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## Alberni Clayoquot Health Network

### E-News Dec. 2012 *Happy Holidays!!*

**Healthy & Connected People & Places. Participate in the network and be a part of healthy change!**

The Alberni Clayoquot Health Network is a mechanism for citizens working and living in the regional district to come together and speak with a collective voice on health issues and share ideas and resources to build healthy sustainable communities. Everyone is Welcome! **How can you participate?** It's simple! **Email** and ask to be on our network list: [slyle@acrd.bc.ca](mailto:slyle@acrd.bc.ca)

**'Like' us on Facebook**  **Attend our meetings** and regional sponsored events. **Join** our sub-committees. **Send** us your news & we'll share it! **Contact** Us! Tanis Dagert, Network Coordinator [tanisd@live.ca](mailto:tanisd@live.ca) (250) 668-5159 or Shelli Lyle, Admin Assistant, [slyle@acrd.bc.ca](mailto:slyle@acrd.bc.ca) (250) 720-2700

## LOCAL NEWS:

### **ACHN Strategic Planning Update:**

On Dec. 13th, members of the ACHN Planning Group officially adopted their new Strategic Plan! The Plan will be posted on the [ACRD website](#) and outlines our purpose, values, guiding principles, goals, objectives and timeline for accomplishing our work during the period 2012-2014. In a nutshell, our priority issues include: **network development, healthy children & youth, affordable & accessible transportation, affordable housing and improving health literacy** in the Alberni Clayoquot region. We are now in the process of planning community forums and developing sub-committees and initiatives focused on the priority areas. **Thanks to everyone who helped bring the strategic plan to fruition.**

### **Good Food Box Program Now Available in Port Alberni! Only \$12!**

The Salvation Army has partnered with Nanaimo Foodshare Society to take orders for and distribute the 'Good Food Box' program to Port Alberni residents. The Good Food Box helps you stretch your food dollar and feed your family better. They buy fresh produce in bulk from wholesalers and local farmers and then volunteers pack it into 'boxes' so that you get more good food for less! **Just drop into the Salvation Army with \$12 and then on the second Wednesday of the month come back and get your box!** The Alberni Salvation Army Centre is located at 4815 Argyle Street, Tel: 250-723-6913

### **WORKSHOP: HEPATITIS C IN ALBERNI VALLEY: HOW ARE WE DOING WITH IT?**

January 22, 10 to 12 or 1 to 3 (Includes lunch - two workshops choose morning or afternoon). Location: ECHO Fieldhouse

Get up-to-date information on Hepatitis C infection and its effects on the body; Living well with Chronic Hepatitis C - Self-Care Tips; Monitoring and Treatment – including new and upcoming treatment changes. **Presenters:** Gail Butt and Liza McGuinness, educators and researchers from the British Columbia Center for Disease Control. In the context of the workshop they will be presenting highlights from a current research project that identifies barriers to Hep C care in British Columbia and sharing some new resources for people living with Hep C and their Health Care providers. **Invitees:** Persons living with Hep C, friends, family, colleagues, agency support workers, health care workers. **Honorariums of a \$10 QF coupon** are available on request. Participants will be provided with a **take-home “toolkit” of resources**. **For more information or to register** call the Health Outreach Program at 250-731-1322 or email to [Lory.Neufeld@viha.ca](mailto:Lory.Neufeld@viha.ca)

### **Exciting New Partnership with Alberni Children's First Tables & Dalai Lama Centre**

**for Peace & Education**

The [Dalai Lama Centre for Peace & Education](#) is partnering with the Alberni children's first tables in a 'Heart Mind Index' project that aims to provide a population-level snapshot of Heart-Mind well-being of children in their early years. The Index draws on the work of UBC's Human Early Learning Partnership that leads the Early Development Instrument (EDI)—a population level developmental survey that is used with kindergarten children in British Columbia every year. The Heart-Mind Index measures well-being according to five human qualities: gets along with others; attentive & engaged; compassionate & kind; peaceful; secure & calm. Check out this short [video](#) narrated by Shane Koyczan about the importance of educating the heart and human qualities like *Empathy Compassion Altruism & Kindness*.

