a chance of being included in our Snapshots and you'll be entered in a contest to win a one-night stay on a beautiful float home in Cowichan Bay, plus dinner for two! Photos & captions can be posted on our Facebook Page or sent to spcowichan@gmail.com

Please complete the surveys by July 31st, 2016. Watch for results on our website at www.socialplanningcowichan.org and in local media coming out in the fall of 2016.

Having a series of Snapshots will not only highlight the current status of our community, but can also act as a lens for measuring our progress in different areas as we move forward together. By having a framework in place, we'll be better able to guide and shape our community to be the best it can be. That's why, in designing these Snapshots to accurately reflect what's happening around us, it's important for us to hear from the community.

Social Planning Cowichan is a local, registered charitable society whose goal is to provide leadership that brings the community together to create a sustainable quality of life for everyone in the Cowichan Region. We are happy to have Our Cowichan as partners.

For more information, please contact Kathleen Heggie at khspcowichan@gmail.com, or 250-745-1004 ext. 250



Please find below a link to the summer 2016 edition of the Alzheimer Society of B.C.'s *Insight* bulletin:

[Insight Summer 2016 edition](#)

To view past editions of the *Insight* bulletin visit [here](#).

The summer season is a favourite time to travel for many. However, dementia-related changes in abilities can make it difficult to get away. Learn how you can help your trip run more smoothly with the Alzheimer Society of B.C.'s *Travel Tips*!

To download *Travel Tips* click [here](#).

Warm Regards,
Alzheimer Society of B.C.
Insight@alzheimercbc.org

PARKSVILLE IS NOW A LIVING WAGE EMPLOYER - IS PITT MEADOWS NEXT?!

The City of Parksville became the fourth municipality in BC to pass a living wage policy on June 6, 2016!

As a result of the hard work of the District 69 Living Wage for Families Coalition, the City of Parksville passed a living wage policy and will work towards certification with the Living Wage for Families Campaign as a Living Wage Employer. The living wage in Parksville is \$16.76/hr.

Read more on the Living Wage for Families Campaign [website](#).

Pitt Meadows councillors are also voicing support for a new living wage policy that would see city employees and contract staff paid a minimum of \$20.64 per hour, including benefits. Deanna Ogle, the campaign organizer for the [Living Wage for Families Campaign](#), appeared before council on June 14 to lobby for the policy.

Read the [full article](#) in the *Maple Ridge News*.

Women at Work Workshop Series

This fall, the Women at Work workshop series will present community workshops addressing various issues confronting women in the workplace. A survey is being circulated to suss out interest in specific topics. Kendra Thomas, program coordinator for Warmland Women's Support Services Society will be presenting either of the following two workshops if these workshops are voted in by community members:

"Recognizing Gender-based Violence in the Workplace" - responses to intimate partner violence when it spills over into the workplace and affects women's abilities to maintain employment

"Women Who Bully" - navigating female harassment and fostering equality in the workplace through a feminist lens

Vote on Survey Monkey! :-) Feel free to circulate the workshop survey!

<https://www.surveymonkey.com/r/5MLKRJD>



When Tamarack was founded in 2002, the hope was to create an institute that would deeply understand community change and would help organizations and citizens work better together for a collective impact. Communities everywhere face increasingly complex challenges – from climate change to economic inequality to disruptive technologies – and our goal is to equip you with the *latest* in community change in order to effect *lasting* change in your community. So, we are constantly asking ourselves, ***how can we better support our learners as they face these complex challenges?***

Change is at the centre of our work and so we have made some major changes to support our learners and make your work easier and more effective! As a valued member of our learning community, we are excited to give you first access to our **brand new online home!** At www.tamarackcommunity.ca, you will find:

- **The Latest** | It is our promise to bring you the latest in community change. Explore our Resource Library and Latest section to read, listen and watch ideas from our learning community and beyond
- **Events** | We're bringing the same great events with our learners in mind. Check out face-to-face learning events, including this Fall's [Community Change Institute](#), along with our online webinars

to advance your learning and professional development

- **Ideas** | Explore these five BIG ideas for making significant community change – Collective Impact, Community Engagement, Collaborative Leadership, Community Development and Evaluating Community Impact
- **Practices** | Turn theory into practice by learning more about our two practice areas: *Vibrant Communities: Cities Reducing Poverty* and *Deepening Community*
- **About** | Read about our story, our expertise, how we work and get to know the faces of Tamarack

So... What Do You Think?

Our job is to make *your work* easier and more effective. Do you think our new site does the trick? We'd love your feedback so that we can ensure we do everything in our power to support you and the incredible work that you do. Fill out this [short survey](#) to let us know your thoughts or click the **Tell Me More** tab on the bottom right hand side of our homepage.

Thanks so much for all that you do and enjoy our new online home!

Sincerely,

Paul Born
President & Co-Founder
Tamarack Institute

[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