

**CHECK UP**



February 1, 2013

Hello Everyone,

Bright Angel Park is calling! A quick drive south of town takes you to another world. It is much more fun if you take some children with you because they love to jump up and down on the swinging bridge. While you are there you can skip some rocks in the crystal clear water and don’t forget to hug a tree!

This was a busy week for information crossing my desk. Remember if you have anything that you would like to share with your colleagues and community... send it on over!

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**Meetings**

**Communications Committee-** February 5th-9:00 am Committee Room 1– CVRD, Cindy, Gerry, Rob, Anita, Amy

**Asset Mapping and Research Committee**- February 14, 4:30 pm CVRD- Cindy, Jan, Anita, Carol, Linden

**CCNH-** February 14, 5:30 pm light dinner 6:00 pm Meeting CVRD Board Room – All

**Admin Committee** February 20, 5:30 pm Committee Room 2

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**Upcoming Events/ Workshops/ Community Meetings**

* **Sundrops Centre for Child Development Advisory Committee (NEW)** 3:30 PM Wed February 13, 2013 at 5856 Clements Street, See information below re: request for new members

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**Sundrops Child Development Centre seeks community members for Advisory Council**

Sundrops is publicly funded to provide services to families with children who have or are at risk for having a delay in development. Sundrops also supports the Cowichan Valley Resource and Referral program that assists all families in finding child care and supports child care providers to enhance the service they provide.

The services that Sundrops provides to families with children who have or are at risk for having a delay in development include:

* Infant Development (birth to 3 years)
* Supported Child Development (usually birth to 12 years)
* Pediatric Therapies (Speech-Language, Occupational, Physical) (birth to June of the year the child is eligible for Kindergarten)
* Family Resource Consultant (clients of Sundrops 3 years to June of the year the child is eligible for Kindergarten)

In order to respond to community needs, ***we would like to convene an advisory committee of families, community partners and staff.*** This committee would provide support and advice to Sundrops and Clements Centre Society in reaching the goals of programs. The committee would also provide input and recommendations in regard policies related to waitlist management, allocation of resources, evaluation of services and advocacy.

This letter is an open invitation to participate in this committee. The time commitment will start out monthly with some expectation of ‘homework’. Once the committee is established the time commitment would decrease to 4 to 6 meetings per year.

**The first meeting will be at 3:30 PM Wed February 13, 2013 at 5856 Clements Street, Duncan.** Please RSVP to Delta McDonell at 250 746-4135 local 234 or e mail [dmcdonell@clementscentre.org](mailto:dmcdonell@clementscentre.org) by Feb. 8, 2013. Please consider attending even if you are not sure about sitting on this committee. This first meeting will provide more information about the responsibilities of the committee. We can also discuss the date and time for future meetings so if you are interested but cannot attend at this time, let me know. We may be able adjust the timing of future meetings.

Thank you in advance for considering this invitation,

Delta McDonell

Program Director

Sundrops Centre for Child Development

Clements Centre Society

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**Free Income Tax program for seniors**

As announced some time ago Neil Peters of VSO will be continuing the free income tax program that was run out of Seniors Resource and support society (basement of City Hall).

Neil Peters is a finance and tax professional that has served our community for many years. He has also been the linch pin for our ~SRSS~ income tax program for more than a decade.

We have contacted the income tax preparers and reception staff that did such a sterling job for the last ten plus years.

There might be a need for trained income tax preparers. If you know someone who is trained and cleared by Canada Revenue Agency, please contact Neill Peters.

Best phone is 250-246-0149 cell; email [npeters42@shaw.ca](mailto:npeters42@shaw.ca)  
  
There is a meeting for everyone that is volunteering to come together Wed Feb 20th 10AM at the Valley Seniors Organization 198 Government St.

Do contact him ahead of time if you are attending.   
  
The income tax program will be running at;

Valley Seniors Centre

198 Government St

Monday to Friday 9-12AM starting

March 1st until end April.

