

**CHECK UP**

September 20, 2013

**This was a magnificent summer to be out on the water... Super Pods of 60-75 whales came together and I had the good fortune to experience this!**

**Today’s Check up Includes:**

* Meeting Schedules
* Community meetings and Events
* Underlying Premise Evidence- (part 10) Health Services
* Survey ( Time Limited) Telling the Non Profit Sector Story
* Canadian Environmental Health Atlas – Check it Out
* EVENT Posters- Share Freely

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**CCHN Network Member Meetings-**

* Asset Mapping and Research Committee Meeting **October 7, 9:00 am** room to be announced
* Next CCHN Meeting **October 10th**, Dinner at 5:30 Meeting Starts at 6:00- CVRD Board Room
* Admin Committee Meeting **October 16th**  at 5:30 CVRD Committee Room 2

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**Upcoming Events/ Workshops/ Community Meetings**

### Family Meals Event Friday October 4th at Clements Centre- bring your children to enjoy a free family meal. Doors open at 4:30- Dinner starts at 5:00 and activities follow.

### It’s Time Parent Conference- Saturday October 26, 8:30 am to 4:30 pm- Island Savings Centre- see poster below for more information

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**KEY DETERMINANT – 10 Health Services**

**UNDERLYING PREMISES**

**EVIDENCE**

Health services, particularly those designed to maintain and promote health, to prevent disease, and to restore health and function contribute to population health. The health services continuum of care includes treatment and secondary prevention

Evidence from the **Second Report on the Health of Canadians**

Disease and injury prevention activities in areas such as immunization and the use of mammography are showing positive results. These activities must continue if progress is to be maintained.

There has been a substantial decline in the average length of stay in hospital. Shifting care into the community and the home raises concerns about the increased financial, physical and emotional burdens placed on families, especially women. The demand for home care has increased in several jurisdictions, and there is a concern about equitable access to these services.

Access to universally insured care remains largely unrelated to income; however, many low- and moderate-income Canadians have limited or no access to health services such as eye care, dentistry, mental health counselling and prescription drugs.

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**Telling the BC Non-Profit Sector Story:**

**Fill Out the Survey by Friday, September 20**

Are you a member of a Board of Directors, or employed or volunteering in the non-profit sector in BC? This survey is designed to gather your ideas about the strengths, value and impact of BC non-profits. This survey is one of the first steps in the New Directions for British Columbia's Non-Profit Sector initiative led by [**SPARC BC**](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/19dbf436cc/e=001TkDGuQgLi7r0W7il4lsX6Ry3OmC3bUm4XimR01QkgfrzhOkCwLbMd0vllcQbOJr7PS_bLZkpAMZQXVrFBxxO10dWWllpc-H4QT6X6vjAkds3MbLOckCVpQ==), [**Vancity Community Foundation**](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/da856a9cf1/e=001TkDGuQgLi7o_q1PhdKnTAQ7hFcNVKwASCzXVN3Qt9yI-W0yIbjQeVblOCS7tHMfnXz2O1343qrCWPk9gCtcHLZl7diYedpnScEmTfYOS-O8kTXU7UDDeQcBhLdjfEym_vivyWyrl21IrfzmntHAGgg==) and [**VOCBC**](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/2260a1b681/e=001TkDGuQgLi7p_f_xUTzh02weJS4DncjLzXcOpc8XXxuSjRlHO71DzVSwTXSU0Tfr0K2Le3ZgLyfDJZEDgB3kmvlGiGvv5GnVThUIuzjaLffg=) with funding from the BC Centre for Non-Profit Management and Sustainability. **All respondents will also be eligible for an iPad draw. Survey closes** 5 pm on Friday, September 20.  
  
Complete the survey [**here**](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/92b7e640ef/e=001TkDGuQgLi7orikvcz7XYoKVzliZJVaUBH_x5r0h7S0Wrte2xL0Lai7aChZqHM2FtPCiZUMjyPub9aS_cigTIeHdSS_vDkrCQEVDeVccIwjCqNiRJGWpT6hYB9mx7E-tBlF2hMorIC6rkUkKMYg9nm0KOiCwuguJHAv5km1rJbsOIU4is4OHo22W5Xjp1Bi-o). Find more info on the New Directions Survey and Project [**here**](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/9a988491b5/e=001TkDGuQgLi7ra8bjx9xD4euwgmgPXwgsvJ4cbaQ-hxwtFhCzCWVrcEG48jUIHcYqAARjV4T_EcD6ias8jf6g1Wk-wEtwJaslFGbg0zCDax4iH9agXxhxD6EWDha_kOFYU8pMRDR_Q4QutPVB20uaQxSZ5cp6UwyXfNfYICM8hWhkxZEGDI_lOnM28dX2NVzAEZ_iX6cIYvllAnpjxPOXZd4GBjLPPPoHf). Questions? Contact Scott Graham at SPARC BC at [sgraham@sparc.bc.ca](mailto:sgraham@sparc.bc.ca).

