



Health Matters Newsletter

May 1, 2015



Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Cowichan Community Health Profile Community Presentations
- Board Meets Board – Exploring Intentional Leadership
- Cognitive Ageing: wisdom in the bigger picture - Lancet
- Help Our Children Play- Physical Literacy Workshops- posters attached
- Attached- Job Posting –Our Ecovillage
- Cowichan Housing Association May Events

Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –Extra Meeting- Wednesday May 6- 5:30 pm in CVRD Board Room**
- ✓ **Regularly scheduled Our Cowichan Network Meeting May 14, 2015, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm**
- ✓ **Next Admin Committee Meeting- May 6, 4:00 pm to 5:00 pm CVRD Committee Room 2 (one hour only)**

Workshops and Events

- **Cowichan Communities Health Profile Presentations- with Dr Paul Hasselback**

- **Arbutus Ridge –May 4th 2:30 -4:30 pm-** Arbutus Room (in the Arbutus Village- Cobble Hill)- check in at security before proceeding to the hall.
- **Lake Cowichan May 4th 7-9 pm** Cowichan Lake Curling Lounge – 311 South Shore Road
- **Ladysmith May 5th 3pm to 5 pm-** Frank Jameson Community Centre 810 6th Ave
- **Board Meets Board- Exploring Intentional Leadership in the Cowichan Valley**

When: Tuesday, May 5 from 5:30 - 8:30 pm

Where: Clements Centre 5856 Clements St. Duncan BC

Dinner is provided. \$15.00. Discount for Board Voice Society of BC Members

To register click on the following link

<https://www.eventbrite.ca/e/cowichan-board-meets-board-a-board-voice-society-of-bc-boards-in-action-event-tickets-16668124810>

Cognitive ageing: wisdom in the bigger picture

The Lancet

DOI: [http://dx.doi.org/10.1016/S0140-6736\(15\)60776-0](http://dx.doi.org/10.1016/S0140-6736(15)60776-0)

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The Institute of Medicine (IOM) recently published its first

[recommendations on cognitive ageing](#), in response to the needs of an ageing population that increasingly turns to health professionals for help with the effects of growing older on their daily lives and health choices.

Cognitive ageing is not a disease, but a natural part of growing up and getting older that starts in utero and continues until death. Cognition describes memory, attention, and processing, and encompasses wisdom, learning, and understanding. Although changes in memory and decision making can be alarming for patients and their families, older adults report greater levels of happiness than younger people, and knowledge can increase into very old age.



Cognitive ageing is difficult to define, hard to measure, and impossible to predict. Mental processes are not neatly located in discrete brain structures. Cognition varies from person to person and within the same person from day to day. Tests used to measure aspects of cognition are influenced by factors that affect ageing itself, such as education, cultural context, or acute illness.

The report describes activities for support of cognitive health that are indivisible from other elements of wellbeing—keeping physically and socially active, taking control of cardiovascular risk factors, getting enough sleep—and asks doctors to help patients in taking these steps, and to manage other risk factors for cognitive decline such as medications and delirium. The IOM calls for research into cognitive ageing and increased collaboration between agencies and providers to support people as they get older.

Caring for an ageing population is one of the most challenging issues facing health-care planners and practitioners today, but also one of the most exciting. In an era of increasing specialisation, the necessity of managing older patients holistically and in context offers those caring for them a real opportunity to improve the wellbeing of the individual and the community around them. Understanding ageing is a

frontier of science and health. Every level of society, everyone involved in health care and health planning, and researchers from all areas of biomedicine can contribute to a world supportive of older people and a future to look forward to.

Cowichan Housing Association

May 2015 Upcoming Housing Events you Won't Want to Miss

- ✓ **Cowichan Housing Association Logo Design Competition** – The newly incorporated Cowichan Housing Association wants to hear your ideas. We are looking for a new logo that captures the essence of the work we do. We are inviting submissions for a friendly design competition. For more information see our webpage at: <http://www.socialplanningcowichan.org/affordable-housing.html>

- ✓ **New Ready to Rent Class set to Start** - Wednesday, May 6, 2015 – 1:00 to 3:00 at Literacy Now, 80 Station St., Duncan. Class is free and offers information that helps people find and maintain good housing. Six week program, 2 hrs a week, until June 10. To register call: 250-597-1776

- ✓ **Workshop on Financing Options for Affordable Housing** – Please join us Thursday, May 21 from 9:30 to noon, Island Savings Centre, Mesachie Room. Presentations from Canada Mortgage and Housing and BC Housing on funding programs to support development of local housing projects. Presentations on local housing initiatives. Please RSVP to Joy – joy.cowichanhousing@gmail.com.

- ✓ **Next Meeting of the Regional Affordable Housing Directorate** - Mark your calendar and please join us for the next meeting of RAHD – Thursday, May 28 – 7:00 to 9:00 pm. Island Savings Centre, Mesachie Room. Presentation and updates on the **Housing Trust Fund**, plus viewing of the logo design entries and updates on all of our work.

- ✓ **Walk of Nations** – Saturday, May 30, 2015. We will be walking under (or behind) the banner of - *Housing and All*. More details to come.

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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