

**CHECK UP**

**November 8, 2013**

A walk along the Skutz Falls Trail is breathtaking at this time of year!

**Today’s Check up Includes:**

* Meeting Schedules
* Community meetings and Events
* New Animated Video on Brain Building
* Healthy Mothers Healthy Babies Conference
* The Village Two – Pot Luck Dinner
* Public Service Announcement- Fall Prevention Week



**CCHN Network Member Meetings-**

**Next CCHN Meeting November 14 – Please note that this meeting starts at 5:00 pm and will then open to the public at 6:00 pm- the LOCATION is the St John’s Hall 486 Jubilee Street- This evening will then be shared with Island Health at 6:30 pm**

**Admin Committee Meeting** November 20- CVRD Committee Room 2 – Dinner at 5:30



**Upcoming Events/ Workshops/ Community Meetings (Note Changes to Dates and Locations for Duncan and Shawnigan Lake Mill Bay Forums)**

* **CCHN and Island Health Open House for 5 year Strategic Plan**

November 14th St John’s Hall 6:00 pm to 8:30 pm 486 Jubilee Street

* **Community Forums for future Cowichan District Hospital Site Selection**

November 30, 10 am to 12 noon, Ladysmith Seniors Hall

November 30, 2:00 pm to 4:00 pm Cowichan Lake Arena Multi Purpose Hall

December 7, 10 am to 12 noon Kerry Park Arena Mill Bay

December 7, 2:00 pm to 4:00 pm Vancouver Island University



**New Animated Video on Brain Building (First Call BC)**

This accessible and engaging animated video from the Alberta Family Wellness Initiative (AFWI) tells the story of brain development with energy and high fidelity to the science. The AFWI developed the video with input from the Harvard Center on the Developing Child and the FrameWorks Institute and tested it with audiences in the U.S. and Alberta. See How Brains Are Built: The Core Story of Brain Development (4:05 min.) [here](http://cts.vresp.com/c/?FirstCallBCChildandY/636eb94773/321050fb30/761208835e)

Thanks to the Early Years Community Development Institute for bringing this to our attention



**Healthy Mothers Healthy Babies Conference 2014: New Research and Best Practice – February 21-22**

Friday, February 21 - Saturday, February 22, 2014
Coast Coal Harbour
1180 W. Hastings Street, Vancouver

This inaugural conference for Perinatal Services BC, an agency of the Provincial Health Services Authority, will be an opportunity for health care professionals who are responsible for the care of pregnant women and their newborns to be updated on new research and best practices across the continuum of perinatal and newborn care. This conference will engage health care providers and educators from a wide range of professional disciplines (including educators, occupational therapists, midwives, physical therapists, nurses, pediatricians and obstretricians) in knowledge transfer and interprofessional collaboration.

Find more details [here](http://cts.vresp.com/c/?FirstCallBCChildandY/636eb94773/321050fb30/8ad36e65aa)



**The Village Two:**

**Rebuilding the Village through Stories of Homelessness, Housing, and Hope**

Dear Community Members,

In mid-October, we came together in a cross-cultural exchange to encourage open dialogue and sharing about our different and “shared” history. We explored how the traditions of First Nations people and choices of our “white” ancestors have shaped and influenced our lives today – for better and for worse. We spoke of valuing healthy community relations and sought shared solutions.

In the spirit of taking another step forward, this invitation to a community dinner is being extended to you. On behalf of The Regional Affordable Housing Directorate of Social Planning Cowichan, I would like to invite you to a community dinner and a *rebuilding of the village through stories of Homelessness, Housing and Hope*.

***Thursday, November 28, 2013***

***2:45 TO 5:00 – The Village Two: Stories of Homelessness, Housing, and Hope***

***5:30 Pot Luck – Community Dinner begins***

***7:30 – Closing***

**St John’s Anglican Church Hall**

**486 Jubilee Street, Duncan**

For more information contact:

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Or

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| **PUBLIC SERVICE ANNOUNCEMENT** |
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| **B.C. Seniors’ Fall Prevention Awareness Week focuses on helping seniors stay independent**FOR IMMEDIATE RELEASENovember 6, 2013**VICTORIA** - Did you know, falls account for 85% of all injuries among seniors in B.C. and are the main reason why older adults lose their independence? When seniors fall, the consequences can be serious. In fact, falls were the leading cause of injury deaths among B.C. seniors in 2010. Increased fall risk can occur for a variety of reasons, usually from a lack of balance or inability to recover balance due to age-related physical or mental health problems, impaired mobility or vision, a reaction to medication(s), or slip and trip hazards.Falls usually happen at home, and women over 65 years are 2.3 times more likely to be hospitalized for a fall-related injury then men—many of these involve hip fractures. Nearly 1 in 10 hospitalizations among B.C. seniors were due to a fall last year and 40 percent of fall-related hospitalizations involved a hip fracture. Approximately one quarter of older adults who live independently prior to a hip fracture may need to live in a facility for a period of time following a fall-related fracture. A contributing factor is that seniors may become afraid of falling, so they restrict their activities and this can lead to weak muscles, stiff joints and poor balance, resulting in more falls.The good news is that most falls are predictable and can be prevented by taking simple steps to reduce fall risk. To raise awareness about the importance of reducing falls and related injuries among B.C.'s aging population and to encourage leadership and collaboration across the province, BC supports seniors’ fall prevention by proclaiming the first week in November as Seniors’ Fall Prevention Awareness Week. This year’s theme focuses on Vitamin D and how it can help reduce the risk for falls and fractures.Are you or your family members at risk? Take the [online interactive survey](http://www2.gov.bc.ca/gov/topic.page?id=C8281D0CCA7B4F9FBA3FD40279BF401B&title=Are%20You%20at%20Risk%20of%20Falling%3F) to find out. **DID YOU KNOW: having enough Vitamin D can help to reduce the risk of falls and fall-related injuries*** Vitamin D keeps muscles strong which is important for balance and mobility.
* Vitamin D helps calcium absorb into bones which keeps bones strong.
* [Eating foods rich in calcium and Vitamin D](http://www.healthlinkbc.ca/healthfiles/hfile68e.stm) will help protect against muscle weakness, which in turn will help prevent falls.
* Health Canada recommends that adults over [the age of 70 years take 800 units of Vitamin D per day](http://www.healthlinkbc.ca/healthfiles/hfile68e.stm). This amount of Vitamin D can be obtained from eating foods that contain Vitamin D and taking a Vitamin D supplement of 400 units per day. To help assess whether or not you are getting enough Vitamin D you can contact a Dietitian at HealthLinkBC through 8-1-1 or the Email a Dietitian service.