Please spread the word and assist Neil in all ways possible.

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**Living Wage for the Cowichan Region**

Did you know that in order to make a living wage in the Cowichan Region one needs to earn $17.50 per hour?

For more information on the living wage movement go to [www.livingwageforfamilies.ca](http://www.livingwageforfamilies.ca)

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| **January 28 2013** |

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| **Health care barriers for Aboriginal people in Canada** |

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| http://ih.constantcontact.com/fs074/1101969760811/img/403.pngStatistically, Aboriginal people across Canada have shorter life expectancies and poorer health than the broader population. Part of the problem is that many Aboriginal people have a distrust of our health care system, or have experienced stereotyping or racism within it. This can lead to Aboriginal people not accessing services when they could be beneficial, or not following the advice of health practitioners because it doesn't complement their traditional beliefs or values.   Many underlying factors negatively effect the health of Aboriginal people, including poverty and the intergenerational effects of colonization and residential schools. But the barriers preventing people from accessing health services are sometimes ones that, as family serving professionals, we can each address and help to overcome in our own practice. The Canadian health care system can be intimidating to navigate for anyone, but for clients who are already wary of being stereotyped, or with whom we need to spend more time building relationships, it may result in a lack of preventative care, earlier diagnoses, and timely treatment. Exploring and confronting our preconceptions and the ways our services may not address Aboriginal concerns or values is the first step toward providing better health care for all Canadians.   A report presented at a community event in Winnipeg, [**Empathy, dignity, and respect: Creating cultural safety for Aboriginal people in urban health care**](http://r20.rs6.net/tn.jsp?e=001aQLRqm5WgpeNpwQ-2_RddfW3GUyjjjFpfyGtEhaDqjSZpumRXB1v796N3h7hFscgwqZU9Tq7k7bfAJ7m6G05OwOHb5XfuyLnHooruEwmGtV8-BXJGlOHtGBRdjuEsKkm2Zore6f6NpjLzxSbQBpgdLw7qkb25WiOL2FxPuQmLoPOmNEBgu5SaQ==), defines culturally safe care as:   * Building trust with Aboriginal patients and recognizing the role of socioeconomic conditions, history, and politics in health; * Requires communicating respect for a patient's beliefs, behaviours, and values; * Ensures the client or patient is a partner in decision making   The report attempts to formalize safe health care environments for Aboriginal people in urban settings in Canada. As stated in the report, the single most important factor for Aboriginal people in creating cultural safety was the attitude and behaviour of the health care providers.  [**Read more**](http://r20.rs6.net/tn.jsp?e=001aQLRqm5Wgpds7P4XDIW9gJM33AK5RChj7xjH1bbE99JcGXMD8nCOpklmxizBIy0xD1br3xnuzHfEytWMAh6jChizhs4ElXWEJhS_lum2EJCkWdAOpEh9sCdqCrap3XHUAPf49C7wP8nI2SanTFvTC6ZLZUVPXGwf8LqYFEOdi7W5fJjOTvT_yLXRix6yROnGCYIolncIGLvpIq1YpVF_Ow==) |

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| |  | | --- | | david | | |  | | --- | | by **David Sheftel** Program Coordinator | |

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| [**Send to a Friend**](http://ui.constantcontact.com/sa/fwtf.jsp?m=1101969760811&ea=grant%40westcoastmen.org&a=1112249989267) |

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**Effective January 1, 2013: The City of Duncan will offer a full rebate on monthly transit passes**

purchased by City of Duncan residents. The program will run until March 31, 2013 funds permitting. To Obtain a Rebate ,City residents will purchase monthly transit passes at normal outlets, then apply for a refund. Residents will be asked to fill out a short application form, provide proof of residency, and submit a copy of the receipt from the purchase of their transit pass. The City will send a rebate cheque for qualifying purchases to the applicant. Application forms are available online at [www.duncan.ca](wlmailhtml:%7bF14102A0-706E-422E-816B-7DCA7E4C3F79%7dmid:/00001924/www.duncan.ca) under City Hall - Forms & Applications, or in person at City Hall, the CVRD, and the Island Savings Centre. Mail or drop off your application to: City of Duncan - 200 Craig Street Duncan, B.C. V9L-1W3

