

Lori Wilson

From: Shelli Lyle
Sent: Tuesday, December 03, 2013 2:28 PM
To: Lori Wilson
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Alberni Clayoquot Health Network E News Dec. 2013

"Healthy & Connected People & Places"

Apologies for Cross Postings! Please share!

**ACHN E-News: Upcoming Events, Resources,
Funding Opportunities & More!**

Please Help us Share this E-News!

Kindly forward this e-news to any groups or individuals who might find this information useful. A lot of time and energy goes into creating this resource and we would like it shared widely as possible. Conversely - if you have news to share please send to: tanisd@live.ca

Happy December Everyone!!

These chilly short days can often result in increased levels of inactivity (a.k.a. winter hibernation). Resist! Even getting out for a short brisk walk (20 minutes) gets the blood flowing and increases energy. Watch your stress levels over the winter too -- when we don't get enough sun exposure, mood and energy levels tend to fluctuate. Meet with friends, enjoy your "me" time, hot baths & journaling are all wonderful ways to keep yourself healthy and happy.

Health Network Update:

Members of the **Health Network met on Thursday Nov. 21st** for an informative morning that included a presentation from **Island Health** about their upcoming island wide **Strategic Planning** process. Seniors leaders from Island Health have been visiting facilities and hosting open houses in over 20 communities to meet with staff, physicians and the public to hear thoughts about the future of the organization. A Background Document - Planning for the Future Together can be downloaded from their website located at: http://www.viha.ca/about_viha/strategic_plan/ that includes current facts and figures about health on Vancouver Island and the public is invited to complete a short survey located here: <http://viha.fluidsurveys.com/s/ih2018/> Tell them what you think!

As well, we heard from Mary Chudley about the **'Patient Voices Network'**. The Patient Voices Network is a community of BC patients, families, caregivers, and others who wish to use their experiences to impact positive change to the health care system. The Network offers ongoing learning and consultation opportunities to help patients be greater informed and offer their voices on relevant health care topics and resources. The ACHN will be working with Patient Voices to hold an orientation session in the region. Get involved! We are all patients of the health care system and it's great that we are being offered opportunities to give our voice. Join over 1000 patients, family members and caregivers who are applying their experiences toward positive change to the health care system. Complete an online application form, attend the upcoming (Feb. 7th) orientation session and then volunteer your voice at upcoming opportunities! <https://www.patientvoices.ca/get-involved>

Russel Dyson, CAO of the ACRD gave us an update about the **'Transportation Initiative'**. Laurel Sliskovic and Erin Heeney are consultants with the 'Sociable Scientists'

who have been hired by the Health Network to help us study the issue. They completed a literature review in November titled '*How do we get from here to there?*' in order to help frame the inquiry according to 3 key questions: 1) How accessible and affordable is the existing transportation network in the ACRD for residents to fully participate in society (i.e. employment, education, health services, leisure opportunities)? 2) What gaps are evident in the accessibility and affordability of transportation in the region? 3) What are the opportunities for collaboration among stakeholders in the ACRD that will enhance the transportation system in the region? The 'Scientists' are currently conducting key stakeholder interviews and will be hosting community consultations in the early spring. Directors of the ACRD met with Honorable Todd Stone, Minister of Transportation and Infrastructure at the UBCM Convention in late September and asked the Minister for key staff contacts related to our initiative. In addition, the project team had a tele-conference with representatives of BC Transit for information sharing.

The new **ACHN Working Group** will be meeting on the third Thursday of each month. The next meeting is set for Thursday January 16th, from 9am to noon at the ACRD Board Room. The working group will be revising the ACHN Terms of Reference and reviewing the current strategic plan located here: <http://www.acrd.bc.ca/cms.asp?wpID=338>

Events & Opportunities:

Here We Come Pre-School Events! Five Little Monkeys Jumping on a Bed!

Here We Come! is an interactive early years screening event for 3 to 5 year olds. Any and all pre-schoolers along with their care-givers are invited to come to Here We Come! events for fun-filled activities led by qualified leaders from community related and health organizations. Research shows that over 75% of a child's brain actually develops after his/her birth - most of that in the first five years. The early years are critical in shaping a child's ability to think, to love, to trust, and to develop a strong and positive sense of themselves. The first five years have a profound impact on a child's emotional, social and intellectual development. Early identification means that potential issues can be caught before they have a chance to create larger problems, and, in many cases, can prevent problems from ever developing. For more info contact Stacy at (250) 723-7521 *Brought to you by School District #70(Alberni) and the Ministry of Education: Ready Set Learn*

Where & When: (Time 6:15 - 7:30pm)

Howitt Elementary, Thursday January 16th

Gill, Thursday Feb. 13th

Wood, Thursday Feb. 20th

Wickaninnish, Thursday April 24th (from 10-11:15am)

Uclelet, Thursday April 24th

Family Literacy Day, Saturday, Feb. 1st, Echo Centre, 11 a.m. to 1 p.m.

