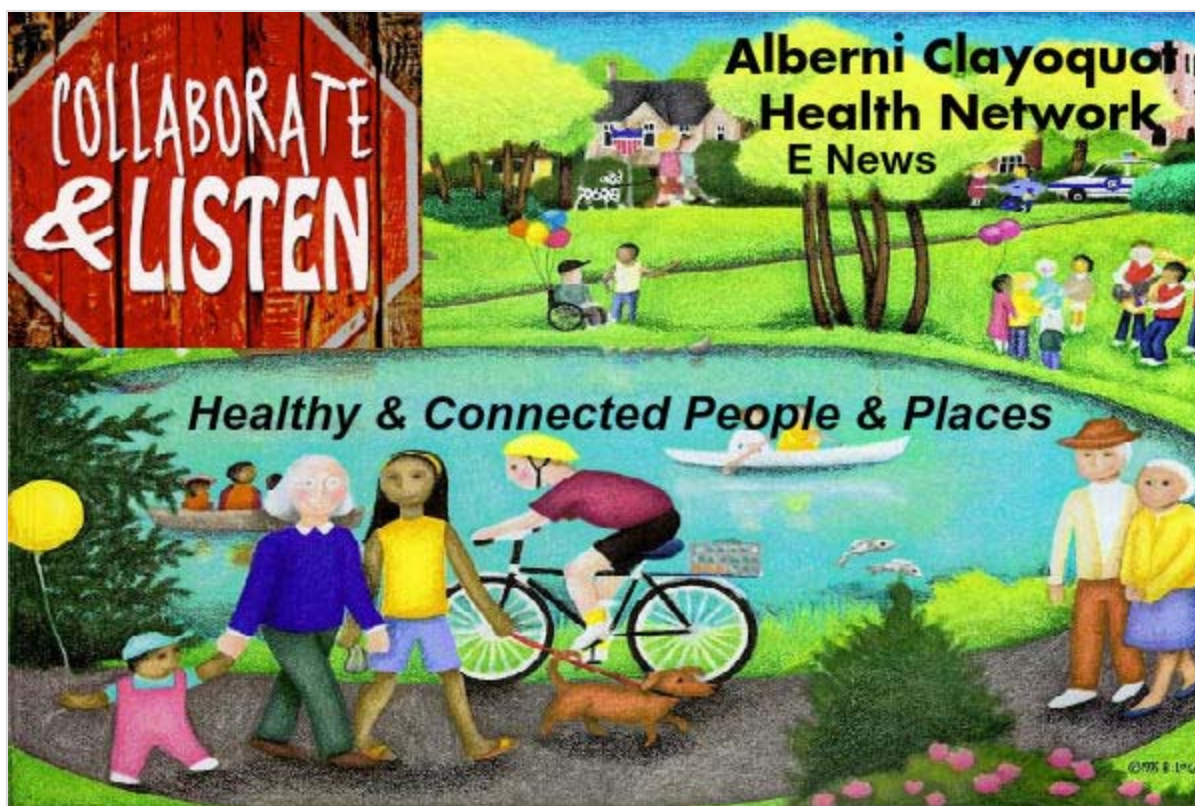


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Alberni Clayoquot Health Network E News May 2013

"Healthy & Connected People & Places"

Apologies for Cross Postings. Please share this newsletter far & wide! Join us! (find out how at the bottom of this newsletter).

UPCOMING EVENTS

Workshop: Creating a Social Planning Development Plan for The Alberni Valley: Friday May 3rd 9am to 2:15pm

Come to learn, share, discuss and set priorities for social planning action in the Alberni Valley. In this workshop, participants will understand the 8 step components for creating a strategic social development plan and engage in exercises to start the planning process for the Alberni Valley. Facilitated by Jim Sands from SPARC BC. Room S108 North Island College. To Register: Email Laurie Money at Laurie.Money@gov.bc.ca As part of