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# The 21st century hazards of smoking and benefits of stopping: a prospective study of one million women in the UK

Original Text

[Kirstin Pirie](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Kirstin+Pirie) MSc [a](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)61720-6/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#aff1) [Corresponding Author](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)61720-6/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#cor1)[Email Address](mailto:kirstin.pirie@ceu.ox.ac.uk), Prof [Richard Peto](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Richard+Peto) FRS [b](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)61720-6/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F" \l "aff2" \o "), [Gillian K Reeves](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Gillian%20K+Reeves) PhD [a](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)61720-6/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#aff1), [Jane Green](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Jane+Green) DPhil [a](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)61720-6/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#aff1), Prof [Valerie Beral](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Valerie+Beral) FRS [a](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)61720-6/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F" \l "aff1" \o "), for the Million Women Study Collaborators

**Summary**

**Background**

Women born around 1940 in countries such as the UK and USA were the first generation in which many smoked substantial numbers of cigarettes throughout adult life. Hence, only in the 21st century can we observe directly the full effects of prolonged smoking, and of prolonged cessation, on mortality among women in the UK.

**Methods**

For this prospective study, 1·3 million UK women were recruited in 1996—2001 and resurveyed postally about 3 and 8 years later. All were followed to Jan 1, 2011, through national mortality records (mean 12 woman-years, SD 2). Participants were asked at entry whether they were current or ex-smokers, and how many cigarettes they currently smoked. Those who were ex-smokers at both entry and the 3-year resurvey and had stopped before the age of 55 years were categorised by the age they had stopped smoking. We used Cox regression models to obtain adjusted relative risks that compared categories of smokers or ex-smokers with otherwise similar never-smokers.

**Findings**

After excluding 0·1 million women with previous disease, 1·2 million women remained, with median birth year 1943 (IQR 1938—46) and age 55 years (IQR 52—60). Overall, 6% (66 489/1 180 652) died, at mean age 65 years (SD 6). At baseline, 20% (232 461) were current smokers, 28% (328 417) were ex-smokers, and 52% (619 774) were never-smokers. For 12-year mortality, those smoking at baseline had a mortality rate ratio of 2·76 (95% CI 2·71—2·81) compared with never-smokers, even though 44% (37 240/85 256) of the baseline smokers who responded to the 8-year resurvey had by then stopped smoking. Mortality was tripled, largely irrespective of age, in those still smoking at the 3-year resurvey (rate ratio 2·97, 2·88—3·07). Even for women smoking fewer than ten cigarettes per day at baseline, 12-year mortality was doubled (rate ratio 1·98, 1·91—2·04). Of the 30 most common causes of death, 23 were increased significantly in smokers; for lung cancer, the rate ratio was 21·4 (19·7—23·2). The excess mortality among smokers (in comparison with never-smokers) was mainly from diseases that, like lung cancer, can be caused by smoking. Among ex-smokers who had stopped permanently at ages 25—34 years or at ages 35—44 years, the respective relative risks were 1·05 (95% CI 1·00—1·11) and 1·20 (1·14—1·26) for all-cause mortality and 1·84 (1·45—2·34) and 3·34 (2·76—4·03) for lung cancer mortality. Thus, although some excess mortality remains among these long-term ex-smokers, it is only 3% and 10% of the excess mortality among continuing smokers. If combined with 2010 UK national death rates, tripled mortality rates among smokers indicate 53% of smokers and 22% of never-smokers dying before age 80 years, and an 11-year lifespan difference.

