

**Network Minutes**

**Thursday April 12, 2018 Ramada Silver Bridge- 5:45 pm**

**Present:** Denise Williams Chair, Rob Hutchins, Cindy Lise Regional Facilitator, Gretchen Hartley, James Tousignant, Douglas Hardie, Rhoda Taylor, Jan Tatlock, Jane Hope, Denise McKinlay, Linda Roseneck, Emma Edmunds, Gus Williams, Addie Williams, Pam Alcorn, Sheila Service, Jane Osborne,

**Regrets:**, David Robertson, Alice Gelpke, Anita McLeod, Jodie McDonald, Kate Marsh, Aimee Sherwood, Jennifer Jones, Melaina Patenaude, Michelle Staples, Tara McCaffery, Diane Pope, Faye Gilbert, Chris Hall, Terri Dame, Valorie Masuda,

**Guests:** Bruce Pesowsky HandiDart, Dr Shannon Water Medical Health Officer

**On Leave**: Robert Calnan, John Elzinga, Robin Routledge,

**Welcome to new members**: Vicki Holman Cowichan Seniors Foundation, Maureen Vesey Cowichan Neighbourhood House

* **Welcome and introductions.**
* **Adoption of Agenda-** Moved/second **Approved**
* **Celebrating Network Member-** Gretchen Hartley Cowichan Hospice Society- Gretchen shared the video created for Cowichan Valley Hospice Society by famed filmmaker Nick Versteeg. A portion of the funds for this film were provided by Our Cowichan. The film will be instrumental in conveying the message of the importance of a hospice facility and will be a great asset when fundraising for the upcoming Hospice House project. The CVRHD has committed to 5.2 million towards the project and the Cowichan District Hospital has also committed to supporting the project.
* Initially Our Cowichan was the lead of creating the Hospice Task Force to explore the option of creating this community resource. Over the past year a memorandum of understanding was signed between Island Health and Cowichan Hospice Society regarding the new facility and the task force has moved forward with Cowichan Hospice Society at the helm. Our Cowichan has now stepped back from the lead.
* **Delegation Handidart –** Bruce Pesowsky presented the service delivery model for HandiDart which a custom transit system for individuals or persons with disabilities is. There is a flexible routing and scheduling that is set up on a daily basis based on the requests for service. Clients are driven from door to door. Individuals are asked to request services 48 hours in advance and pay $2.00 per ride. The service is offered within the boundaries of the CVRD and does not cross boundaries into other regions. In order to receive services through HandiDart individuals must register and be assessed regarding their need for service. This can include temporary requests for those who may have had surgery or other health altering challenges. Currently there are 200 registered users within the region and 21,000 rides were provided in the last year that covered over 230,000 kilometers.
* **Spotlight Speaker- Dr Shannon Waters** – Shannon provided an update regarding the local health area data for Cowichan, Ladysmith and Lake Cowichan. The slide deck was provided to OCCHN members via email following the presentation. Highlights included:
  + Our increasing aging population
  + Increased number of mothers under the age of 20
  + Decreased number of caesarian births
  + Increased number of mothers having children at a later age
  + High number of children in care of the Ministry of Children and Family Development
  + High number of children requiring dental surgeries
  + Increase in overdose deaths
  + Higher rates of poverty than other communities in BC
  + **Areas of focus for us to consider:**
  + Focus on investing in children which should include multi stakeholders and a concerted effort to make a change in the vulnerabilities in early childhood development. Review the data to find out what was working and what resulted in changes of vulnerabilities
  + Working towards a poverty strategy
  + Improving our air quality
  + Beginning to explore road safety as we have a highway that runs through the centre of our community
  + Mental Health and Health promotion for
    1. Depression
    2. Anxiety
    3. Suicide
    4. Substance Use
  + Addressing Stigma
* **Friendship Bench –** In the spring of this year a Friendship Bench was installed at Vancouver Island University. The intent of the bench is to help remove the stigma from those struggling with mental health challenges and to promote mental wellness. The Yellow is for Hello and an invitation for others to sit and talk together. Having depression is not the problem, not talking about it is. There was some left-over funding from the Yellow Bench project that was donated back to the University for mental wellness programs.

**NEXT MEETING THURSDAY May 10, 5:45 pm Dinner served at 5:15**

Minutes taken by Cindy Lise- Meeting adjourned at 7:50 pm