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the Pre Work for this Workshop, we are asking you to fill out this survey to help with the Workshop discussion at http://www.surveymonkey.com/s/CY8B66D . Complete the			
Survey and have a chance to win a \$25.00 Certificate to KRUSH!!!			
<u>Alberni Valley Social Planning Council Annual General Meeting, Friday May 3rd from 2:30 to 3:30 pm Room S108 at North Island College.</u>			
Following the workshop (above). Volunteers needed to fill positions and to help make positive social change in the Alberni Valley! For more info contact Laurie.Money@gov.bc.ca			
<u>Annual Hike For Hospice, May 5, 11: 30 a.m. at Blair Park Gazebo.</u>			
All funds raised stay local and support AVHS/ Ty Watson House. Put together a team and collect donations. Zum-bathon Warm Up event before walk, post-hike BBQ and coffee by donation. Help reach the goal of \$10,000! More info: 250-723-4478 http://albernihospice.ca/news/2013/03/2/hike-hospice-2013			
<u>Walk With Your Doc Event: May 9th in Port Alberni at Bob Daley Stadium</u>			
This BC Medical Association initiative is an annual event celebrating World Health Organization's Move for Health Day. Last year Port Alberni hosted the largest event in the province with 18 physicians and 591 patients walking around a large track. Stay tuned for more details on the Port Alberni event and/or encourage your Doc to host one in your community: website			
<u>TAKING CARE – BUILDING SUPPORTS FOR HEALTHY AGING Sessions: May 2nd & May 9th at North Island College, 1 to 3 pm.</u>			
<i>Taking Care</i> is a free healthcare education program aimed at Seniors living at home who want to find out more about accessing healthcare and social supports for themselves or a loved one. Combines instruction about seniors care and support services with group discussion and case study exercises to enable participants to effectively navigate the Home and Community Care System, engage with health professionals, advocate for improvements in how services are delivered and support one another in their healthcare journey. Admission is free of charge and includes an info binder. To register or for more information, contact Barb Stevenson (ext. 232) or Donna Michaud (ext. 244) at Fir Park Village , 250-724-6541 , or email us at hr@acccs.ca			
<u>Community Investment Program Orientation Workshop: May 15, 2013</u>			
The City of Port Alberni invites local non-profit groups and organizations to attend an Orientation Workshop on the 2014 Community Investment Program. This program replaces the former Grants-in-Aid program. The CIP includes in-kind services and community development grants. The workshop will outline the criteria for applying and program priorities and guidelines. Application forms will be made available at the workshop. The deadline for applying for the CIP is Tuesday, October 1, 2013. Register for			

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How Age Friendly is the Alberni Valley? Participate in Focus Group Sessions May 13th, 15th & 16th

The City of Port Alberni, in partnership with the Alberni-Clayoquot Continuing Care Society is conducting an 'Age-Friendly Community Planning Project' to gather valuable information about the strengths and gaps in the Alberni Valley and to make recommendations for becoming an age-friendly community. According to the World Health Organization [WHO], Age Friendly Cities have services, policies, structures and environments that enhance the quality of life for people as they age by addressing their needs and ensuring that they remain engaged in every aspect of civic life. Focus groups will include seniors (their care givers or family members where needed); members of social/recreational, community groups and organizations; and service providers and agencies who are involved in these areas. If you or members of your group/organization would like to participate in one of six topical focus groups contact Barb Stevenson, 250-724-6541 ext. 232 for an invitation. Includes lunch!

OTHER LEARNING & RESOURCES

Want to learn Nuu-Chah-nulth language? There's an app for that!

The Nuu-Chah-Nulth Community Portal is part of FirstVoices - a group of web-based tools and services designed to support Aboriginal people engaged in language archiving, language teaching & culture revitalization. The Nuu Chah Nulth language is highly endangered because it is now spoken by not more than approximately 200 persons. The portal has archived over 1300 words and 450 phrases. Check it out!

<http://www.firstvoices.com/en/Nuu-chah-nulth>

Check out Tofino Parks & Rec Multi-Use Path Etiquette Short Video!

Kids are the teachers in this short video that tells us to watch for cars coming out of driveways, which side to pass on if you're riding your bike etc.

<http://vimeo.com/31828903#>

Online Optical Pilot Project

On February 6, 2013, the Minister of Social Development announced that the ministry would be launching a pilot program that will give individuals and families on income and disability assistance the option to purchase eyeglasses online. As of April 1, Clients can now have their claims submitted to Pacific Blue Cross for payment in accordance with the ministry's current fee guides. This pilot project offers clients the choice and convenience of obtaining their eyewear online. The program is initially being piloted with Clearly Contacts, with the intention of expanding to include other online eyewear suppliers in the future. Clearly Contacts has set up an Ministry of Social Development-specific page at