**Here are some other key ways to prevent falls:*** Increase [physical activity and muscle strength](http://www2.gov.bc.ca/gov/topic.page?id=5829F98827664AA3BC5343A7CB56D901).
* Improve [mobility and balance](http://www2.gov.bc.ca/gov/topic.page?id=762689BF9EA24082903DD0E67C075474).
* Follow the [Canadian guidelines for calcium and vitamin D](http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php#t7).
* Have regular [vision](http://www2.gov.bc.ca/gov/topic.page?id=C7035DFE248C4FE5B9411787F70C194C) check-ups and correct vision problems.
* Review all [medications](http://www2.gov.bc.ca/gov/topic.page?id=746F5E23539B435FB0FBB30D6A8E5E27) with a doctor or pharmacist.
* Reduce [trip and slip hazards](http://www2.gov.bc.ca/gov/topic.page?id=53BA6F1A477E48CA84C38EC2A297D6A8&title=Home%20Safety%20Checklist) in the home or outdoors.**For more information on fall prevention:**
* Visit B.C.’s Ministry of Health website: <http://www.health.gov.bc.ca/prevention/fallprevention.html>
* Visit the SeniorsBC website: <http://www.seniorsbc.ca/fallprevention>
* Visit Island Health’s newly updated Seniors Health website: <http://www.viha.ca/seniors/>
* Download a copy of this year’s [fall prevention poster](http://www.health.gov.bc.ca/prevention/pdf/fall-prevention-awareness-week-2013.pdf)

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| **South Island media inquiries**Sarah PlankMedia Relations ManagerPhone: 250.727.4275Email: sarah.plank@viha.ca | **Central and north Island media inquiries**Val WilsonRegional Communications Manager250.739.6303Email: valerie.wilson@viha.ca |

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| *This Island Health public service announcement has been sent to media, MPs, MLAs, mayors, Island Health leaders, foundations and regional hospital district chairs on Vancouver Island.**View online at* [*viha.ca/news*](http://www.viha.ca/about_viha/news) |



**November 14th is National Day of the Child-**

* Celebrate the children in your world.
* **Turn off your cell phone, computer and television!**
* Listen, Talk, Read, Sing and Play
* Your children will thank you!



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**Board Voice Society presents and Provocative Conversation on the kind of Future we want to create for our communities**

**Date:** Wednesday, November 20, 2013

**Time:** Doors open 6:30 pm; event – 7:00 – 9:00 pm

**Location:** Island Savings Centre, Mesachie Room

**Cost**: $10 – Prepayment is appreciated

Refreshments provided

**Registration deadline:** Friday, November 15, 2013

Have you ever had a conversation with someone about a problem in our community and felt like you’ve had the conversation before?

How do we get beyond details and get to the community we want to create, so that the Cowichan region continues to be a place where people are able to live, work, play, learn and raise their families?

How do we discover the things that are invisible yet abundant in our communities and organizations?

What are the possibilities if we focus on what is strong rather than what is wrong? (John McKnight – *The Abundant Community*).

**Come to a gathering of thinkers and visionaries like you. This is an opportunity to have a discussion with two of the most innovative thinkers in today’s community benefit sector – Hildy Gottlieb and Dimitri Petropolis, co-founders of Creating the Future.**

If you are involved as **a** board director or staff person in community social services, business, government, associations, coalitions, academe, or any other endeavor connected to work that improves the Cowichan regionand are looking for ways to make a greater impact with changing resources then this event is for you. The tools from Hildy and Dimitri will provide insight in how we can work together to create a more vibrant and desirable community. The evening will provide inspiration and ignite creative thinking to help us move from challenges and issues to enacting positive change.

To learn more about Hildy and Dimitri check out:

· [www.creatingthefuture.org](http://www.creatingthefuture.org/)

· Hildy’s TedxTalk: <http://is.gd/HildyGottlieb>

**Register by calling Volunteer Cowichan at** **250-748-2133** **or email** [**vc@volunteercowichan.bc.ca**](http://vc@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 Check UP Newsletter