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Alberni Clayoquot Health Network

E-News November 2014

"Healthy & Connected People & Places"

Upcoming Events, Resources & More!

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Health Network Update:

Stay Healthy and Active Throughout the Year

The Fall brings shorter and colder days, which often means that we aren't as active as we were in the spring and summer months. But living on Vancouver Island means that we can still access beautiful nature within a few minutes of our front door. There is a saying that there is no 'bad' weather, just inappropriate clothing! Gear up with a good rain jacket, waterproof footwear, warm layers, reflective clothing and a headlamp and make friends with the rain and dim light of fall as you venture out for health

walks and other outdoor activities in your community. And think about how you can transform some of your indoor 'sitting' space into physical activity space. It doesn't take much - a yoga mat, balance ball and a little dance music can turn your home into an activity centre that supports health and movement as we approach the winter months ahead.

Upcoming Meetings, Events & Opportunities:

The Next meeting of **Alberni Children First** is November 18th, 9 to 11am in the Neighborhood of Learning large meeting room -ADSS

The **Alberni Valley Social Planning Committee AGM** will be held on Thursday Nov. 20th from 7-9pm at the Alberni Valley Employment Centre, 4805B Mar Street. Contact Bill Brown for more info: bbrown@avemployment.ca

The next meeting of the **Coastal Family Resource Coalition** is Wednesday Dec. 3rd. Location t.b.a.. Contact Coordinator Marcie Dewitt for more info about the Coalition: marcie_dewitt@hotmail.com

Food Connections Gathering & Work Party This Friday Nov. 7th 9 AM to 4:30 PM, Ucluelet Community Center

"Grow" your understanding of the West Coast Food System. Features a Speakers Panel about Rural and Remote Food Issue and Concurrent Workshops to build your food skills and knowledge followed by an afternoon work party to get your hands dirty with a local project in the community! Refreshments and afternoon snacks will be provided. Hosted by the Clayoquot Biosphere Trust and the Island Health Food Security Hub Network. Register at: <https://www.eventbrite.ca/e/food-connections-gathering-tickets-13415344657>

Virtual 'Vancouver Island Food Connections' Conference, Nov. 19th, 9:30am to 4pm.

'Food Security in Rural & Remote Communities'. Sessions to include: 1) Local Government Programs & Policies for Food Security in Rural and Remote Communities. 2) Tricks and Tools for Collaboration & Collective action in Rural & Remote Communities. 3) Grass Roots success stories for improving food security in rural & remote communities. To participate in this event register online at <http://planh.ca/events/virtual-food-connections>

Patients as Partners| Patient Voices Network Orientation, Ucluelet, November 22nd, 2014

Become a Patient Partner in the Patient Voices Network! The Network is a community of patients, care givers, family members, and others who are using their experiences to transform health care in BC. Please note participants need to register before the orientation date and do an intake process over the phone. Learn more at: <https://www.patientsaspartners.ca/network> or contact the Engagement Liaison on Vancouver Island Larissa Coser at lcoser@impactbc.ca /250-327-8278. Register online at <https://www.patientsaspartners.ca/volunteer>

International Survivors of Suicide Loss Day, November 23rd 2:00 pm, Nanaimo, [Port Theatre](#), 125 Front Street

'Soles Remembering Souls – Connecting Survivors' is being held to support those left behind. This event will work toward establishing connections between suicide loss survivors, attempt survivors and other caring members of the community. A special presentation that includes music by Sirreal will begin at 3pm. A memory wall will be available for people to display a picture or memento, or to write a note or leave a message. Free pizza in the lobby, courtesy of Mambo Gourmet Pizza. People attending are asked to bring a new or gently used pair of shoes in honour of their loved ones. These shoes will be placed on the stage in a ceremony and later donated to people in need in our community. If you would like to have the name of your lost loved one appear in the digital presentation, please email mattd@vicrisis.ca with the information. This FREE event has been made possible with the financial support of the Province of British Columbia.