**Interpretation**

Among UK women, two-thirds of all deaths of smokers in their 50s, 60s, and 70s are caused by smoking; smokers lose at least 10 years of lifespan. Although the hazards of smoking until age 40 years and then stopping are substantial, the hazards of continuing are ten times greater. Stopping before age 40 years (and preferably well before age 40 years) avoids more than 90% of the excess mortality caused by continuing smoking; stopping before age 30 years avoids more than 97% of it.

**Funding**

Cancer Research UK, Medical Research Council.

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# New 130-Bed Seniors’ Care Facility Announced For Nanaimo

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| December 17, 2012  Nanaimo – A brand new seniors’ care facility will be built in Nanaimo to improve care options for seniors who are no longer able to cope on their own, Vancouver Island Health announced today.  “Our government is committed to expanding seniors’ care to improve access to programs and services that seniors need as they age,” said Ron Cantelon, MLA for Parksville Qualicum. “The new and additional beds are a welcome addition to the range of care options for the elderly on Central Vancouver Island.”  Nanaimo Travellers Lodge is the preferred proponent following a public tendering process that invited organizations to submit proposals to build and operate a new campus of care seniors’ facility. Nanaimo Travellers Lodge will be building this new care facility at 1917 Northfield Road and will relocate the 90 care beds from their current location as well as adding 40 new, additional licensed dementia care beds.  “VIHA is committed to improving access to community-based facility care for seniors across Vancouver Island,” said Don Hubbard, VIHA Board Chair. “Enhancing bed capacity on Central Vancouver Island and in Nanaimo specifically, is a top priority as this area has a rapidly growing and aging population and we are very pleased to be expanding our partnership with Nanaimo Travellers Lodge.”  As a campus of care, the new facility will provide different types of care all under one roof. This allows seniors’ to receive care in the same facility, even though their care needs may change. One of these care types is licensed dementia care, a new service in Nanaimo. VIHA has operated licensed dementia care on Southern Vancouver Island since 2007. The approach is proving highly successful in meeting the care needs of many individuals assessed as needing complex care due to moderate dementia and other cognitive conditions, but who otherwise have lower medical or physical needs.  “Licensed Dementia Care focuses on those individuals who are mobile, but can no longer live safely in their home or assisted living, and need a secure facility with 24 hour personal care and professional nursing supervision,” said Dave Connolly, Past Chair, Nanaimo Travellers Lodge Society. “We have been serving this community for over 30 years and look forward to providing licensed dementia care and complex care services in a home-like environment for people with dementia and other medical needs related to aging.”  VIHA and the Nanaimo Travellers Lodge Society hope to finalize an agreement and execute a written contract early in 2013. Construction of the new care facility is expected to take 25 months with the new building to open sometime in 2015. Construction cost of the new facility will be in the range of $35 million, with annual operation costs, funded by VIHA, in the range of $11 million.  -30-  **Media Contact:** Val Wilson, VIHA Communications 250-379-6303 |

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### Communities Collaborating Institute 2013

The Communities Collaborating Institute (CCI) is Tamarack's signature week-long learning event. This event provides a unique opportunity to join a dynamic learning community of practitioners from across Canada and beyond who are committed to deepening their capacity to lead community collaborations. **This year's event will be held in Edmonton, AB, Oct. 7-11, 2013.** Registration will be available soon so sign up through the link below to receive e-mail updates about this much-anticipated annual learning event!

[**Sign up for CCI e-mail update here**](http://cts.vresp.com/c/?Tamarack/2c380e40bf/9e11db1d4a/43c838e325)

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**Results from EDI on Physical Health and Well-being**

Has your community been particularly concerned with its vulnerability rates on the **Physical Health and Well-Being** scale?

If so, we will be holding a teleconference on **Wednesday, February 27th from 3:15-4:30** in order to facilitate sharing between communities who have put in place initiatives addressing this area of vulnerability and others who are looking to do something about it.

If you are interested in attending, please let me know by **February 8th.** [samantha.berger@ubc.ca](mailto:samantha.berger@ubc.ca)

Best,

Samantha

Samantha Berger

EDI Coordinator

Human Early Learning Partnership (HELP)

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