



Health Matters Newsletter February 6, 2014

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Cowichan Valley Hospice Society- End of Life Care Community Consultations
- Be More Than A Bystander- Attached
- North Cowichan # 10 in Climate Protection
- Community Action Initiative Mentorship Grant opportunity



When you think it is foggy and grey in the Cowichan Valley... just go up and you might be surprised with what you see!

Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –February 12, 2015**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
 - ✓ **Next Admin Committee Meeting-** Wednesday February 18, 5:30 pm CVRD Com. Room 2
 - ✓ **Seniors Small Working Group-** Friday February 6 12:30 pm to 2:00 pm- CVRD Committee Room 2
 - ✓ **Early Years Small Working Group-** Tuesday February 10 9am -11:30- Cindy's Office 6080 York Road
 - ✓ **Chronic Health and Health Promotion Small Working Group-** Tuesday Feb 10 1pm-2:30 pm CVRD Room 213
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Upcoming Events/ Workshops/ Community Meetings

- **Board meets Boards- Collective Impact** -Tuesday February 17, 5:30 to 9:00 pm Clements Centre Society- see below for registration
- **Cowichan Child Care Resource and Referral Program Presents: Kids have Stress Too-** Saturday February 28, 2015 For more information go to www.islandfamilyinfo.ca
- **Cowichan Valley Hospice End of Life Care- Community Consultations**
 - Tuesday, February 10 at Lake Cowichan Upper Hall Community Centre 2:00 to 4:30 pm
 - Wednesday, February 11 at Ladysmith Eagles Hall 6:30 to 9 pm
 - Monday, February 16 at St. John's Anglican Church, Duncan 1:00 to 3:30pm and 6:00 to 8:30pm
 - Tuesday, February 17 at Shawnigan Lake Community Centre 1:00 to 3:30 pm
- **Be More Than a Bystander-** FREE community event Monday February 16th Quamichan Campus Theatre- Beverly Street- see attached posters

Be More Than A Bystander

The Cowichan Valley is incredibly fortunate to host proud Cree member of the One Arrow First Nation J.R. LaRose of the BC Lions, "Be More Than a Bystander" campaign - a ground breaking initiative between the Ending Violence Association BC and the BC Lions to increase understanding of the impact of men's violence against women. J.R.'s presentation will provide us with tools, language and practical ideas to break the silence on violence against women. Learn how you can become more than a bystander at this FREE community event Monday February 16th Quamichan Campus Theatre 2515 Beverly St. Duncan 6pm. Please share widely! This is a powerful presentation for all members of our community.

Attached are posters to print, post and circulate, as well as a jpeg image to share on your FB wall :-)

As always, we humbly thank you for your support.

<http://cfnrfm.ca/bc-lions-j-r-larose-advocates-ending-violence-women-fort-st-james/>
<https://www.youtube.com/watch?v=SK2enZ40-rg>

Cowichan Valley Hospice End of Life Care- Community Consultations

FOR IMMEDIATE RELEASE

January 22, 2015 Duncan BC: How would you like you and your loved ones to be cared for at the end of life? How do we make our community the best possible place to live when our families are challenged with advancing illness or bereavement?

Cowichan Valley Hospice is leading a community consultation on end of life care, through a series of public meetings and a survey that will be available on-line and distributed in public locations. You are invited to participate in a conversation about end of life care experiences and a vision for the future of hospice palliative care in Cowichan.

A definition: Good hospice palliative care is whole person care. It is based on a plan for care defined by the dying person in the context of their whole life, including physical comfort, relations with family and friends, concerns about meaning and existence. The care team may include family and friends, health professionals, home care workers and counsellors and volunteers who offer emotional and spiritual support. Hospice palliative care includes care for the bereaved.

Hospice palliative care is an approach to care, not a place. And we know that we need choices for where people will be cared for at the end of their lives, choices that are very limited in the Cowichan region.

