



Health Matters Newsletter October 13, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research- Youth and Adult Homelessness in Cowichan
- Volunteer Conference with Isobel Makenzie as Keynote-Free registration and information below
- Speakers Series Eco Cities in Context Making the Rural Connection
- Collaborative Leadership from Tamarack
- Indigenous Early Years Education Bursary
- Circles of Support- Strengthening Personal Networks



Our Cowichan- Network Member Meetings-

- ✓ Next Admin Committee Meeting- **November 2, 4:30-6:30** CVRD Committee Room 2
- ✓ Next Our Cowichan Network Meeting at **November 9 Ramada Silver Bridge**. Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting October 19, 9 am-11am** Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** October 12, 12:00 pm-1:30 pm Ladysmith Health Centre

Local Data and or Research- Snapshot Youth and Adult Homelessness in Duncan- attached

You are invited to our Volunteer Conference – “Cowichan Spirit of Volunteering” on Friday, October 13, 2017, from 9 a.m. to 3 p.m. at the Ramada (former Silver Bridge Inn) in Duncan.

Our keynote presenter at 9 a.m. is Isobele MacKenzie, BC Seniors Advocate. She has just recently rolled out the results of her survey of BC Residential Care Facilities conducted by an army of volunteers.

We have displays and information from community not for profit agencies looking for volunteers and hoping to match volunteer opportunities with community minded individuals looking for meaningful volunteer experiences.

We have complimentary lunch and workshops of interest to both volunteer agencies and volunteers.

For your information and for sharing among your networks I have attached our poster with information on how to register.

Please [RSVP your registration via email with your name, and postal code. Or, you may call in to 250 715-6481 with your name, phone number and postal code.](#)

Regards,

Vicki Holman

Executive Director
Cowichan Seniors Community Foundation
250 715-6481

News Release

FOR IMMEDIATE RELEASE
September 28, 2017

Ecocities in Context: Making the Rural Connection

Duncan, BC – For the remainder of 2017 and first half of 2018, the Cowichan Valley Regional District (CVRD) is hoping to engage the community in thinking about the future of the valley. This is being done through the Place-Making Vancouver Island Speakers Series as well as the Cowichan 2050 initiative, a regional, integrated planning strategy.

Following on the inspirational message about creating a Happy Valley from Charles Montgomery, the first speaker in the series, the second speaker will explore Ecocities in Context: Making the Rural Connection.

“We are excited to have Dr. Jennie Moore share her thoughts on ecological sustainability and urban systems,” explains Chair Jon Lefebure. “We know the environment is a top priority to residents in the Cowichan Valley, and there are many challenges, such as water supply, facing future growth in our region. We look forward to discussing how we can grow in a sustainable way.”

This free event will be held on Wednesday, October 18 at 7 p.m. at the Vancouver Island University (VIU) Campus in Duncan. A roundtable discussion with VIU professor Dr. Pamela Shaw, Cowichan Watershed Board Executive Director Tom Rutherford and a VIU student will follow Dr. Moore’s presentation.

Dr. Jennie Moore is the Associate Dean of Building Design and Construction Technology programs at the British Columbia Institute of Technology (BCIT). She is situated within the School of Construction and the Environment, concerned with the natural environment, the built environment, and the relationship between them. She currently serves as a core advisor to the International Ecocity Framework and Standards, an initiative aimed at developing performance metrics for cities in balance with nature. For more information visit <https://www.cvrld.bc.ca/2897/Place-Making-Vancouver-Island-Speaker-Set> and to get your tickets visit <https://www.eventbrite.ca/e/ecocities-in-context-making-the-rural-connection-tickets-36723049630>

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For more information, please contact:

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Collaborative Leadership from Tamarack

Today we release the latest paper in our community change series which shines a light on collaborative leadership and the qualities leaders need to possess to tackle complex issues facing cities of the future.

Mark Holmgren followed a collaborative leadership process by co-creating this paper together with 35 others. The paper, titled [35 Voices on Collaborative Leadership & Co-Creating Cities of the Future](#), summarizes, themes, and reflects on:

- Five attributes or qualities of an effective collaborative leader
- A summary of the top issues and challenges that cities face
- Ideas on how to tackle 5 key issues that cities need to address
- Visions for cities of the future and how collaborative leadership can be a catalyst for change

[Read the paper](#)

We've nicknamed these next few months as 'learning season' as the learning opportunities available to us are abundant. Below I've outlined various workshops and webinars by topic area and I invite you take advantage of these rich experiences:

Indigenous Early Years Education Bursary

The New Relationship Trust Foundation (NRT Foundation) has launched a new \$1 million Indigenous Early Years Scholarship and Bursary program. Made possible with the support of the Provincial Office for the Early Years, eligible program types include certificate, diploma and associate's degree programs.

For more information contact Senior Project Officer Matthew Cook-Contois. Phone: 604-925-3338 ext. 222 Email: mcookcontois@nrtf.ca.

[Apply before 12pm PST on November 7](#)

Circles of Support

Strengthening Personal Networks



**FREE training session
to learn how to support seniors and
caregivers
by creating a
“Circle of Support”
around them
with family, friends, volunteers, and
community members.**

**Wednesday, October 18th, 2017 – 10:00am to 3:00pm
Ladysmith Health Care Centre
Lunch will be provided**

**Training delivered by Jodie McDonald, MSW RSW
Executive Director, Cowichan Family Caregivers Support Society.**

Suitable for anyone helping seniors and caregivers professionally, as a volunteer, a member of a faith community, or as a neighbour and community member.

- Learn why it's **essential** to provide support for caregivers.
- Learn the **best ways** to support seniors and caregivers.
- Learn how to **bring life back** into dormant networks of support.
- Learn how to support seniors and caregivers with **kindness, dignity, and respect**.
- Learn more about **community resources** available to seniors and caregivers.
- Learn how to **measure how well** seniors and caregivers are doing.

Call Jodie at 250-597-0886, or email jodie@familycaregiverssupport.org, to register, or for more information about this training.

Funding provided by **Island Health** - Community Wellness Grant, with support from the **Eldercare Project in Cowichan (EPIC)**.



VOLUNTEER COWICHAN PROUDLY HOSTS

Culturally Welcoming Volunteers 2.0

*A continuing professional development opportunity
for Volunteer Coordinators, Managers, community
members and anyone who engages volunteers in
their programs*

*Providence Farm Chapel
1843 Tzouhalem Rd, Duncan BC
Tuesday, 7th November, 2017
9:00 AM - 3:30 PM (Welcoming 8:30 AM)*

RESERVE YOUR SEAT AT VC@VOLUNTEERCOWICHAN.BC.CA

OR CALL 250.748.2133

\$20 PER PARTICIPANT OR \$30 FOR TWO (INCLUDES LUNCH)

LEARN MORE AT VOLUNTEERCOWICHAN.BC.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

Health Matters Newsletter