

**Health Matters**

**March 7, 2014**

**Today’s Check up Includes:**

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* Meeting Schedules
* Community meetings and Events
* Presentation on Cooperative Housing
* Report from Dietitians of Canada; Food Security is

 not improving in BC

* Inadequate minimum wage linked to poor health

 outcomes

* Rental Assistance Program
* CDH site Selection – Expression of Interest for

 Property Owners

* Evaluating Community Impact Conference



**Our Cowichan- Network Member Meetings-**

* **Next Our Cowichan Network Meeting –**Thursday March 13, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
* **Next Membership Committee Meeting-** Thursday March 13 CVRD 4:00 to 5:00pm ( room to be determined)
* **Next Admin Committee Meeting-** Wednesday March 19, 5;30 pm CVRD committee room 2



**Upcoming Events/ Workshops/ Community Meetings**

**Presentation on Co-operative Housing –** Friday March 14, 7:00 pm. Vancouver Island University – Lecture Theatre.  Followed by **workshops on how to start a housing co-op** - Saturday morning: 9:00 am to noon. Vancouver Island Lecture Theatre. (We are partnering with Cowichan Cooperative Connections for this event.)

 

**Report from Dietitians of Canada: Food security is not improving in BC**

(First Call BC) This excellent report from the [Dietitians of Canada](http://cts.vresp.com/c/?FirstCallBCChildandY/de5eb10baf/321050fb30/789f687d40) analyzes the cost of a healthy food basket and provides best practices and recommendations for reducing hunger and poverty.

The [Cost of Eating in British Columbia](http://cts.vresp.com/c/?FirstCallBCChildandY/de5eb10baf/321050fb30/ab8f7a26c4) report details the cost of accessing adequate food in BC, relates this cost to income and considers the reasons why many people cannot meet this basic need.

In 2011, the provincial average cost of the nutritious food basket for a family of four is $868 per month. Those earning minimum wage, receiving income assistance or facing other challenges (high rents, child care or transportation costs, for example) struggle to purchase food as well as meet their other basic needs.

In the 10 years that Cost of Eating in BC has been published, the situation has only gotten worse for individuals and families earning low wages or receiving government assistance.

Thanks to the Canadian Social Research Newsletter for bringing this resource to our attention.

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**How an inadequate minimum wage is linked to poorer health outcomes – for everyone**

(First Call BC) In this compelling article, Gary Bloch draws from his experience as a family physician to tell the story of Fatima, a single mother who works full-time at minimum wage. Read [How an inadequate minimum wage is linked to poorer health outcomes - for everyone](http://cts.vresp.com/c/?FirstCallBCChildandY/de5eb10baf/321050fb30/d89abd7bb0/r=116654658&msgid=701620&act=0Q6B&c=952381&destination=http%3A%2F%2Fumanitoba.ca%2Foutreach%2Fevidencenetwork%2Farchives%2F17163), first published in the Globe and Mail, the Hill Times and the Daily Gleaner.

Dr. Bloch’s article is the latest in a growing number of opinion pieces that explore how health is affected by poverty in EvidenceNetwork.ca’s [Commentaries, Health Is More Than Healthcare](http://cts.vresp.com/c/?FirstCallBCChildandY/de5eb10baf/321050fb30/cdef7b277c).



**Rental Assistance Program** is now operational.  Grants of up to $500 can be available to anyone living in the Cowichan Region who is facing eviction (has received the notice) or has a termination notice that power/ heat will be cut off.  We have three community partners who are able to process applications. They are: Hilye’yu Lelum - House of Friendship, Duncan United Church, and Cowichan Women Against Violence. If you know of someone facing eviction or loss of utilities, please direct them to one of our community partners to access this assistance.



**News Release**

FOR IMMEDIATE RELEASE

March 6, 2014

**Cowichan Valley Regional Hospital District Issues Expression of Interest to Property Owners**

**Duncan, BC** – The Cowichan Valley Regional Hospital District (CVRHD) today issued an Expression of Interest (EOI) inviting landowners to submit properties to be considered as sites for a potential future new hospital.

“The purpose of the EOI is to identify landowners with properties that meet our site selection criteria and that fit into long term plans for the eventual replacement of Cowichan District Hospital,” said Rob Hutchins, CVRHD Chair. “We want to ensure that we do our part to ensure the right piece of property is available should a new hospital for the Cowichan Valley be approved in the future.”