Cowichan Valley Hospice Board Chair MaryAnn Deacon makes an invitation:

“ I hope that as many residents as possible will participate in these discussions and survey opportunities so that all of us together are able to develop the end of life care that our community needs now and into the future. Mark your calendars. Please join us.”

Dates for community meetings:

Tuesday, February 10 at Lake Cowichan Upper Hall Community Centre 2:00 to 4:30 pm

Wednesday, February 11 at Ladysmith Eagles Hall 6:30 to 9 pm

Monday, February 16 at St. John’s Anglican Church, Duncan 1:00 to 3:30pm and 6:00 to 8:30pm

Tuesday, February 17 at Shawnigan Lake Community Centre 1:00 to 3:30 pm

Thanks to *Shared Care* and *Our Cowichan Community Health Network* for funding assistance.

Unable to join us but still want to participate? The online survey will be available soon. Contact us at events.cvhs@shaw.ca.

North Cowichan Top 10 Climate Protecting Municipalities in the Country

- *by John McKinley - Cowichan News Leader Pictorial*
- *posted Feb 3, 2015 at 11:00 AM*

North Cowichan has established itself as among the top 10 climate-protecting municipalities in the country.

The municipality announced today it is just the 25th community in the country to achieve "milestone four" in the national Partners for Climate Protection Program.

Essentially, that means it has taken the necessary actions needed to reach its goals of a 33% reduction of greenhouse gases by 2025 and an 80% reduction by 2050.

"Reaching milestone four is a significant achievement," said Mayor Jon Lefebure. "Out of the 270 local governments across the country that are involved in this program, 25 have achieved milestone four in the areas of both corporate infrastructure and community initiatives."

"We're very serious about climate protection work and have a great plan in place. We hosted the Community for Climate Household Challenge, and municipal staff is in the early stages of establishing a green team that will explore sustainable practices across all municipal facilities."

The Federation of Canadian Municipalities initiated the PCP program, which guides members in creating GHG inventories, setting realistic and achievable GHG reduction targets, developing local action plans, and implementing plans using specific, measurable actions to reduce emissions.

Lefebvre said the municipality will continue to implement its award-winning Climate Action and Energy Plan and work to achieve milestone five of the PCP by:

- exploring the potential of adopting an energy incentive rebate program;
- researching the possible adoption of policies and regulations intended to reduce community electrical consumption
- facilitating opportunities to install renewable energy sources;
- working with BC Hydro to ensure compliance with the new energy aspects of the BC Building Code
- investigating alternative financing mechanisms to enable homeowners to fund home energy improvements
- implementing a five-year LED streetlight replacement program
- completing energy efficient mechanical and lighting upgrades at a number of Municipal buildings (as recommended in BC Hydro sponsored energy audits that were completed by a third party consultant).

Collective Impact Conversation

You and your organization are vital to making the Cowichan region a place where people want to live, learn, work, play, and raise their families.

You are invited to join Cowichan Board Meets Board in a dynamic and timely conversation. Learn two practical tools to develop a community-oriented approach. See the attachment for details.

[Register for the event](#)



Need help finding and keeping partners?

There is no magic formula for developing agency partnerships. Often, the best way to learn is through one-on-one coaching from someone else with a great track record in building solid partnerships. The Community Action Initiative (CAI) is offering a unique experiential learning opportunity that will help you gain success in this area.

Four community-based, non-profit agencies and one Aboriginal agency have the chance to be mentored by an organization with past success in cultivating and maintaining key partnerships.

Mentee Agencies Will:

- Learn new approaches on developing community partnerships
- Get coaching to explore and overcome past challenges
- Build knowledge capital to cultivate strategic partnerships, which promotes organizational resilience to thrive in uncertain times

Besides learning from an experienced mentor organization, mentees agencies may apply for a **grant of up to \$10,000** to work on a convening or capacity-building project with newly acquired partner(s)!

Click [HERE](#) to meet the mentor agencies, view their partnership stories and find out details on how to apply.

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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