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http://www.clearlycontacts.ca/msd which advises clients how they can participate, and the information they are required to provide when they call. The phone number for clients to			
call and order glasses is 1-866-502-2729. Hours of operation for this service will be 8:00 am – 4:00 p.m. Pacific time, Monday - Friday			
<u>Public Health Association of British Columbia`s Election Toolkit website.</u>			
The Health Voices Election Toolkit is a way for PHABC membership and British Columbians who are concerned about the future of health care in BC to advocate for long term improvements to our health care system, and create a healthier future. Two things can transform the health of all British Columbians: 1) Poverty is bad for your health. BC needs a provincial poverty reduction plan. 2) An ounce of prevention is worth a pound of cure. We need a significant increase in preventative health care.			
<u>Milk coming to BC Schools</u>			
Through a new partnership with the BC Dairy Association, more than 1,400 elementary schools registered for the BC School Fruit and Vegetable Nutritional Program will be offered local milk, free of charge, for children in Kindergarten to Grade 2. More info about the program here: http://www.sfvnp.ca/our-story.php			
<u>ParticipACTION Teen Challenge</u>			
The ParticipACTION Teen Challenge allows teens to come up with innovative ways to get active, and then provides micro-grant funding, called Teen Physical Activity Grants, to registered community organizations to support teens' physical activity programs. If you are part of a community organization, recreational facility, or a school that can support a teen physical activity program, consider being a part of the ParticipACTION Teen Challenge .			
<u>Get Outside! Opportunity for High School Youth.</u>			
Awesome opportunity for high school youth who are passionate about the outdoors & leadership & live near Victoria, Vancouver, Hope, Kelowna, Prince George or Kimberley. Includes a Youth Leadership Summit in Squamish (JULY 13-17), Monthly Meetings, Local Events & Projects & a Reunion with other Participants. Applications are due May 17th for this all-expenses paid program! http://www.getoutsidebc.ca/			
<u>Family Child Care and Early Childhood Education Bursaries</u>			
The BC Family Child Care Association is proud to be administering bursary funds to assist qualifying family child care providers and early childhood educators taking quality training. Programs are eligible under this bursary include: One Year Family Child Care Certificate Program and the Good Beginnings: Professional Development for Family Child Care Providers .			
<u>OUTWARD BOUND YOUTH CHALLENGE PROGRAM</u>			
A special 17-day wilderness program for young people aged 15-18 who are experiencing difficulties at home, at school or in their community this summer on Vancouver Island. This			

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		innovative educational program helps teens transform attitudes, behaviours and self-beliefs through a challenging and inspiring journey. Students completing the OBYC program also complete a grade 11 high school credit. For more information or to register for the program, contact the Admissions Department at 1-888-OUTWARD (688-9273), extension 209. Email: fiona_hough@outwardbound.ca or admissions@outwardbound.ca Website: www.outwardbound.ca PROGRAM DATES AND INFORMATION: Boys – July 5-21, 2013 Girls – August 4-31, 2013. Tuition: \$3400* + HST & \$75 application fee – *Full and partial funding is now available through the Outward Bound Canada Bursary Fund, and the Royal Bank of Canada Scholarship fund. <u>Online Chronic Disease Self-Management Program</u> The Online Chronic Disease Self-Management Program is a fun and practical online workshop which can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. The program is FREE for BC residents with all levels of computer skills, who are experiencing chronic conditions. Caregivers, friends and family members. For more info and to register click here! <u>Shapedown BC Program</u> This is a 10 week program designed for children/adolescents between 6-16 years of age with a BMI (Body Mass Index) greater than 95%. Physician referral is required and at least one parent/ guardian must attend the twice weekly sessions with their child. Shapedown BC supports families in creating healthy eating habits and an active lifestyle. Families learn to set goals that target positive lifestyle changes and also look at the issues that may block positive change. Children and teens improve self-esteem and peer relationships and adopt healthier habits. Parents will learn to sharpen their nurturing and limit setting skills which will help them feel better about their relationship with their child. The whole family becomes healthier and closer. Contact the Central Island Healthy Weights Program in Nanaimo at 250.755-7955 for more info. <i>Join the network & be a part of healthy change!</i> 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 join our network list: slyle@acrd.bc.ca 'Like' us on Facebook  & receive on our ongoing newsfeed. 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 (250) 668-5159 or Shelli Lyle, Admin Assistant, slyle@acrd.bc.ca (250) 720-2700	

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