Families with children ages two to eight are invited to participate in this free community event to celebrate Family Literacy Day. Plans for the event include learning, craft & activity stations, healthy food and entertainment!

The Early Years Conference: Thursday, January 30 - Sunday, February 2, 2014

This conference will explore the complex nature of the social, physical and biological environments that shape children's development. Multiple elements interact to create dynamic contexts that contribute significantly to early and lifelong wellbeing. Similarly, children influence their environments to shape their developmental paths. All of these factors matter. This conference will be of interest to all those who work with young children and/or families. <http://www.interprofessional.ubc.ca/EarlyYears2014/>

Save the Date! 'Patient Voices Network Orientation Session', tentatively scheduled for Friday Feb. 7th. Sign up!

Patients as Partners | Patient Voices Network will be hosting a free orientation in Port Alberni for individuals living in the regional district. The orientation session will: introduce new volunteers to the overall aims and objectives of Patients as Partners | Patient Voices Network; give new volunteers a better idea of how they might participate in transforming the health care system in BC; provide volunteers with an opportunity to meet others who share their commitment; provide information on Northern Health, as well as opportunities on engagement opportunities in other health authorities. To attend this orientation session, participants must pre-register to 'volunteer' with the Network.

Call – 604.742.1772 or toll-free 1.888.742.1772 On the web –

<https://www.patientvoices.ca/get-involved/activated> Email – connect@patientvoices.ca

Funding Opportunities:

Children's Health Foundation of Vancouver Island Grants

Children's Health Foundation of Vancouver Island makes grants to agencies that support the physical, emotional and social well-being of children and youth in need and their families on Vancouver Island and the Gulf Islands. We provide funding so that agencies can focus their resources on what they do best: improving the lives of children and youth. Review the Guidelines for Grants to determine whether your organization's project matches our funding interests. The granting period will end December 6, 2013 at 4:00 p.m. See: <http://childrenshealthvi.org/apply-funding/apply-grants>

Healthy Communities Capacity Building Grants - Round Two

The Healthy Communities Capacity Building Grant Program supports local governments to create the conditions that enable the health and well-being of B.C. citizens and communities. Grants of \$5,000 and \$20,000 are available in two funding streams for activities that support partnership development and collaborative action between local governments and health authorities, and other community partners. Both funding streams

support local government learning about the community context for health and well-being, collaborative priority setting in local planning and policy, and innovative action to influence local health outcomes. Apply by March 14, 2014. Funding criteria, application guidelines and forms are available on the PlanH website: <http://planh.ca/training-support/funding>

Goodlife Kid's Foundation – Grant Program 'Promoting Active Living for Kids'

Does your organization provide opportunities for kids to benefit from an active life? Are you offering a sustainable physical activity program for kids ages 4 to 14 that will positively impact their present and future activity levels? The GoodLife Kids Foundation is accepting requests for funding from registered charities and other qualified donees. Please review the Grant Program Criteria prior to completing the online application form. Grant Application Deadlines: January 31, 2014 & April 25, 2014

See: <http://www.goodlifekids.com/grant-program/granting-program/>

Inter-Action Multiculturalism Grants and Contributions Program

Administered by Citizenship and Immigration Canada (CIC) the Program supports CIC's mandate, as well as the Canadian Multiculturalism Act, by assisting in the socio-economic integration of individuals and communities and helping them to contribute to building an integrated and socially cohesive society. The Inter-Action Events stream provides funding, normally in the form of grants, to community-based events that foster intercultural or interfaith understanding, civic memory and pride or respect for core democratic values. The primary intention is to create concrete opportunities for interaction among cultural and faith communities. See: <http://www.cic.gc.ca/english/multiculturalism/funding/events.asp>

RBC After School Grants

We want the learning to continue after the school bell rings. Since 1999, we have committed millions of dollars to after school programs across Canada that provide a safe environment where kids can develop social skills and self-esteem. <http://www.rbc.com/community-sustainability/apply-for-funding/guidelines-and-eligibility/after-school-grants.html>

Healthy Schools Grants

Two types of grants: Healthy Living Activity Grants \$200 to support healthy living goals and student-centered actions within schools and \$500 Healthy Living Inquiry Grants to support healthy living inquiry-based projects with students. Apply from October 1st, 2013 to March 1st, 2014. See: <http://www.healthyschoolsbc.ca/healthy-schools-bc-resources/healthy-schools-grants.aspx>