Acquiring a suitable site for a new hospital is one step in the planning process which remains in the very early stages. A new hospital for the Cowichan Valley would require regional and provincial government approval. At this time no approvals or funding are in place.

Last December, the Our Cowichan - Communities Health Network hosted four public meetings in the Cowichan Valley seeking feedback from residents on the site selection criteria that will be used in determining a location for a potential new hospital. The site selection criteria can be viewed on the CVRD website at [www.cvrd.bc.ca](http://www.cvrd.bc.ca).

Following a Request for Proposals in late 2013 seeking real estate expertise, McElhanney Consulting Services Ltd., will be assisting the CVRHD in identifying potential properties that may be suitable for use as a hospital site.

The EOI document is posted on the BC Bid website at www.bcbid.ca. The closing date for submissions is Monday, April 7, 2014 at 2:00 pm.

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*For more information contact:*

Rob Hutchins, Board Chair, CVRHD

Tel: 250.210.1471

Email: rhutchins@ladysmith.ca



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| ecibannerComing to Winnipeg, Spring 2014Gain a deeper understanding and appreciation of the dynamic nature of community change through [**Evaluating Community Impact**](http://events.tamarackcommunity.org/email/v1/click?v=3&e=f18dQhb0S7wF6SzZj4VMvKkK79P0txVVyBFn2L3qHYW2V0CGq4J6VGKW1wZmqR6P6xPxW79kC4w1HBVx0W3kXMqs3M.l2GW3xcJ3c4nPcKgW3p2Tsq9m4DnSW3P.ky73V224mW3FjWPp1K6_BPW6FyZC22qYjnlW64cGwl1Hn.X4W6CyxBN8nSGpCW6BWrQR4MpDyFW6bvl2r8GYfSvW8n4WN22nkJj9MXTv20703L4W8m0zH18MFFyDW5jcZQC33_fyKTDkmH715JhgVNZ3HK1Pdzs8W6jTT_P2_9fvsW1XqLm_7TsmSSN7syxSwj2vNPW8_rPYD764.m1W3VCzrT8dXB6BW7g1Yl98_NPW2W1gTNNl2Pdy8hW8y38Dq1CWGjlW1_tKMy1YMZkKW3yvgm568678PW8d3VV02B1LQTW1jvgtj5lLGxcW5cWzQ31NB3__W3qmHhw612GBYW2GLD267Q4h.mW4rG_NS2QyHK1W5bb6F02wBC7pVw9S1_1xLLfQW57852R7yv8V4W2SB0615wr0yZVGfmzG7mRn57W3JFw_264R82WVW_03V5bMk8WW8nHsrw9gZZpcW7vLhNl6lknGSf7fmPh911), Tamarack's popular three-day interactive learning event coming to **Winnipeg, MB, May 13-15, 2014**.ECI is designed specifically for leaders who want to discover how to capture, understand and measure community outcomes, and the impact of change initiatives on communities. Co-led by Liz Weaver and Mark Cabaj, this workshop will provide participants with the tools and processes that will enhance their community change efforts.****Participants will have the opportunity to:***** Identify the dynamics and patterns of community change
* Strengthen your understanding and appetite for evaluation
* Explore a variety of evaluation approaches and tools appropriate for community change

****This workshop is designed for those who:***** Desire new ways to evaluate change their communities
* Are involved in efforts to 'move the needle' on homelessness, poverty, health, environmental sustainability, immigration, early childhood development issues, and other elements of a healthy community
* Provide leadership and support to evaluation efforts and want to increase knowledge, skills and capacity

