



Health Matters Newsletter October 30, 2015

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Cowichan Eldercare Co-op Ready to Launch
- BC Childhood Poverty- Notice Cowichan is reported as a community with highest rates of childhood poverty!
- Sundrops Sock Drive is ON!



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting November 12, 2015, School District 79 Annex Beverly Street.** Light dinner at 5:30 pm Meeting starts at 6:00 pm.
- ✓ **Next Admin Committee Meeting-** November 5, 4:30 pm to 6:30 pm- CVRD Committee Room 2



Community Events

- **A CONVERSATION ON CLIMATE CHANGE"**
The Inconvenient Truths of our time: Climate Change, Rising Inequality and how to have this difficult conversation-7pm Wednesday November 4, 2015 at VIU in the Lecture Theatre
Community Presentation with Guest Speaker
Marc Lee of the Canadian Centre for Policy Alternatives
- **EPIC Seniors Meeting- Friday November 20 Mesachie Room at Island Savings Centre- (poster attached)** All seniors serving organizations are invited to learn about significant changes coming to the Cowichan Region regarding seniors health care and services. The EPIC (Eldercare Project In Cowichan) is exciting and needs the collective
- **Sobering and Detox Task Force Meeting-**Thursday November 26 -9 am to 11 am in the Mesachie Room at Island Savings Centre- All organizations and services supporting citizens

struggling with substance use and addictions are invited to come together to identify gaps, barriers and strengths in services in the region. New Substance use beds mandated by the Ministry of Health will also be on the agenda.

- **Cowichan Women Against Violence Gala Fundraiser-** a team of dedicated volunteers are coming together to host a gala fundraiser for Cowichan Women Against Violence where proceeds will go towards affordable housing for women and children in abusive situations. The Cowichan region has high rates of violence against women so your participation in this event will go a long way to improving the lives of those who need it most. Be sure to purchase your tickets and attend! The poster follows.
- **Seniors Safety Fair- (See attached poster) Tuesday November 10th 9 am to 3 pm Island Savings Centre-** Cost \$10 per person includes hot lunch and refreshments, three breakout sessions, booths and door prizes. Advanced registration through Cowichan Community Policing as space is limited.

Cowichan Elder Care Co-op ready to launch

By Cowichan Valley Citizen

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Coastal Community Credit Union has given \$10,000 in grant money to a new initiative aimed at supporting seniors in the Cowichan Valley. With an aging population and a reduction in government assistance, the Cowichan Elder Care Co-operative (CECC) has emerged and will help seniors extend their time living at home by acting as a trusted resource to make referrals, arrange sub-contractors, and coordinate volunteers to deliver services to seniors at home.

The co-op is now poised to launch. Coastal Community's grant will pay for an ambitious member recruitment campaign, covering diverse needs from marketing the co-op to the training and development of new board members. Roger Hart, a long-time promoter of community economic development in the Cowichan Valley, along with the board members of CECC, believes that now is the right time to introduce the concept of an elder care co-op.

"Our community needs to reacquaint itself with 'people caring for people'," Hart said. "With increased demand on social and health services, the elder care co-op will provide meaningful work for active senior members of our community willing to offer services in accordance with our desire for 'seniors helping seniors'."

Younger generations throughout the Cowichan Valley will also be needed and are encouraged to get involved with the co-op. The co-op board plans for innovative partnerships with local high schools that will allow young people to contribute both socially and economically to their communities.

More and more startup ventures like the CECC are looking for different business models in which to



incorporate. As a co-operative, the business is owned and controlled by the people who use its services. In B.C. alone, there are 721 co-operatives incorporated within the province, with assets worth over \$67 billion. The B.C. Co-operative Association (BCCA) developed a national Co-operative Elder Care Project in 2013, and piloted it in five provinces, including B.C.'s Cowichan Valley.

At its conception, with the support of the Government of Canada through the Social Development Partnerships Program and the Vancouver Foundation, BCCA provided CECC with \$30,000 in seed funding to plan and develop the co-op. Carol Murray, BCCA's executive director, believes that this type of co-op will really make a difference in communities.

"It's about enabling communities to come together to support elders at home, where they want to be, in a co-operative way," she said.

Those at Coastal Community Credit Union agree. The Credit Union has had a relationship with the CECC since its early days, providing support last year to host a public and member information meeting.

"Helping seniors access safe, reliable services at a fair price is an initiative we strongly believe in at Coastal

Community," said Allyson Prescesky, manager of Community Experience and Communications. "We were inspired by the initiative, which has been built on a co-operative model — run by seniors, for seniors — while providing a sense of belonging to those involved, where all members have the chance for input into decision-making." Cowichan Elder Care Co-op will be moving into new offices at Providence Farm next month and will be hosting a social to launch member services.



BC CHARTS: CHILD POVERTY FOUND IN EVERY FEDERAL RIDING- [See where Cowichan Fares! \(Charts below\)](#)

To supplement Campaign 2000's October 8 [media release](#) of maps showing the rate of child poverty in federal ridings across the country, First Call released [two charts](#) profiling the child poverty rates in the federal ridings in British Columbia.

The regional maps, available via www.campaign2000.ca, present a snapshot of child poverty rates based on the most recent available data from 2013 on child poverty by federal electoral district or federal riding.

The child poverty rates are mapped according to 2013's 308 riding boundaries. The maps also have the new 338 riding boundaries super-imposed on the 2013 child poverty data and riding boundaries.

