



Health Matters Newsletter October 27, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research- Cost of Homelessness- Cowichan Housing Association
- Active 4 Life Summit
- Fiesta Fair Trade Craft Fair
- Free Speakers Series for Seniors
- Recreation Stakeholder input for CVRD
- Training for Child Care Providers



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- November 2, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at November 9 Ramada Silver Bridge.** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** November 16, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** November 16, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Local Data and or Research- Cost of Homelessness -Cowichan Housing Association

http://www.cowichanhousing.com/uploads/4/9/6/0/49605357/cost_of_homelessness_snapshot_april_2017.pdf

Active 4 Life • A Physical Literacy Summit You won't want to miss this!

November 24 | 6:30 pm - 9:15 pm and November 25 | 8:00 am - 2:00 pm

Island Savings Centre

Registration fee \$25

Includes lunch on Saturday

What is Physical Literacy?

The motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

Who is it for?

These fun presentations are geared for parents, coaches, youth leaders, educators, health practitioners and recreation instructors working with children and youth.

Why You'll Want to Attend

- Learn practical activities you can use in your programs and lessons
- Includes tips and tricks for enriching your physical and health services
- Gain strategies to reverse the trends around inactivity in our community

For Session Information, visit www.cvrld.bc.ca

To register, call or visit:

Cowichan Lake Recreation at 250.749.6742 - Island Savings Centre at 250.748.7529

Kerry Park Recreation Centre at 250.743.5922

FREE Speaker Series for Seniors

October Topics:

Transportation for Seniors

with Vicki Holman,

Cowichan Seniors Community Foundation and Support for Caregivers

with Jodie McDonald,

Cowichan Family Caregivers Support Society

Friday, October 27th, 2017 – 1:00pm to 3:00pm

Duncan United Church

Refreshments provided

Our volunteers asked seniors in the Cowichan Valley what topics they most wanted to learn more about. This presentation is the first in a series that will also include topics such as hospice services, wellness for seniors, legal issues, seniors' services, and more!

Call Janis at 250-597-0886 or email janis@familycaregiverssupport.org

for more information about this series of six presentations for seniors.

www.familycaregiverssupport.org

Dear Recreation Stakeholder:

The Cowichan Valley Regional District is conducting a recreation planning project to better understand the current state of services and provide information that can be used to inform future decisions on facilities, programs, and regional partnerships. Engagement with residents and recreation stakeholders is an important aspect of the project.

One of the ways that information is being collected is through a series of four Focus Group Sessions on the following dates:

- Monday, November 6, 6:30 – 8:30 p.m. @ Kerry Park Recreation Centre (Denis McLean Room)
- Tuesday, November 7, 6:30 – 8:30 p.m. @ Island Savings Centre (Koksilah Room)
- Wednesday, November 8, 6:30 – 8:30 p.m. @ Frank Jameson Community Centre
- Thursday, November 9, 6:30 – 8:30 p.m. @ Lake Cowichan Lower Centennial Hall

These sessions will be facilitated by members of the consulting team around key issues, including: current strengths and gaps of recreation in the region, future needs, and opportunities for increased collaborations. These sessions are open to all community organizations, user groups and the public (there is no need to RSVP). Please feel free to pass on this information to other members of your organization.

For additional information on the project and other opportunities to provide input, please visit the project website: www.cvrld.bc.ca/rec-plan

Training for Child Care Providers

BCFCCA's original Introduction to Family Day Care Course has long been recognized and recommended as part of the licensing process. As of November 2007, the licensing process requires child care providers to have at least 20 hours of training related to child care. BCFCCA and licensing officers around the province recognize the value of the newly revised and expanded (2017) **"GOOD BEGINNINGS: Professional Development for Child Care Providers"** training. This curriculum meets the training requirements to qualify individuals to work in child care settings for children from birth to 12 years of age, such as:

- Occasional Licensed Child Care
- School-Age Licensed Group Child Care
- Family Child Care

The Curriculum

Level One & Two (25 hours) Professional Development for Child Care Providers
(Cowichan Valley CCRR offering 31.5 hours)

Level One (21 hours) Responsible Adult Course
(Cowichan Valley CCRR offering 21 hours)

- Introduction to Child Care
- Planning for Safety and Emergencies – Part 1

- Planning for Safety and Emergencies – Part 2
- Promoting Good Health and Nutrition
- Exploring Children's Development
- Guiding Children's Behaviour
- Planning for Play and Learning
- Let's Play! Inspiring Children's Experiences and Activities

Level Two: The Business of Family Child Care (Prerequisite: Level One)

- Establishing Positive Relationships with Families and the Community
- Your Family Child Care Business – Part 1
- Your Family Child Care Business – Part 2
- An Action Plan for Your Family Child Care

The GOOD BEGINNINGS courses will not only help you explore these areas of Child Care, but will also guide you to create the policies and procedures necessary to develop your business, introduce you to a network of Family Child Care Providers, and provide you with resources and contacts specific to your family child care business.



WHISKEY
FROM AROUND THE WORLD

Join Marcio Ramos, Luxury Brand Ambassador for Beam Suntory, as he tastes us through a fascinating lineup of premium World whiskies. Learn the history of place, distillery and style in a casual setting amongst other scotch and whiskey enthusiasts. Cash bar and elegant appetizers to follow the tasting event.

Thursday, November 30, 2017
6:30 pm - 10:00 pm
Duncan Lodge
2244 Moose Rd. (off Lakes Road)
Tickets: \$75.00

- ☞ Two hours of taste testing
- ☞ Appetizers
- ☞ Food Bar
- ☞ Silent Auction
- ☞ Door Prizes
- ☞ 50/50 Draw
- ☞ Cash bar after event

Call (250) 746-4135 for tickets

*Fundraising Event for
Clements Centre Society
5856 Clements St., Duncan
250-746-4135*

Sundrops
Centre
for Child
Development



Clements
Centre for
Community
Living
Clements Centre Society

**BEVERLY CORNERS
LIQUOR STORE**
Is a proud supporter of this event

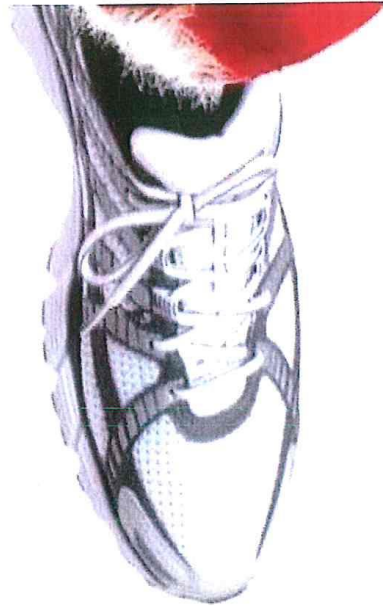


Run for The Claus



Instagram

#runfortheclauscowichan



Sunday, December 3rd, 2017

3.5 Walk or 6km Run

The run will start and finish in
Duncan City Square.

On the day

Registration 10:00 am

Warm up 10:30 am

START 11:00 am

\$20 Registration

Includes Santa Suit!

**Early Registration and
Payment at the
Clements Center Society**

“Run for the Claus 2017”

Proceeds for this event will be
donated to Clements Center
Society.





Do you have a resource, event or information you would like to share?

Send it to cindylisechn@shaw.ca and it will be included in the weekly
Health Matters Newsletter