This event hosted in Calgary in 2013 was oversubscribed so early registration is encouraged. [**Register now**](http://events.tamarackcommunity.org/email/v1/click?v=3&e=f18dQhb0S7wF6SRh_6VMvKHH2wdhgGW1tf38f3Rq2KxW1V2B7V19FGCbW7vMkgw5k0nq7W2bzyZv7hC92XW5.7Srx8VJgkmW5FP1Ht8w3mNBN4nPjjc9H.GRW4nMXFT8X9_j0W8yd28L2khFlXW8Zffjk9h6F89W5XtvzB3rg0m3W3kXd9S5tnXx7W9cz.Fk6fpDNNW8mB2KX6L4XYsW1YMBgd5D8N87W369Vtv2y.B_gW1TRSNY2_.cTsW5k9QJw58wZByN8LzxGbFQLF6W1l8MMY1QNQ2.W3JyplF3zsgcsW6X6_Ps5n7rXMW92Xz3v4NF5HsW9lP01x4R8m0hW4Fd1rk1_rvYvN3jlvGLQYxTnN1h91JYJLMFmVj9kWP1vnW2qW7vV_BR45_q3qN7Hr4jlYQHxQV4Klgj8P2zltW1d2nqk34lmblW2XHwVY6LxzhcW4bfFX_34tklvW3gsGgw5Pq2nHW20w_s46gXSKkW5byH_x8Q1wflW5VV19S8RBT0KW4FBr9m8Hf1cvW3B_m6Z8wb0BRW567rMz1QR7RbW4QsXkb2fB05XW7hq13T5yvkhvW5Tgz3X7LLX3mW6yk9237d2Y6ZW2DXtrl5shKHGW23sKmZ8xNtglW7J3zBW9jkhP7W65Mfkv64GlTDW3Y7Z4F5ss8QlW3W6p0J4Ft6YBW5y7bkX8ywpXpW5nxKyt8TMZ2b102)****Learn more:****[**Event Webpage**](http://events.tamarackcommunity.org/email/v1/click?v=3&e=f18dQhb0S65L6_rtqWVM_rMR11hqxtW4fb7t781vJtZW4V8D_11H2X8CW7_kgwP5PtJ1DW2dPlGn6YC9SjW4lHSqd46VDLqV2W7sZ710N3wW699g3_9ccdJKW6.Kqvv4BDkPrW2cfjcj1GpkKJN4FccpWPZJ2yVtwGRp7HmK8TW2Jq7mV7YTYrmW1fttGl2l.w9zW3NXTHW3.r4PzW6GMg6W6Sh2mPN69Z2XwYbm.FW1cqt.r2kqlmFW1.fJ3s1kyqHZW6GPNg15vWGpnW4VPJ_08Fb3SFW2NDZGY2vRlJcW5B1VDf2rk8gFW1MS6Fq1nqgGDN2pFc9B966jdW5L_fp13MYw5wN1YcQHKfpLJ3W4b5w0d7bhN0ZW6xGQLF7fpjV1W80XwSZ6Mp9FnW1s32Fm76mKyGW2hzKB34dc9fTW5rF_dt5sn06HTlccX6ZmpKHW80XMSX8tYrWzf47j8tQ02)  |  [**Learning Agenda**](http://events.tamarackcommunity.org/email/v1/click?v=3&e=f18dQhb0S65L2Rwb1vVWn_pg3mCCPsW62F7hz8x51VyVCpMxS3_nPXYW3Yr2Nv4hdQ0LW5D5Yjq5ZttScVhGK.v6MYYG4W72hF8V8b0FGlW7P6TDY6.vj3tW7sfJxB930S2XW8W6SjX2cKXW5N2Vkl8ptM9JzW4mtKXW247B8qW7kT_wz79KF0.W2qrwnx5p1HsvW50bcS.570Z1nW1ZRq5D6Rw.gJW4_GcPl1z0z_0W78glfB2lthZgW5dxyTb77ZHpPVcxCfm32DW56W6h66sG2pB66ZW5c0R.Q354MRlW61MPjJ8Dz.kcW5Sgshf4Fz.WtW7Jq.qf2dChHPVWhjpr428NR1W7S5XQG6q.2vJW7MvQl_7lsySdW6BJqWQ7nwnnPW6FRCjs6mPKj.W4fgPtw272S3dW7dvfH16M865NN5x_CrKKN4VtW38dTkF3vYmvKW9l57641vD9nmW8tzQw554rdWW111)  |  [**Cost & Logistics**](http://events.tamarackcommunity.org/email/v1/click?v=3&e=f18dQhb0S65L2nThQ2MMvLlwKGhCPW56QM7F3Qh0VGW3jKtd.5h60WlW5SLqkC4rc7QLW2FTm6v3MLY7MW8GK_PW1Qzb6kW6VYbd75QdfGFW3rdrR78VsKwnW8Dffdb7MdrqqW74HL5z34DvGRW6yd6rM2K4Cq0W4HZn._7DxJ4jVMMMjv2rvqQLVXwJny465ycRW1j6zq252z6hqW1m.24J8nR_NCW9717Pw1B1YjFW2ywvFJ24LhfbV15Yd03x3h2pW8VB4KP3VDvzMW3WqLf98Clw3XW50VqS.3X1ftdW38K_k01PB6pTW2cL0Dp54vPp8W1S6prx4s4wwjW87Wt1x7W6pQ5W5C4Dqf21bxhYW39kv4Y7W2q2_W1KpLRb7zVC6hW6YtpNV4pB39mW4RZkYL1T6WvjW3DLvPS6Zsf5xW1jdjRH1g9BFMW1qGc_12qWY92W5476WV5dp7Q5N87YCz6bvM4Gf6b1yNg03)  | [**Faculty**](http://events.tamarackcommunity.org/email/v1/click?v=3&e=f18dQhb0S65L2Rwb1vVWn_pg3mCCPsW62F7hz6BMzCPW1f6p4h2rz8WjW6sGHQ94zBt0vW3DLz0h5CJqG5N6nNYyND3mBNW8NzlJL4qN11gW8k7DVt4.gNdvW3sc4S05Sbg0zW92zQbb62JhkCW5tBqF.6xsVN1VdgWNF4cfQG.W1BKzgC1kz0J6MKvmlgfBNCHW1Tvn9h61sm81N22_PPpQtF.hW6V8YHC3grJCNW5mrNFM6RdJgdV6_WPH65_p5lW9ff9Qf6Dl0RzW6XJTrd7KGRTHW30PHbq43MsvzW3Sj5Xc4DkLFHW80Q2nv1k5vWwW81x4QV4rcZLVW6VLcmh4PqXJyW48q8pV6xfFtPW7DTLv37Gp2wWW83tKps9g0fMLW57gHs02CsQtkW7gSvgl7Yh_HmW8ksNKj48mDbLW8LRN9415N08jW63rVZ51mxf9PVD7b.7446cyQW3MYTPp93mTrxd1876X02)ECI is also being presented in **Halifax, NS, June 2-4**. [**Register here**](http://events.tamarackcommunity.org/email/v1/click?v=3&e=f18dQhb0S7wF6SQ_29VMvKHH2wdhgGW1tfbJP1XQd3FN3mJB_ZJjdZ6W1phyQc3Vz3_1W8BWS2N8.lQgZVWDWPt4vYBjzW87113l66MYxkVbyGK07CF6M7W9k29fk2ldVB3W7nlxwf4G2znKW8C9vP79dTLDnW6NrGfH1kT35yV_0Kqr3pjByYW1nBJCq2tWXGzN6C6_Xn3lQJ.W1dmCtD3.mTsTMzGWgY3Sp4WW5qBKVN5v4TlfW4flQ297cLLhDW6Mcb921zDLrKW1wswF9627PHDW1VGVtb5FZ4fYN2PW5sDKJ30MW1nt6gy9k7hvnW7CWM8q2.z3_JW8MXMhG5VRXBdW2vmx.461MTWCV5.PT67fkbZGW7W_v391yvpRDW64BqGB2.VNCpVmYQxg1F9.pTN2pQs3LT5gV0W4Hd8XK4D.94yN8pnB0NNFMbzW412Bfp2sZdxqW6zgTfK3SF9c9VPHsLr22h_tCW7zp28q4zPxm1W2hDHWV410FLCW24GJM68z7q58W14xWyv1ThlQzW6g2C.T24bdxfW92Ht3J6Ty80cW86gkrV2ylDxPW29DdnV3s9JtvW4ZCR0k8f02WwVqHGgq4Fw7QYW2VDpy36XGPRLW4n0LCW4Cxf6VW3xnNZn4TxQw6W1NrzTt2ZGHHFW4vxSHc1LGzPbW35b6sZ7bYPl3f8MXtbb02). |

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| Announcing Collective Impact SummitiStock_000005378110XSmall_Stefanie_TimmermannThis year, in place of our annual CCI event, Tamarack will be hosting a **Collective Impact Summit** at the Hilton Airport Hotel in **Toronto, ON, Oct. 6-10**. Guest speakers at the summit will include Melody Barnes, former Director of the White House Domestic Policy Council and current Chair of the Aspen Institute’s Forum for Community Solutions; John Kania, Managing Director of FSG; Jay Connor, Founder of Learning Ovations and Working Differently, and many other great practitioners and thought leaders working in Collective Impact. Subsidized pricing will be available to teams and registration will open soon. Stay tuned for details! |

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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