



## Health Matters Newsletter September 12 , 2014

### Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Our Cowichan Small Grants Available
- Cowichan Independent Living Fund Raiser
- September is Literacy is Life Month
- Homeless Action Week- Can you give a hand up?
- E Cigarettes- An aid to smoking cessation or a smoke screen? Article
- Charity Village Webinar
- United Way Public Policy Institute Applications



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### Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting** -**October 9**, CVRD Board Room. Light dinner at 5:30 pm - Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting**- Wednesday September 17, 5:30 pm CVRD Committee Room 2
- ✓ **Next Grant Committee Meeting**- Wednesday October 1, 9 am to 11 am CVRD - Room to be announced

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### Upcoming Events/ Workshops/ Community Meetings

- **Volunteer BC: Volunteer Futures Conference Sept 25&26** <http://volunteerfutures.org/> Join leaders in volunteerism, including Board-level volunteers, Managers of Volunteers, and Senior Staff from non-profit organizations. Attendees come from healthcare, culture, social services, sport, education and other grassroots groups. Learn from one another and make connections at Volunteer Futures. The 2-day conference filled with inspiring keynote addresses, practical workshops and plenty of opportunities to network with non-profit colleagues from across BC.
  
  - **Terry Fox Runs**- Don't forget to participate in your local Terry Fox Runs!
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## Calls for Proposals

### Cowichan Valley

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Thank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of \$2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well-being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships.

Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities' future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

**Project focus:**

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the determinants of health will be accepted for review.

Application templates are available on our website [www.cchn.ca](http://www.cchn.ca) or contact Cindy Lise at [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca). Applications will be accepted up to October 1, 2014. Funding announcements will be made by October 15, 2014 or sooner.

- 1 copy must be submitted by email to: [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca)
- 1 hard copy must be mailed to:

Our Cowichan  
PO Box 20106  
Duncan BC,  
V9L- 5H1



**Cowichan Independent Living Presents:**

**Our First Annual**

# Semi - Formal

*Silent Auction!*

*Delicious Dinner!*

*Comedy Entertainment!*

*Where: Quamichan Inn*

*When: September 27th, 2014*

*Doors Open @ 5:00pm*

*Tickets: \$60.00 & can be purchased at our office (103-121 First Street, Duncan BC, V9L 1R1), over the phone by credit card, or by email money transfer.*

**Cowichan Independent Living is a non-profit society offering extensive services for persons with disabilities in the Cowichan Valley.**

**For more information contact  
Cowichan Independent Living at:**

**(250) 746-3930**

**Or see,**

**[www.cvilrc.bc.ca](http://www.cvilrc.bc.ca)**



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## **September is Literacy is Life Month!**

### **Find out why...**

Literacy is an urgent issue that touches virtually every aspect of our lives. At work, at home, at play, in the car, in the doctor's office, we are surrounded by information that we need to understand in order to make sense of the world around us.

Literacy is much more than reading and writing. It is the toolkit of skills and strategies that we use to decode information and create meaning. When we increase literacy, we increase our health and well-being, our parenting skills, our productivity. Crime decreases as opportunity increases. As individuals, as communities, and as a society, we become stronger and more resilient as our literacy increases.

Knowledge is the key to the future, and the more we learn, the more we unlock our potential. Literacy is a key strategy to help solve fundamental societal issues and economic challenges in BC. Find the facts and figures on literacy in BC here:  
<http://decoda.ca/facts-figures/>

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## **Can you give a hand up?**

Homelessness Action Week is in October

October 15 is Cowichan's Day of Community Services for the Homeless. It will be held between 10 am and 3 pm at the Duncan United church Hall. Some of the services available will be foot care, dental exams, haircuts, counseling, sign up for library cards, legal advice,

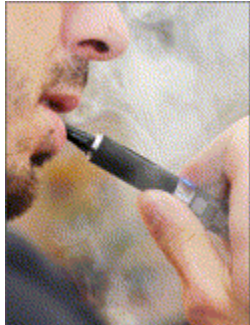
On this day of services, many donated goods will be available for those who need them. Some of the items we are asking to have donated include: lip balm, combs, seasonal clean clothing (jackets, hats, scarves, mitts, rain gear), work clothing, blankets, tents, sleeping bags, boots, back packs, sewing kits, first aid items, foot wear, books, granola bars, juice boxes, flashlights, razors, nail clippers, memory sticks, toilet paper, makeup supplies, water bottles, rain ponchos, Polysporin (healing ointment), reading glasses, duct tape, twine.

If you are able to donate to this amazing event please contact Joy at 250-746-1004 ext 260 or Barbara at [barbarasocialplanningcowichan@gmail.com](mailto:barbarasocialplanningcowichan@gmail.com).

**Call today.**

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## E-cigarettes—aid to smoking cessation or smokescreen?



