



Health Matters Newsletter March 11, 2016

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports – Parks in the Municipality of North Cowichan
- Town Hall Meeting with Alistair MacGregor for Embracing Aging
- Alzheimer Society of BC – In Touch Bulletin
- Upcoming Webinars
- Cowichan Family Caregivers Support Society Spring Newsletter (share freely)!

Nature at its best!



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** April 7, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** April 14, 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 – March 17 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **Ladysmith Interagency Meeting- the last Wednesday of the month from 12:30 pm to 2:00 pm** at Ladysmith Resource Centre Society- 630 Second Avenue Ladysmith

Local Data and or Research- Report Highlighting Parks in the Municipality of North Cowichan

<http://www.northcowichan.ca/documents/Cache/Parks%20Book.pdf>



Cowichan Elder Care Co-op

FOR IMMEDIATE RELEASE

March 10, 2016

COWICHAN ELDER CARE CO-OP AND MP ALISTAIR MACGREGOR WILL HOST A TOWN HALL FOR EMBRACE AGING MONTH

COWICHAN – On Saturday, March 19th Cowichan Elder Care Co-op and MP Alistair MacGregor will co-host a town hall for Embrace Aging Month. This is a free event but attendees are encouraged to bring a share plate. Tea and coffee will be provided.

Since 2006, the Eldercare Foundation, through their Embrace Aging initiative, has aimed to connect older adults and their families to the wealth of resources available to help navigate the journey of aging. For more information on this year's schedule, go to www.embraceaging.org.

This year the Cowichan Elder Care Co-op will co-host a Town Hall open to the public at the Duncan United Church on Saturday, March 19th from 1pm – 4pm. Speakers will include Roger Hart and Hilary Abbott giving an update from the Cowichan Elder Care Co-op, Moira Hauk of Coastal Community Credit Union speaking about the Registered Education Savings Plan and other financial programs of interest to seniors while local MP Alistair MacGregor will be discussing his role as the NDP's Seniors Critic.

The Cowichan Elder Care Co-op (CECC) is a Social Service Co-op owned by seniors and managed by seniors to provide services for seniors, as an alternative to private or public care organizations. The CECC was developed with the support of the Social Development Partnerships Program of the Government of Canada, the Vancouver Foundation, and the B.C. Co-operative Association. The Co-op also received a generous donation of seed funding from Coastal Community Credit Union as part of its Building Healthier Communities Fund.

For media requests and further information, please contact:

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Alzheimer Society of BC- *In Touch* Bulletin

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

[In Touch Spring 2016: Looking forward to spring](#)

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

Taxes are due April 30, 2016. To help navigate some of the complexities of the tax season, the Alzheimer Society of B.C. prepares an annual *Guide to Income Tax and Benefits*. To download the *Guide* for the 2015 tax year click [here](#).

Warm Regards,
Alzheimer Society of B.C.
In-Touch@alzheimercbc.org

UPCOMING WEBINARS / WEBINAIRE À VENIR

Date/Time	Webinar Title
March 9, 2016 / le 9 mars 2016	<u>Seniors Reaching out to Seniors: An Elder Abuse Awareness and Financial Literacy Workshop Program for Older Adults</u>
1:00pm- 2:00pm 13h00-14h00	
March 15, 2016/ le 15 mars 2016	Acting across sectors - frameworks for moving forward on the social determinants of health/ Agir de manière plurisectorielle - cadres permettant d'aller de l'avant en ce qui a trait aux déterminants sociaux de la santé
1:00pm- 2:30pm 13h00 - 14h30	

**April 7,
2016/le 7 avril,
2016**

[Health Care Innovation Working Group \(HCIWG\) webinar - Care at Home for Individuals Living with Dementia](#)

1:00pm-
2:30pm
13h00-14h30

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