ParticipACTION Teen Challenge

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. <http://www.participaction.com/teen-challenge/>

Resources:

New Safe Infant Sleep Toolkit Available - Honouring Our Babies: Safe Sleep Cards & Guide

Many First Nations and Aboriginal teachings explain that babies are gifts of life from the Creator. Sadly, sometimes babies leave the circle suddenly and far too early as a result of Sudden Infant Death Syndrome (SIDS). SIDS is the death of a baby under one year of age which is sudden, unexpected, and without a clear cause. SIDS usually happens during sleep or napping and is the most common cause of death in babies between the ages of one month and one year. The First Nations Health Council is pleased to announce the availability of a new education toolkit, Honouring our Babies: Safe Sleep Cards & Guide. This new resource helps service providers discuss safe sleep practices with First Nations and Aboriginal families and help reduce the risk of SIDS. Find the resources located here: http://fnhc.ca/index.php/health_actions/maternal_and_child/#safesleep

R Life Website: Youth Resiliency

RLife focuses on providing training and support for service agencies, individuals, communities and in schools to build knowledge about the building blocks of resilience. We have a comprehensive curriculum and toolkit available on-line and in workshop format. We are also developing on-line training resources for use as self-paced learning. Our project was developed with a prevention focus intended to reduce dependence on drugs and alcohol during stressful times and improve overall mental health.

See: <http://rlifeproject.ca>

Grandparents Raising Grandchildren Support Line

Help for grandparents and other relatives raising a family members child. Toll free line Mon, Tues, Thurs, Fridays from 11am to 3pm 1-855-474-9777 or email: grgline@parentsupportbc.ca For more info about programs call: 250.468.9658

Online Chronic Disease Self-Management Program

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. <http://www.selfmanagementbc.ca/onlinechronicdiseaseprogram>

Tobacco Free Tuesdays!

The first Tuesday of every month is Tobacco Free Tuesday. Take the pledge and enter to win prizes. www.tobaccofreetuesdays.com

Shapedown BC Program

10 week program designed for children/adolescents between 6-16 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. Contact the Central Island Healthy Weights Program in Nanaimo at 250.755-7955 for more info.

Reports:

2013 Child Poverty in BC Report Card

According to First Call: BC Child and Youth Advocacy Coalition, The latest figures from Statistics Canada (2011) once again show that BC is the worst province in Canada when it comes to major measures of child poverty. Download the full report card:http://worstincanada.org/wp-content/uploads/2013/11/First_Call_Report_Card_2013_web_FINAL.pdf

- BC had a child poverty rate of 18.6 percent – the worst rate of any province in Canada, using the before-tax low income cut-offs of Statistics Canada as the measure of poverty.
- BC had the worst poverty rate of any province for children living in single mother families – 49.8 percent.
- BC also had the worst poverty rate of any province for children living in two-parent families – 14 percent.
- BC's poverty rate for children under 6 years at 20.7 percent is 8 percentage points higher than the Canadian average.
- BC also had the most unequal distribution of income among rich and poor families with children. The ratio of the average incomes of the richest ten percent compared to the poorest ten percent was 12.6 – the worst of any province.

When Talk Trumped Service: A Decade of Lost Opportunity for Aboriginal Children and Youth in B.C.

The Representative for Children and Youth, Mary Ellen Turpel-Lafond, released a report titled When Talk Trumped Service: A Decade of Lost Opportunity for Aboriginal Children and Youth in B.C. The report reviews the Ministry for Children and Family Development's spending on Aboriginal child welfare over the past dozen years and concludes that despite spending \$66 million, there have been no tangible results. The full report and a summary version can be found on their website at www.rcybc.ca

Poverty and Education Research: A Teacher's Perspective

In 2012-13, the BC Teachers' Federation conducted a provincial teacher survey about

poverty and education issues. The survey asked teachers about topics such as hunger and school meal programs; school fees and participation in school-related activities; attendance and poverty-related barriers; awareness and understanding of poverty; adequacy of resources to address poverty-related needs in the school; and priority issues for advocacy on poverty and education issues. In total, 778 teachers from across the province completed the 2012 Poverty and Education survey: A teacher's perspective. An overview of the study findings is available at: <http://www.bctf.ca/PovertyResearch.aspx>

Join the network & 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! Attend our meetings and regional sponsored events. Send us your news & we'll share it!

Email and ask to join our network list: slyle@acrd.bc.ca

'Like' us on [Facebook](#) & receive on our ongoing newsfeed.

Contact Us! Tanis Dagert, Network Coordinator tanisd@live.ca (250) 668-5159 or Shelli Lyle, Admin Assistant, slyle@acrd.bc.ca (250) 720-2700