

**Network Minutes**

**Thursday March 14, 2019 Ramada Silver Bridge- 5:45 pm**

**Present:** Denise Williams Chair, Cindy Lise Regional Facilitator, Rhoda Taylor, Denise McKinlay, Valorie Masuda, Sheila Service, Chris Hall, Leslie Welin, Rosalie Sawrie, Jessica Curtis, Amanda Marchand, Laurie Beverley, Douglas Hardie, Terri Mattin, Jane Osborne, Linda Roseneck, Robin Routledge, Lynne Smith, Debra Toporowski, Kristine Sandhu, Carolyn Austin, Elizabeth Croft, Gretchen Hartley, Faye Gilbert, Vicki Holman, Kate Rossetto, Linda Roseneck, Kristine Sandhu, Lynne Smith, Robin Routledge

**Regrets:** John Elzinga, Melaina Patenaude, Rob Hutchins Co- Chair, Christy Wood, Aimee Sherwood, James Tousignant, Jan Tatlock, Kate Marsh, David Robertson, Alice Gelpke, Jodie McDonald, Gus Williams, Michelle Staples, Alistair MacGregor, Jane Hope, Bob Day, Tara McCaffery, Diane Pope, Anita McLeod, Pam Alcorn, Lynn Weaver, Stacy Middlemiss, Arlene Robinson,

**Guests:** Chris Rafuse- Cowichan Stroke Society, Fatima DaSilva, Anita Carol- Nourish Cowichan, Adrienne Bennest – Nanaimo Brain Injury Society

**On Leave**: Robert Calnan,

**Welcome to new members**: Kate Rossetto replacing Vicki Holman who is retiring

* **Welcome and introductions.**
* **Adoption of Agenda Approved** Moved/second
* **Adoption of Financial Statement**

Moved/ second **Approved**

* **Correspondence-** letter from CVRD confirming CVRD representatives

**Celebrating Network Members – Debra Toporowski** -Debra is one of our newest members who is representing the Municipality of North Cowichan. In addition to her role as a Councillor for North Cowichan Debra is also a CVRD Director and a Councillor for Cowichan Tribes! In addition, Debra is a member of the Cowichan Tribes Health Advisory Committee. Her connection to communities stems back to days when she worked for our MLA’s Doug Routley and Bill Routley. Her ability to work across the diverse communities is a significant asset to our region as she is able to work together to share ideas on how to address challenges. Debra believes that you never know who holds the key to a solution unless you continue to connect and share ideas and challenges. Debra also shared the importance of connecting with Cowichan Tribes and is most open to meeting with individuals.

**Delegation: Nanaimo Brain Injury Society- Adrienne Bennest** Adrienne shared that there has been some funding provided to bring the Brain Injury Society to the Cowichan Region over the month of March to draw attention to brain injuries and to develop an understanding of the many facets to brain injuries. She reported that moving forward Cowichan will receive support through the Victoria Brain Injury Society to set up peer support groups in the Cowichan Region.

* 4% of individuals in a community are estimated to be living with a brain injury. For the Cowichan Region this number stands at approximately 3050 individuals!
* 465 individuals sustain a brain injury in Canada every single day
* It is estimated that 1.5 million people are living with brain injuries
* There are correlations between the number of individuals living with brain injuries and the increased number of individuals who
  + Commit suicide 400%
  + Have a higher chance of addiction 200%
  + Have a higher chance of homelessness 52%
  + Have a higher chance of incarceration 80%
  + Are 3 times more likely to suffer a second brain injury
* The conversation included the following:
  + What is the impact that the overdose crisis is having on individuals?
  + What can we do to educate first responders, organizations, RCMP etc re brain injury
  + There are some programs running through Island Health
  + Cowichan Stroke Society also supports those who have suffered strokes or other brain injuries and hosts support groups
* There are going to be community information sessions as well as opportunities to have Adrienne and her team come to speak to community agencies and service providers. Members provided contact information.
* Further information when it comes available re peer groups will come to OCCHN for distribution.

**Spotlight Speakers- Nourish Cowichan-** Fatima Dasliva and Anita Carol

30% of children in the Cowichan Region are living in poverty. Many of the children attend school or child care programs without healthy lunches or breakfasts. What started with an idea to support a couple of elementary schools with a breakfast/lunch program soon blossomed into a program that now serves over 1600 meals a week to children and youth across the region. Nourish Cowichan started with an idea that has now grown into a fully functioning program that continues to grow to now include child care programs, schools, the maternity clinic and outreach to Penelakut Island. With the growing demand for food preparation and storage the Nourish Team had to move its kitchen from the Vinoteca Zanata to its own commercial kitchen that is opening at Mount Prevost School. It is through the generous donations of an incredible supporting community that the new and modern commercial kitchen was even possible. Donations came from far and wide and step by step the facility was built.

Some of the greatest learnings from the Nourish team has been around the how the children have supported each other and the ability to reduce the impact of stigma on children who are hungry. The program serves all children regardless of their ability to access food at home. Children have been able to identify classmates who may require assistance and are thinking about the needs of others.

In addition to delivering fresh fruit, vegetables dairy products a and meals Nourish makes their food fun and appealing to all while packing in every punch of nutrition it can! Now with the new kitchen open the team is looking at ways to support communities beyond providing food but now including opportunities for cooking classes, food preservation and training such as food safe to increase the skill sets of our community members.

Building partnerships, connections and a desire to change the health outcomes of our children is the key to Nourish Cowichan’s success!

**New Business:**

* Brain Injury workshops and sessions to be posted in Health Matters Newsletter
* A Just Society Film will be taking place on Thursday March 28 at 7:00 pm at the Cowichan Performing Arts Centre. The film will include the Stigma Exhibit and a panel presentation at the end.
* There is a community Housing Meeting that will be taking place in the evening of April 25th at the Ramada Silver Bridge. This session will bring back together community members and organizations to review all of the incredible efforts to address housing and homelessness that have taken place over the past 2 years.
* Terri Mattin and Chris Hall updated members on the Attainable Housing Strategy that has now been completed. The strategy and supporting documents are included in the Health Matters Newsletter. If any members wish to provide feedback please send to Terri.

**NEXT MEETING THURSDAY May 9, 5:45 pm Dinner served at 5:15**

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