### [The Lancet](#)

The Global Burden of Disease Study (GBD) attributed 6.3 million deaths to tobacco smoking in 2010, including those caused by second-hand smoke. This stark number reflects a crippling toll of ill health that is over-represented in those economically disadvantaged or mentally ill. Smokers often start young and struggle to escape the addictive elements of tobacco, whether chemical or cultural. Tobacco creates a dilemma for politicians the world over—to take comprehensive actions to curtail tobacco use, including smoke-free policies, progressive taxation, and provision of cessation services, or to follow the path of inaction in the interests of commerce and a seductive but specious

protection of personal freedoms. As a result, over the GBD period 1990—2010, smoking-related deaths globally are estimated to have increased by 18%. Demographic growth and a predatory focus by tobacco companies on developing country markets mean that the toll of ill health and mortality imposed by smoking is not only enormous but growing.

For policy makers and researchers, the politicians' dilemma is mirrored in the debate about harm reduction. To benefit those who smoke, should the emphasis be on policies to achieve cessation, considering the low rates of success documented in many studies? Or should harm reduction be preferred, recognising that the reduced harm imposed by purportedly safer forms of smoking could still be a very substantial amount of harm at individual and population levels? The emergence of e-cigarettes, a tobacco-free form of nicotine consumption and behavioural substitution, rekindles this debate.

E-cigarettes first appeared in 1993, but mass-market use—vaping—has occurred only in the past few years. Common elements of the devices are provision of nicotine in an inhalable vapour, greater controllability than a burning cylinder of tobacco, and an absence of second-hand emissions that have not been inhaled by the user; differences include design of e-cigarettes and packaging, and the many flavourings available. E-cigarettes could be viewed as a safe form of nicotine delivery in comparison with tobacco and an aid to cessation, and can be marketed in some countries as a recreational pursuit. Conversely, e-cigarettes can be seen as a coercive entry point to a world of smoking with very high health and financial costs. As the devices have appeared on the market in many countries, regulations on sale and use have often lagged behind events. Not all countries allow e-cigarettes to be sold, however, and Australia, Canada, Mexico, and Brazil, for example, do not.

Research on e-cigarette safety has been limited. In addition to nicotine, the devices expose users to solvent and metal residues derived from the heating of fluid to generate inhalable vapour. Exposure to second-hand e-cigarette smoke is known to elevate serum cotinine, and vaping to expose users to particulate and organic compounds, albeit apparently less hazardous and at concentrations lower than those produced by tobacco smoke. E-cigarettes will continue to evolve in design and content, and in addition to short-term studies on the safety of the devices prior to marketing, long-term surveillance of consequences for lung function and other possible harms will be essential.

It is key to prevent young people from obtaining and using e-cigarettes in all countries. The devices' comparatively low cost, and the dangers of marketing flavoured products that may be attractive to children and adolescents, pose a danger of experimentation with and recruitment to tobacco smoking. Indeed, the recent [US National Youth Tobacco Survey](#) showed a dramatic increase in young people using e-cigarettes, from 79 000 in 2011, to 263 000 in 2013. Moreover, accidental or deliberate ingestion of e-cigarette liquids can lead to acute nicotine toxicity, and deaths of children

have been reported. Restricted and explicit provision of e-cigarettes as smoking cessation aids could help to strengthen barriers preventing children's access to e-cigarettes.

In a [report](#) released on Aug 26, WHO emphasised the need for stringent regulations to prevent e-cigarette promotion to young people and non-smokers, and to block use of the devices indoors and in public places. The report concludes that there is insufficient evidence that e-cigarettes are effective aids to tobacco smoking cessation, and a [policy statement](#) published on Aug 25 by the American Heart Association draws similar conclusions. A credible case can therefore be made that, unless reliable evidence shows e-cigarettes to be effective cessation aids, there is little justification for their sale. However, the possibility of harm reduction should not be lightly dismissed. Again, robust evidence will be needed to support this enticing and much discussed, but so far unproven, hope.



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## Charity Village Upcoming Webinar Sept 25

<https://charityvillage.com/elearning/webinars.aspx>

Discipline and Dismissal: Making the best of a difficult situation We appreciate our employees and volunteers and we value their contribution to our organization. But sometimes, the fit between organization and employee or volunteer just isn't there and changes need to be made. Join CharityVillage and presenter Denise Lloyd, MA, CHRP, as we explore the three phases of the discipline process, as well as how and when to make the decision to end the relationship. By the end of the session, you will be equipped with new insights, tools and resources that you can easily implement to make the best of these difficult situations.

Date: Thursday, September 25 at 10am PST / 1pm EST Skill Level: Introductory - Great for hiring managers who are not HR specialists as well as volunteer managers. Please feel free to share this invitation with any nonprofit professionals at your organization who might be interested in learning more on this topic.

Cost: Free - Space is limited

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## APPLICATION PERIOD IS OPEN FOR THE 2015 [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 2015. 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.

United Way starts accepting applications on Aug 13, 2014 and the deadline to apply is Oct 10, 2014. For more information please visit the program webpage at <http://www.uwlm.ca/public-policy-institute>. To obtain an application form, please contact **Yves Trudel** at:

Yves Trudel

Planner, Strategic Priorities, Stronger Communities

[yvest@uwlm.ca](mailto:yvest@uwlm.ca)

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**United Way** of the Lower Mainland

Change starts here.



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**