



## Health Matters Newsletter November 13, 2015

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
  - EPIC Seniors Meeting November 20- see below
  - Sobering and Detox November 26- see below
- 16 Days of Activism Against Gender Violence- insert and attachments
- Ladysmith Light Up November 26 - attachment
- Duncan Light Up November 27
- Para Sport Educational Day
- An interesting Article on Collective Impact

The willows and the cottonwoods are hanging on to their leaves as Mother Nature works hard to blow them off.



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### Our Cowichan- Network Member Meetings-

- ✓ **Membership Task Force** – Monday November 16 – 10:30 am to 11:30 am ( conference call meeting)- contact Cindy for dial in information
- ✓ **Small Grants Committee- 12pm to 1 pm-** Duncan Garage
- ✓ **Finance Task Force 4:30 pm to 5:30 pm** (Conference call meeting ) – contact Cindy for Dial in information
- ✓ **Asset Mapping Task Force-10:30 am to 11:30 am-** Duncan Garage
- ✓ **Next Our Cowichan Network Meeting December 10, 2015, CVRD Board Room.** Light dinner at 5:30 pm Meeting starts at 6:00 pm.
- ✓ **Next Admin Committee Meeting-** December 3, 4:30 pm to 6:30 pm- CVRD Committee Room 2

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### Community Events

- **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.

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**The 16 Days of Activism Against Gender Violence is a global campaign calling for the elimination of all forms of violence against women highlighting significant dates Nov. 25th—Dec. 10th**

<http://16dayscwgl.rutgers.edu/> In response to the levels of relationship abuse and/or violence against women and young girls in the Cowichan Valley we are hosting a social action workshop in support of 16 Days of Activism! We invite you to join us for breakfast, enjoy the company of the fine community that we are, and engage a dialogue about our community's role in addressing gender-based violence. \$10 registration is **rsvp**. As this event is not funded we gratefully accept donations of more than \$10 for registration to help cover expenses :-). This is a community workshop lead by community for community and everyone is welcome! :-). Attached is a pdf poster to forward to your network and an image that can be uploaded and "shared" on your social media page :-).

As a community our individual and collective voice has power. **How** we talk to each other and **when** we talk to each other about violence against women has a direct and dramatic impact. Join the conversation!

From peace in the home to peace in the world, it starts with us!

<https://www.facebook.com/cowichantgetheragainstviolence/>

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**Ladysmith Light Up is on November 26! And Duncan Christmas Kick Off November 27**



# Para Sport Educational Day

Thursday November 19, 2015

9:00am to 3:00pm

Centre for Athletics Recreational and Special Abilities

**About:** Para Sports Development Week is a week of events with the purpose to promote inclusive sport and fitness programs taking place across Victoria. The goal for an Educational Day is to engage members of the community to facilitate new programming opportunities and promote awareness.

## Schedule:

Time	Activity	Where	Registration
9:00-12noon	Inclusive Programming Workshop <ul style="list-style-type: none"><li>➤ CMCL Presentation</li><li>➤ Hands on Training<ul style="list-style-type: none"><li>• Adapted Spin</li><li>• Adapted Strength Training</li><li>• Adapted Physical Literacy</li></ul></li></ul>	CanAssist Boardroom & CARSA	Required
12:30-1:00pm	Keynote Speaker: Michelle Stilwell	High Performance Gym	Not Required
1:00-3:00pm	Open House	CARSA Fieldhouse	Not Required

The **Open House** is open to the public and is a drop in with a variety of para sports and activities such as basketball, rugby, spin, rowing, strength and conditioning, physical literacy and more!

**Who Should Attend:** This event is open to all stakeholders, members of the public and anyone of any ability. This is a great opportunity to try a new sport and learn how to adapt activities.

**Inclusive Programming Workshop:** Free registration (maximum of 20 people to attend). This is an ideal opportunity for Recreation, Fitness, Teachers and ECE Professionals. To register, please do so at: [CMCL Presentation](#)

For any questions please contact [parasportdevelopment@gmail.com](mailto:parasportdevelopment@gmail.com)

**An Interesting Article on Collective Impact-  
Designing a learning health organization for collective impact**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4243793/pdf/jpump-21-s24.pdf>



**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**