



Health Matters Newsletter March 27, 2015

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Understanding the Village Workshops
- Elder Abuse Workshop- Free
- Ted Talk link
- Funding source for programs supporting children and families
- Wanted- Volunteer Seniors for Community Policing Initiative
- Eliminating Poverty Canadian Round Tables

Happiness is spring in the local mountains!



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –April 9, 2015**, CVRD Board Room. Light dinner at 5:30 pm
– Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting- April 15, 2015** CVRD Board Room. 5:30 pm

Workshops and Events

- **Understanding the Village Workshops**

There is one more **Understanding the Village Workshop**.

We just had a sold out session and have one more coming up May 1.

If you are with a group or organization that will be sending multiple participants, please email me directly with the number of spaces you will require and I will block of the spaces for you. Currently the session is 50% booked.

If you have any questions please contact me and please feel free to share this invitation!!

Also a reminder that Cowichan 101 is going strong and meet this Month on March 31 at 4pm at the Duncan United Church with guest speaker this month Arvid Charlie who will be talking to us about language and culture.

Apologies if you receive this more than once!!

With respect, Michelle

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- **BCCEAS Network- Elder Abuse Workshop**

Do you work in an organization that provides services to older adults?
You are invited to attend a FREE workshop:

Elder Abuse

What Is It?
How Do We Deal With It?

Date: March 30, 2015
Time: 2:00 – 4:00 PM
Location: VIU Board Room 700/380

Take a look at this TED talk:

"GDP helps us measure economic performance. It's not a measure for our well-being and shouldn't be a guide for all decision-making."

Michael Green

http://www.ted.com/talks/michael_green_what_the_social_progress_index_can_reveal_about_your_country#t-52937

Funding Source for Programs Supporting Children and Families

<http://www.canadapost.ca/cpo/mc/aboutus/cpfoundation/default.jsf>

Wanted:

Seniors to Volunteer for Mentors for Seniors Safety

Seniors who: Enjoy public speaking; Have the ability to work independently; Are able to commit to a trainers workshop (7 hours); Have 10 hours a year to volunteer and coach and present to seniors and seniors agencies; An interest in keeping seniors safe in our communities
There will be 6 safety-crime prevention modules to choose from

Contact Cowichan Community Policing and Crime Prevention Programs

250-701-9145

www.warmlandcops.com

Eliminating Poverty in Canada roundtable forums

The federal NDP is seeking input on eliminating poverty in Canada. During the month of April, Jinny Sims, NDP critic for Employment and Social Development, and Sadia Groguhé, deputy critic, are hosting in-person and telephone roundtables on the subject of eliminating poverty in Canada.

Ahead of the roundtable meeting they would like to hear what your top three recommendations would be. Please contact them through the info on the link below.

The locations and time for the in-person roundtable in BC is (click on the link to RSVP):

[Tuesday, April 14th, 2015 \(in English only; with Jinny Sims as chair\): Strawberry Hill Library, 7399 - 122nd Street, Surrey, BC \(10am-12pm PT\)](#)

The details for the telephone roundtables are:

[ENGLISH: April 22nd, 11am-1pm \(EST\) with Jinny Sims as chair. Toll-free conference line: 1-877-413-4781 Conference ID: 8478542](#)

*[FRENCH: April 9th, 10am-12pm \(EST\) with Sadia Groguhé as chair. **This call will happen in conjunction with the in-person roundtable** Toll-free conference line: 1 877-413-4781 Conference ID: 8478542](#)*

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

Send it to cindyliccchn@shaw.ca and it will be included in the weekly

Health Matters Newsletter