In British Columbia 20 of the 36 federal ridings have child poverty rates above 19%, the national average. The BC ridings in [Chart 1](#) are ranked by the percentage of child poverty, highest to lowest. Nanaimo-Cowichan and Surrey North are the ridings with the highest child poverty rates at 28.2% and 27.7% respectively. North Vancouver has the lowest rate at 13.2%

In [Chart 2](#) (scroll to page 2), the ridings are ranked by the number poor children living there. Two Surrey ridings, Surrey North and Fleetwood-Port Kells, top the list with more than 8,000 poor children in each riding. Vancouver Centre has the smallest number of poor children (2,230), although the riding's child poverty rate stands at 21.8%.

CHILD POVERTY

CHART 1 – CHILD POVERTY RATES (2013, LOW INCOME MEASURE AFTER TAX)

FEDERAL RIDING	CHILD POVERTY RATE
NANAIMO - COWICHAN	28.2%
SURREY NORTH	27.7%
RICHMOND	27.6%
SKEENA - BULKLEY VALLEY	27.6%
VANCOUVER EAST	27.0%
CHILLIWACK - FRASER CANYON	25.5%
BURNABY - NEW WESTMINSTER	24.4%
VANCOUVER SOUTH	23.7%
VANCOUVER ISLAND NORTH	23.4%
NANAIMO - ALBERNI	23.1%
CARIBOO - PRINCE GEORGE	22.5%
BRITISH COLUMBIA SOUTHERN INTERIOR	22.3%
VANCOUVER CENTRE	21.8%
OKANAGAN - SHUSWAP	21.7%
OKANAGAN - COQUIHALLA	21.6%
NEWTON - NORTH DELTA	21.4%
WEST VANCOUVER - SUNSHINE COAST - SEA TO SKY COUNTRY	20.3%
BURNABY - DOUGLAS	19.8%
FLEETWOOD - PORT KELLS	19.5%
VANCOUVER KINGSWAY	19.2%
ABBOTSFORD	19.0%
VICTORIA	18.9%
VANCOUVER QUADRA	18.9%
KOOTENAY - COLUMBIA	18.8%
NEW WESTMINSTER - COQUITLAM	18.2%
PORT MOODY - WESTWOOD - PORT COQUITLAM	18.1%
KAMLOOPS - THOMPSON - CARIBOO	17.9%
KELOWNA - LAKE COUNTRY	17.3%
PITT MEADOWS - MAPLE RIDGE - MISSION	16.4%
SAANICH - GULF ISLANDS	16.1%
PRINCE GEORGE - PEACE RIVER	16.0%
ESQUIMALT - JUAN DE FUCA	15.8%
LANGLEY	15.4%
DELTA - RICHMOND EAST	15.4%
SOUTH SURREY - WHITE ROCK - CLOVERDALE	14.6%
NORTH VANCOUVER	13.4%

CHART 2 – CHILDREN IN POVERTY (2013, LOW INCOME MEASURE AFTER TAX)

FEDERAL RIDING	# OF POOR CHILDREN
SURREY NORTH	8,290
FLEETWOOD - PORT KELS	8,270
CHILLIWACK - FRASER CANYON	6,880
NANAIMO - COWICHAN	6,720
NEWTON - NORTH DELTA	6,660
RICHMOND	5,940
ABBOTSFORD	5,820
SKEENA - BULKLEY VALLEY	5,740
BURNABY - NEW WESTMINSTER	5,590
CARIBOO - PRINCE GEORGE	5,340
VANCOUVER SOUTH	5,170
PORT MOODY - WESTWOOD - PORT COQUITLAM	5,050
VANCOUVER ISLAND NORTH	5,020
NANAIMO - ALBERNI	4,840
PITT MEADOWS - MAPLE RIDGE - MISSION	4,740
OKANAGAN - SHUSWAP	4,690
WEST VANCOUVER - SUNSHINE COAST - SEA TO SKY COUNTRY	4,480
LANGLEY	4,470
OKANAGAN - COQUIHALLA	4,260
KELOWNA - LAKE COUNTRY	4,220
VANCOUVER KINGSWAY	4,160
PRINCE GEORGE - PEACE RIVER	4,060
VANCOUVER EAST	4,060
ESQUIMALT - JUAN DE FUCA	4,040
KAMLOOPS - THOMPSON - CARIBOO	3,960
BURNABY - DOUGLAS	3,940
NEW WESTMINSTER - COQUITLAM	3,940
BRITISH COLUMBIA SOUTHERN INTERIOR	3,620
VANCOUVER QUADRA	3,400
KOOTENAY - COLUMBIA	3,210



October 6, 2015

To Whom It May Concern:

We are a non-profit organization in the Cowichan Valley that has been providing services for children and adults with developmental disabilities since 1957. October is Community Living Month and the launch of our Annual Sock Drive.



Clements Centre Society is hosting its 7th Annual Sock Drive. Our goal this year is to collect 2,015 new pairs of socks which are then given back to others in our community. Some of the agencies who have benefited in past years include: Cowichan Lodge, Margaret Moss, The Salvation Army, Warmland Shelter, North Cowichan Fire Department as well as many others.

If you are interested in donating new socks for all ages and genders, please contact Debbie Oliwa at Clements Centre: (250) 746-4135 Ext 226. Debbie would be happy to provide any additional information and pick up any donations.

As an alternative, we also accept money donations which are then used to purchase new socks.

Thank you for your time and we look forward to hearing back from you.

Lisa Chileen

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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