



Health Matters Newsletter October 2, 2015

Today's Health Matters Includes:


- Meeting Schedules
- Community Meetings and Events
- Family Caregiver Education Sessions
- Indigenous LGBTQ2S Conference
- Air Quality Public Forum
- Cowichan Woman Against Violence seeks participants for gala fundraiser
- Youth Wellness Centre seeking supplies

Our Cowichan- Network Member Meetings-


- ✓ **Next Our Cowichan Network Meeting October 8, 2015**, CVRD Board Room. Light dinner at 5:30 pm Meeting starts at 6:00 pm.
- ✓ **Next Admin Committee Meeting-** November 5, 5:00 pm to 6:30 pm- CVRD Committee Room 2

Community Events

Family Caregiver Education

-  Duncan FCS October 2015.pdf
- October 17th and 24th, 2015 - 12:30 to 4:30 pm Providence Farm
 - It will cover: Understanding Dementia, Understanding Communication, Responsive Behaviours, Accessing Services and Self care for Caregivers. There is no fee for this program, although donations are always welcome. This education is appropriate for any family members caring for a person with dementia.
Call Jane Hope at 1-800-462-2833 to register

Shaping the Journey

-  StJ Duncan November 2015.pdf
- November 10, 17th and 24th- 1:00 to 4:00 p.m- Providence Farm



It will cover: The brain and dementia, Hearing the diagnosis, maintaining your General Health, Life after Diagnosis, Planning ahead and maintaining your spirit. This education is designed specifically for people experiencing the early symptoms of Alzheimer's disease or another dementia as well as a care-partner, family member or friend. There is no fee for this program

- Call Carol Pelletier at 1-888-734-4171 in order to register or for more information

Indigenous LGBTQ2S Conference



LGBTQ2 Youth
Poster 15.pdf

Indigenous LGBTQ2S youth who'd be interested in this 1 day conference that will be happening in Victoria. My understanding is that the conference is for youth ages 12-24 and their support staff, and priority is for youth living in greater Victoria and connected with School District 61 (the Greater Victoria school district) but if you are aware of others outside of the region who are interested they can contact the number listed on the poster.



Air Pollution Flyer
R4.pdf

Air Quality Public Forum

The BC Lung Association and regional partners will be holding a **public air quality forum** on **October 6th, 6:30 – 8:30 pm** at the **Riverwalk Café** in the **Quw'utsun' Cultural and Conference Center, 200 Cowichan Way, Duncan, BC**. The forum is an opportunity for community members to ask experts in the field of Air Quality, Dr. Michael Brauer and Dr. Sarah Henderson, some questions regarding air quality in the region. This year's public forum will start off with a discussion on pollutants, their health effects, and airshed management. The audience is highly encouraged to ask the speakers about other air quality topics. The air quality public forum aims to discuss air quality concerns by identifying ways in which the public and other stakeholders can move forward in improving air quality and reducing health risks. For further information, please see the attached flyer.

The BC Lung Association invites you to the forum and asks that you spread the word about this event by sharing the flyer across your networks.

Gala Fundraiser

Saturday, November 7th
Mellor Hall, Duncan

Proceeds to help raise funds for the Cowichan Women Against Violence Society to build safe, affordable housing for women and children leaving abusive situations.

Evening includes: a 4 course **Gourmet Dinner**
~ Silent & Live Auction ~ 50/50 draw ~ LIVE music!
- 6pm **Cocktails** - 7pm **Dinner** - 8pm **Auction** - 9pm **Music**



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TICKETS \$125 each & are available to purchase at:



- Chemainus Village Computer Centre
Oak Street, Chemainus
- Galletto Market & Deli - 1602 Joan Ave, Crofton
- CWAV Office - 103-155 Ingram Street, Duncan
- or on-line at www.cwav.org

For more details phone 250-748-7000



Can you help? The new Youth Wellness Centre at Cairnsmore could really use community support as it sets up the youth drop in centre that will provide much needed Mental Health services- Supply List

- Comfy Counselling chairs (3) or combination of love seat and chair
- Coffee table (2) Small Filing Cabinets – 2 drawer (2)
- Shredder
- Small Desk (3) bookshelf
- Office Chairs (3) Small Fridge
- Lamps (4)
- Computer or Laptop
- Rug
- Couch
- End Tables (2-3)
- Coffee Mugs
- Glasses
- Coffee Machine
- Spoons
- Small Freezer

Contact Cindy Lise cindylisecchn@shaw.ca if you are able to help

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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