



## Health Matters Newsletter September 29, 2017

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research- Homeless Point in Time Count Focus on Seniors
- Alzheimer Society of BC Resources
- United Way Public Policy Institute is Open for Applications
- Circles of Support- Strengthening Personal Networks



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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- October 5, 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.

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### 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
- **Apple Fest Fundraiser** Saturday Sept 30th, 2017 11am – 2pm Ts'i'ts'uwatlu' Lelum Assisted Living 5755 Allenby Road Duncan BC

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**Local Data and or Research-** Attached Summer Point In Time Homeless Count focus on Seniors

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**The Alzheimer Society of B.C.** will be hosting several education sessions for family caregivers over the next few months. Please see our [First Link® Bulletin](#) for more information and the complete schedule of workshops.

You may be interested in:

**Cover story: New resources for recreation service providers and an update on dementia research**

The Alzheimer Society of B.C. has released two new resources - [Making your workplace dementia friendly: Information for recreation service providers](#) and this year's ["A Focus on Research"](#) handout.

**Holiday Tips for Caregivers - Nanaimo**

**Tuesday, December 5, from 1 - 3 p.m.**

With some adjustments, people living with dementia and their families can enjoy the holidays by participating meaningfully in the traditions that have always been important to them, while creating new experiences. The tips in this workshop can help people with dementia and their care partners make the holiday season special and meaningful.

**Shaping the Journey: living with dementia - Duncan**

**Six Fridays, November 10 - December 15, from 10 a.m. - noon**

A series for people with early symptoms of dementia and a care partner. Meet others who are going through similar experiences in a supportive learning environment. Topics include: the brain and dementia, strategies for coping with changes, maximizing quality of life, and planning for the future.

Pre-registration is required. For more information and to register, please call the Resource Centre at 250-734-4170 or 1-800-462-2833 or e-mail: [info.nanaimo@alzheimerbc.org](mailto:info.nanaimo@alzheimerbc.org).

Regards,

Your First Link® Team

Alzheimer Society of B.C.

200 - 1585 Bowen Road

Nanaimo, BC V9S 1G4

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Twitter: @AlzheimerBC | Facebook: AlzheimerBC

Charitable Registration Number: 11878 4891 RR0001

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**APPLICATION PERIOD IS OPEN FOR THE 2018 [UNITED WAY PUBLIC POLICY INSTITUTE](#)**

**Are you a changemaker and want to help strengthen your organization's capacity to advance social change?** Organizations applying to attend this training program must be from the non-profit sector,

active in the areas of social or health-related services and interested in affecting public policy change in those areas. Enrollment is open to organizations from all regions of the province.

This program is specifically designed to help non-profit leaders and their organizations increase their knowledge of the public policy process and their capacity to influence it. Monthly two-day sessions will be delivered over a six month period; from January to June 2018. A dedicated and very experienced cohort, the opportunity for shared learning as part of a small cohort of 25 sector leaders and an applied learning approach with a manageable course calendar make this a unique capacity building opportunity.

**The deadline to apply is Oct 13, 2017.** For more information please visit <http://www.uwlm.ca/public-policy-institute> or by e-mail at [ppi@uwlm.ca](mailto:ppi@uwlm.ca) to get an application form.

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## 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 18<sup>th</sup>, 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](mailto: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)**.



**Physical Literacy** Comes to Island Savings Centre. Stencils will be applied at recreation centres over the coming weeks. If anyone would like to have them at their facility contact [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) for more information.



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**