

**CHECK UP**

September 13, 2013

****

**This little bandit was enjoying the apples right out of the tree. He reminds us all to embrace the fall harvest season and eat lots of fruits and vegetables!**

**Today’s Check up Includes:**

* Meeting Schedules
* Community meetings and Events
* Underlying Premise Evidence- (part 9) Biology and

Genetic Endowment

* Towards a More Equal Canada

**C:\Program Files (x86)\Microsoft Office\MEDIA\OFFICE12\Lines\BD14996_.gif**

**CCHN Network Member Meetings-**

* Next CCHN Meeting **September 12th**, Dinner at 5:30 Meeting Starts at 6:00- CVRD Board Room
* Admin Committee Meeting **September 19** at 5:30 CVRD Committee Room 2

C:\Program Files (x86)\Microsoft Office\MEDIA\OFFICE12\Lines\BD14996_.gif

**Upcoming Events/ Workshops/ Community Meetings**

**Terry Fox Run September 15 Forest Discovery Centre-**

Registration at 9:00 race starts at 10:00. You can run 10 km, 6 km or bring the children for the 1 km trot.

### Great Lake Walk – Cancelled this year

### Family Meals Event Friday October 4th at Clements Centre- bring your children to enjoy a free family meal. Doors open at 4:30- Dinner starts at 5:00 and activities follow.

**C:\Program Files (x86)\Microsoft Office\MEDIA\OFFICE12\Lines\BD14996_.gif**

**KEY DETERMINANT – 9 Biology and Genetic Endowment**

**UNDERLYING PREMISES**

**EVIDENCE**

The basic biology and organic make-up of the human body are a fundamental determinant of health.  
  
Genetic endowment provides an inherited predisposition to a wide range of individual responses that affect health status. Although socio-economic and environmental factors are important determinants of overall health, in some circumstances genetic endowment appears to predispose certain individuals to particular diseases or health problems.

Evidence from the **Second Report on the Health of Canadians**

Studies in neurobiology have confirmed that when optimal conditions for a child's development are provided in the investment phase (between conception and age 5), the brain develops in a way that has positive outcomes for a lifetime.

Aging is not synonymous with poor health. Active living and the provision of opportunities for lifelong learning may be particularly important for maintaining health and cognitive capacity in old age. And studies on education level and dementia suggest that exposure to education and lifelong learning may create reserve capacity in the brain that compensates for cognitive losses that occur with biological aging.

C:\Program Files (x86)\Microsoft Office\MEDIA\OFFICE12\Lines\BD14996_.gif

**Towards a More Equal Canada**

[Towards a More Equal Canada](http://vibrantcanada.ca/files/towards_a_more_equal_canada.pdf)

This report is part of the Broadbent Institute’s Equality Project. Launched in the spring of 2012, the project includes a Broadbent Institute-commissioned Environics poll which showed a majority of Canadians support taking action to reduce inequality, a social media campaign, and an animated video. Find the Equality Project at http://www.broadbentinstitute.ca, and please share it broadly.

C:\Program Files (x86)\Microsoft Office\MEDIA\OFFICE12\Lines\BD14996_.gif

**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 Check UP Newsletter**

Sponsored by the Network for Families Group



**Friday October 4th**

at Clements **Centre**

5856 Clements Street, Duncan

Doors open at 4:30. **Dinner at 5:00** – Activities to follow

Bring your children to enjoy a free

Family Meal

Eat together, listen to a story

Activities for children & parents to enjoy together.

****

**[](http://www.google.com/imgres?biw=1024&bih=583&tbm=isch&tbnid=k4y7tSFAaDdgTM:&imgrefurl=http://www.adoctorandanurse.com/families-who-eat-healthy-together-stay-healthy-together/&docid=D78eFkVyRyIS-M&imgurl=http://www.adoctorandanurse.com/wp-content/uploads/2011/10/family-meals.jpg&w=500&h=332&ei=HaEXUpqQLqSAiwKgg4DQDA&zoom=1&iact=rc&dur=500&page=4&tbnh=152&tbnw=261&start=53&ndsp=20&ved=1t:429,r:64,s:0,i:278&tx=122&ty=92)Children who eat with their family Members at least once a day:**

Communicate better with their parents

Practice their social skills

**5856 Clements Street**

Deepen their sense of belonging and security

Do better at school

Eat more vegetables, fruit and calcium rich foods

Learn more words, have a better vocabulary

**More Information:**

**Margaret Moss Health Centre**

**250-709-3050 local 45509**

****

**Care Kits**

**HOMELESSNESS ACTION WEEK 2013**

***A Day of Direct Services for the Homeless***

**Wednesday October 16, 2013 - 10:00 am to 3:00**

**Duncan United Church Hall**

Our intent is to bring together government services, not-for-profits, community services, and individual volunteers in a coordinated effort to support those who are most vulnerable in our communities.

A variety of personal care items, clothing and sleeping gear will also be available for guests.

**Care Kits:**

* Socks , Tooth Brushes, Toothpaste, Soap, Lotion, Shampoo, Lip balm, Combs
* Seasonal clothing: Jackets, hats, scarves, mitts, rain gear,
* Work Clothing
* Blankets
* Tents
* Sleeping Bags
* Boots
* Back Packs
* Sewing Kits
* First Aid Items
* Foot wear
* Feminine hygiene products
* Books
* Granola Bars, Juice Box
* Flashlights
* Razors
* Nail Clippers

Items may be dropped off to Social Planning’s office at 135 Third St.

A donation box is inside the upstairs front door.

We are anticipating 60 to 80 guests. Items will be displayed and they can pick out items of their choosing.