



Health Matters Newsletter March 18, 2016

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports – Aboriginal Off Reserve Housing Need Assessment- Social Planning Cowichan
- Program Nurse Job Posting- Healthiest Babies Possible
- Self Care Workshop for Families who are Caregiving for Person with Stroke or Brain Injury (attached)
- Upcoming Webinars
- Literacy Now Wordscrum Fundraiser



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 – April 21 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **Literacy Now Wordscrum Fundraiser-** April 10 3pm to 5 pm at York Street Diner
- **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- [Social Planning Cowichan's Housing Reports and Strategies Aboriginal Off-Reserve Housing Need Assessment, Social Planning Cowichan, 2014](#)

Program Nurse- Job Posting

Healthiest Babies Possible requires the services of a Program Nurse for 7 hours per week.

Key Accountabilities:

- Provide prenatal/postnatal support and education
- Provide mental health and addictions support
- Advocates for clients' health needs
- Maintain client charts
- Manage nutritional supplements
- Facilitate weekly program health workshops with other staff
- Continue linkages with health care professionals and agencies

Qualifications:

- Bachelor of Science in Nursing and current membership with CRNBC required
- Current CPR for Health Care Providers certificate
- Valid Class 5 BC Driver's license and use of reliable vehicle
- Criminal record check required
- Knowledge of concepts, principles, practices and theories of community health nursing, population health and health promotion concepts
- Experience working with First Nation communities preferred
- Knowledge and appreciation of First Nation culture and an understanding of how culture impacts the development of individuals and communities
- Strong facilitation skills
- Ability to work effectively within a multidisciplinary team

Submit resume and cover letter, with current references to:

Hiiye'yu Lelum

Box 1015, Duncan BC V9L 3Y2

Or drop off at #106 -5462 TCH Duncan BC

Or by email to lsjolie@hofduncan.org

by Tuesday, March 29 by 4 pm.

UPCOMING WEBINARS / WEBINAIRE À VENIR

Date/Time	Webinar Title
April 7, 2016/le 7 avril, 2016	<u>Health Care Innovation Working Group (HCIWG) webinar - Care at Home for Individuals Living with Dementia</u>
1:00pm-2:30pm 13h00-14h30	



Literacy Now



213B-80 Station Street,

Duncan. BC. V9L 1M4

Cowichan, BC

March 16, 2016

For immediate release

Literacy Now Cowichan hosts first Valley WordScrum April 10

Firstly, what's a WordScrum? If you're imagining a bunch of rugby players standing around discussing their next play, adjust your thinking: a WordScrum is a fun event where contestants get to play and tussle with words in a variety of ways.

During Literacy Now Cowichan's first ever WordScrum scheduled for April 10 from 3 to 5 pm at Duncan's York Road Diner, teams of four will have the opportunity to demonstrate their spelling, anagram, synonym and word-in-a-word skills.

And it's all to raise money for Literacy Now Cowichan (LNC), a local non-profit organization that pairs highly trained volunteer tutors one-on-one with more than 300 adults per year searching to upgrade their literary skills in areas like reading, writing, math, computer basics, smart phones and tablets, speaking and writing in the English language for immigrants, budgeting money, job search and job readiness skills.

"For many of our clients, this tutoring provides a bridge to trades programs, adult high school programs and other job training," explained Barb de Groot, founding member and long-time chair of nine-year-old LNC.

"For a set entry fee per team that includes a beverage and burger for each player following the contest, contestants can play with words, win prizes and raise money to help others in the community," she added.

WordScrum is a follow-up to a successful Trivia Challenge fundraiser held last fall.

For entry registration forms, contest rules and further information about WordScrum, please contact:

Literacy Now Cowichan, 250-597-1776

kathleenlitnowcow@gmail.com

barbdegroot@shaw.ca

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

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