



Health Matters Newsletter

January 15, 2015

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data – Research section (New)
- Successful Visiting with persons with Dementia session
- Our very own Melie travels to Greece to help refugees
- Social Policy Framework Workshop
- New Societies Act Workshop
- Negotiating with children webinar
- Cowichan Children's Charter (Wishes)



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** February 4, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting January 14, 2015, CVRD Board Room.** Light dinner at 5:30 pm Meeting starts at 6:00 pm.
- ✓ **Asset Mapping Task Force** –January 13 -11 am 6080 York Road

Community Events

- **Next Sobering and Detox Task Force Meeting – January 21 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **Social Policy Framework Community Meeting- Jan 28 Silver Bridge Travel Lodge- 9 am to noon** contact Social Planning Cowichan to register michelle.spcowichan@gmail.com

Local Data and or Research- (NEW)

This is a new section where I will be sharing local data or research that crosses my desk. This information may be useful to you and your organizations so be sure to check here and then file and save the information that you need.

This month I share with you:

Age Friendly Plan for the Town of Lake Cowichan

https://www.google.ca/?gfe_rd=cr&ei=vuCWVu0zoc_yB-GVsYAK&gws_rd=ssl#q=lake+cowichan+age+friendly

Successful Visiting with Persons with Dementia

Where: Duncan United Church, 246 Ingram Street

When: Tuesday, January 26, 2016 **2:00 – 4:00 p.m.**

Presenter: Jane Hope, Support and Education Coordinator, Alzheimer Society of BC

This session is intended for Pastoral Care volunteers, Friendly Visitors and family and friends - anyone who visits persons with dementia. The focus will be on connecting with the person who has dementia, communicating and interacting, and successful visiting.

To let us know you are attending, please contact:

Kathie Fielding kathiefielding@duncanunited.org or telephone: 250 746-6043

Our Very Own Melie – Travelled to Lesbos Greece over the Christmas holidays to provide humanitarian support to the thousands of refugees to make the treacherous journey over the sea from Turkey to Greece. Here is a link that tells a bit of her story.

<http://www.cbc.ca/news/canada/british-columbia/vancouver-island-woman-volunteering-in-greece-vows-to-advocate-for-refugees-1.3389385>

This couple touched my heart. They had their little baby girl just 21 days ago. The mom had a cesarian. They left Afghanistan 2 weeks ago and they walked most of their journey. They told me they could not take buses as they were afraid they might get shot. The father injured his leg falling of a cliff while carrying the baby. Before they left, we found a baby carrier and we adjusted it to the dad who left the camp caring the baby safely in front of him. they left the car seat behind! When I asked them where they wanted to go, their answer was: A safe country! I wish them, with all my heart, a safe journey to a safe destination.



In place of Jan 25 NFN. Volunteer Cowichan hosts: New Society's Act Workshop with Martha Rans.

[View this email in your browser](#)

For those of you who might be interested Volunteer Cowichan is hosting this session. For more information and to register please contact:

anne-marie@volunteercowichan.bc.ca

Volunteer Cowichan hosts: New Society's Act Workshop with Martha Rans. (See: martharans.ca)

Find out what you need to know to transition your organization without losing sleep. This interactive workshop will familiarized non-profit and volunteer driven organizations (as well as anyone interested) with a review of the new Societies Act.

And: Greetings from Lawrie Portigal, President of Volunteer BC and Workshop partner. Volunteer BC is the provincial organization advocating on behalf of all volunteer driven organizations and non profits across the sector.

Date: Jan 25, 2016 (Monday)

Time: 9:00am light refreshments and networking

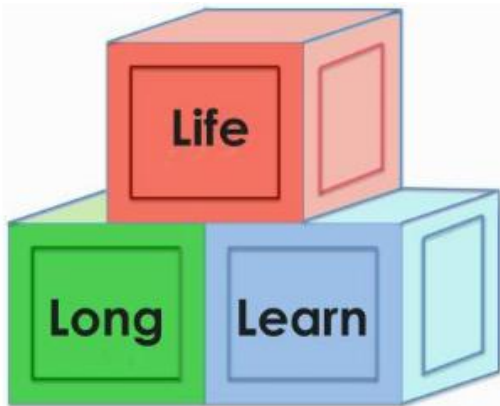
Workshop start: 9:30am-12:00noon

Location: Duncan, BC. TBA (will confirm by email)

Cost:\$35.00 -Preregistration is required

Deadline January 18, 2016.





Webinar:

Negotiating With Children

Dr. Ingrid Crowther

Wednesday, January 20

12:00 pm PST

3:00 pm EST

Join Dr. Ingrid Crowther as she discusses why negotiation is an important part of your guidance practice. Educators need to recognize what should be negotiated with children and how to negotiate at different stages of development. This understanding is the KEY to successful negotiation with children, which helps to build important life skills of compromise and collaboration.

Includes free enrollment in:

[An Introduction To Reflective Thinking](#)

Register

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Our Wishes for Children of the Cowichan Valley...Let's Make them Come True



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

Health Matters Newsletter