**Funding to Alberni Community and Women's Services Society & NIC.**

Alberni Community and Women's Services Society received funding from the Status of Women Canada to engage young people in addressing violence against women on university and college campuses. The Society is receiving \$181,536 in funding to partner with the White Ribbon Campaign and North Island College on a student-led "Safer Campus" initiative focusing on gender-based violence on campus. The project is centered around three goals: to identify and address institutional barriers to advancing gender equality; to engage male students and faculty in campus strategy; and to create culturally appropriate collaborative mechanisms to address key concerns of Aboriginal members of our campus community. For more info contact Erin Ryding, Safer Healthier Campus Initiative 250-724-8769.

**New ACT Program for Mental health and Addictions Coming to Port Alberni.**

A new Assertive Community Team (ACT) is being set up by VIHA in Port Alberni. The multidisciplinary team will work with clients who have Mental Health and Addictions issues. The program will operate under the auspices of the local Mental health and Addictions Centre outreach program. It is planned this program will be operational by early next year.

**Emergency Planning Coordinator Is Looking for Volunteers!**

Laurie L'Heureux, the Occupational Health & Safety/Emergency Planning Co-ordinator with the City of Port Alberni and the ACRD is seeking volunteers for their Personal Disaster Assistance Program who are willing to participate in a training through the Justice Institute and be on call and once a month in case emergencies arise. Contact Laurie at 250 720-2529 or [laurie\\_lheureux@portalberni.ca](mailto:laurie_lheureux@portalberni.ca)

## LEARNING & RESOURCES

### **What is health literacy?**

The Canadian Public Health Association defines health literacy as: “Skills to enable access, understanding and use of information for health”. The majority of adult Canadians (60%) do not have the necessary skills to manage their health adequately. Check out the Canadian Council on Learning's definition of health literacy [here](#).

### **Family Meals: Eating Together Has Benefits!**

According to the [National Center on Addiction and Substance Abuse at Columbia University](#) (CASA), children who eat at least five times a week with their family are at lower risk of developing poor eating habits, weight problems or alcohol and substance dependencies, and tend to perform better academically than their peers who frequently eat alone or away from home. [Download](#) printable versions of 'Conversation Cards' to help inspire dinner talk with kids in a fun way about nutrition, exercise and fitness.

### **Technology in Balance**

Coastal Family Resource Coalitions Technology in Balance Workshop last month with Ross Laird was a huge success! Check out the video that was shared at his presentation about what he'd like to see kids do more of: [MOVE!](#)

### **Caring for BC's Aging Population**

Canadian Centre for Policy Alternatives 2012 [report](#) titled, Caring for BC's Aging Population, explains how “a decade of underfunding and restructuring has led to a home and community care system that is fragmented, confusing to navigate, and unable to meet seniors' needs”.

### **Healthy App: eaTipster**

Dieticians of Canada just launched 'eaTipster' - a free iPhone app designed to serve up a new healthy eating tip every day.

### **FREE Copies of Health Resources:**

The Canadian Women's Health [Network](#) is looking to mail out free bulk copies (20, 50, 150, or more) of a number of reliable health information publications in French and English ideal for classrooms, community centres, staff rooms and public spaces. They cover all the costs of shipment. Please contact [outreach@cwhn.ca](mailto:outreach@cwhn.ca) to order your copies today!

## FUNDING OPPORTUNITIES:

**The Alberni Valley Community Foundation Grant Deadline is Jan. 15th!**

The Foundation makes grants from the Community Fund once a year. The first stage is a letter of enquiry, directed to the Grants Committee that must be received by January 15.

Qualifying charities then receive an application form.

The foundation considers requests from registered charities for program-related or capital projects in the \$500 to \$5,000 range. Download the application on their website. Areas that the foundation currently supports are:

- Arts & Culture
- Education
- Health & Physical Activity
- Homelessness
- Social Services
- Environment

**BC Healthy Communities**

BC Healthy Communities Municipal Alcohol Policy Program -- Up to \$7,000 is available for capacity building/planning grants. Expressions of Interest are due January 15, 2013 and can come from local governments, including small, medium and large communities, for seed grants of up to \$7,000 to develop a Municipal Alcohol Policy (MAP) in their communities. [Here](#)

**Multi-culturalism Grants**

To promote the participation and engagement of all cultures across the province, the Province of British Columbia will support communities in honouring the diverse cultures that shape British Columbia [Multiculturalism Grants](#) Application Period #2, Cultural Expression Sector, Capacity Building Sector, Apply from Nov 1,2013 - Feb 15,2013

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