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**The Canadian Environmental Health Atlas Launches: Understanding our environment is key to promoting health and preventing disease**

(First Call BC) The online publication [Canadian Environmental Health Atlas](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/3f4fffd519) emphasizes stimulating research and case studies using maps, graphics, videos, infographics and narrative to explain key concepts of environmental health, reports Joanne Telfer, Project Coordinator based out of Simon Fraser University.  
  
The Atlas introduces the many ways the environment affects human health and highlights the importance of environmental health in health promotion and disease prevention. It includes environmental health topics, such as [Asbestos](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/b9ea2b7743), [Lead](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/18a90c4649), [Heat Waves](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/5ccb304c40), [SARS](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/e83343c262) and the [Aboriginal Community Well-being Index](http://cts.vresp.com/c/?FirstCallBCChildandY/54f7387c7e/321050fb30/890871a837), that are organized under 10 major themes. Please explore the Atlas and share it with others.

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

**Send it to** [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) **and it will be included in the weekly Check UP Newsletter**

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**Please share posters for upcoming events listed below....**

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Sponsored by the Network for Families Group



**Friday October 4th**

at Clements **Centre**

5856 Clements Street, Duncan

Doors open at 4:30. **Dinner at 5:00** – Activities to follow

Bring your children to enjoy a free

Family Meal

Eat together, listen to a story

Activities for children & parents to enjoy together.

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**[](http://www.google.com/imgres?biw=1024&bih=583&tbm=isch&tbnid=k4y7tSFAaDdgTM:&imgrefurl=http://www.adoctorandanurse.com/families-who-eat-healthy-together-stay-healthy-together/&docid=D78eFkVyRyIS-M&imgurl=http://www.adoctorandanurse.com/wp-content/uploads/2011/10/family-meals.jpg&w=500&h=332&ei=HaEXUpqQLqSAiwKgg4DQDA&zoom=1&iact=rc&dur=500&page=4&tbnh=152&tbnw=261&start=53&ndsp=20&ved=1t:429,r:64,s:0,i:278&tx=122&ty=92)Children who eat with their family Members at least once a day:**

Communicate better with their parents

Practice their social skills

**5856 Clements Street**

Deepen their sense of belonging and security

Do better at school

Eat more vegetables, fruit and calcium rich foods

Learn more words, have a better vocabulary

**More Information:**

**Margaret Moss Health Centre**

**250-709-3050 local 45509**

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**Care Kits**

**HOMELESSNESS ACTION WEEK 2013**

***A Day of Direct Services for the Homeless***

**Wednesday October 16, 2013 - 10:00 am to 3:00**

**Duncan United Church Hall**

Our intent is to bring together government services, not-for-profits, community services, and individual volunteers in a coordinated effort to support those who are most vulnerable in our communities.

A variety of personal care items, clothing and sleeping gear will also be available for guests.

**Care Kits:**

* Socks , Tooth Brushes, Toothpaste, Soap, Lotion, Shampoo, Lip balm, Combs
* Seasonal clothing: Jackets, hats, scarves, mitts, rain gear,
* Work Clothing
* Blankets
* Tents
* Sleeping Bags
* Boots
* Back Packs
* Sewing Kits
* First Aid Items
* Foot wear
* Feminine hygiene products
* Books
* Granola Bars, Juice Box
* Flashlights
* Razors
* Nail Clippers

Items may be dropped off to Social Planning’s office at 135 Third St.

A donation box is inside the upstairs front door.

We are anticipating 60 to 80 guests. Items will be displayed and they can pick out items of their choosing.

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**Moms, Dads, Grandparents, Early Childhood Professionals**

***JOIN US FOR:***

***-A day of interactive and educational workshops***

***-Browse through displays and learn about resources in your community***

***-Great door prizes***

***Quality child minding available***

**Presents**

**It’s Time…..**

**Saturday October 26th,**

**8:00 am- 4:30 pm**

**Island Savings Centre**



….to talk

….to play

….to sing

….to read

**Register Today!**

**No Cost**

**Pre registration is required**

**Includes: 4 workshops, lunch, all snacks and refreshments, child care (limited spaces), door prizes and take home resources!**

**Deadline to Register: Monday October 21st**

**Contact Laura Court at** [cowichansuccessby6@shaw.ca](mailto:cowichansuccessby6@shaw.ca) **or call 250-701-3647**

**Or Ada Mawson at** [ada.mawson@csets.com](mailto:ada.mawson@csets.com)

**Registration forms at** [www.cowichankids.ca](http://www.cowichankids.ca)or register in person at Clements Centre- 5856 Clements Street, Duncan

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