ASIST: Applied Suicide Intervention Skills Training Workshop, December 4th & 5th, 2014, 8:30 am to 4:30 pm, Nanaimo

Professionals, volunteers, and other helpers need to know how to help persons with thoughts of suicide in ways that increase their suicide safety. Please visit <http://www.vicrisis.ca/existing/asist/> for more details and payment options. As an ASIST-trained first aid intervention caregiver, you are better able to:

- Identify people who have thoughts of suicide;
- Understand how your beliefs and attitudes can affect suicide interventions;
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living;
- Review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time;
- Follow up on all safety commitments, accessing further help as needed.

Save the Date! Family Literacy Day, Saturday, January 31st, 2015 10am – noon in Port Alberni

This year's theme is Pete the Cat! The Pete books by Eric Litwin are extremely popular and include lot of musicality and movement that talented teens from Elite Dance Academy will be choreographing to help tell the story.

Smiles First Clinics

Do you have questions or concerns about your child's teeth? Book an appointment with the Public Health Dental Hygienist as part of the Prenatal/ Infant/ Preschool Dental Information and Support Program. Contact: Emily (250)731-1315 local 41762

Childcare First Aid Course – Get on the List!

An invaluable course to take for parents, grandparents, babysitters, older siblings, and anyone with little people in their life. Alberni First Aid needs at least 6 people to run a class. If you are interested, please call Alberni First Aid as soon as possible at 250-723-0974 to add yourself to the list.

Helpful Resources:

Heart-Mind Online

A brand new online resource for parents and educators that builds capacity to support children with

anxiety, stress, managing conflict, friendship and other key domains of a child's [Heart-Mind well-being](#). Visit: www.heartmindonline.org

No Vacancy: Trends in Rental Housing in Canada

Data from 27 municipalities and urban regions show household income failing to keep up with home-ownership costs, which have risen three times faster than income since 2005. At the same time, the number of rental units has declined and the cost of renting in these communities has risen by more than 20% since 2000.

http://www.fcm.ca/Documents/reports/FCM/No_Vacancy_Trends_in_Rental_Housing_in_Canada_EN.pdf

BC Community Health Profiles

The *BC Community Health Profiles* provide an introduction to community health data and present data at the lowest geographic level available (census sub-division or local health area level, whenever possible). Profiles have been generated for 130 incorporated municipalities in B.C. (all communities that had sufficient data available) and are not meant to replace the comprehensive local health area profiles that are developed by regional health authorities. Find your Community Health Profile at:

<http://phsa.ca/HealthProfessionals/Population-Public-Health/community-health-data/community-health-profiles.html>

BC Elders' Guide

The First Nations Health Authority and the Ministry of Health released the first edition of the BC Elders' Guide. This unique health and lifestyle resource is based on the BC Seniors' Guide and is specifically designed for First Nations and Aboriginal Elders. The BC Elders' Guide provides information on provincial and federal programs and community and local resources, with sections on health, lifestyle, housing, transportation, finances, benefits, safety and security, and other services. At:

<http://www.fnha.ca/eldersguide>

Competencies for First Nations Relations

The BC Public Service has launched a new resource aimed at employees who relate to and interact with Aboriginal customers and partners. The website contains tip sheets, implementation guides, planning sheets etc. and outlines 17 competencies designed to help employees improve their "individual and collective abilities to appreciate and empower the Aboriginal people of BC." Check out [Aboriginal Relations Behavioural Competencies](#) located at: <http://www2.gov.bc.ca/myhr/article.page?ContentID=55246cff-6276-7a2d-e7e3-71356191492f>

Nominate a Community Champion for the British Columbia Community Achievement Awards

This program honours people who have made a significant contribution to their community through a unique achievement or outstanding service – either as a volunteer or in the course of their work – in any area that provides a benefit to the community, such as sports and recreation, arts and culture, environment, multiculturalism, environment, healthcare, education, civic duty, business innovation, community volunteerism, and youth or seniors' leadership. However, neither the nominations nor the awards are limited to these suggested categories. Nominations close November 15th.

<http://www.bcachievement.com/community/info.php>

Funding Opportunities:

'Find Grants' Tool: Ministry of Jobs, Tourism and Skills Training

Grants are a rich resource for funding. Use this grant search tool to connect with a wide range of funding opportunities. You can narrow the search by grant description, name, subject area or the application deadline. Located at <http://www2.gov.bc.ca/gov/topic.page?id=9095899D4E384EB3B64FB38E6BFB3709>

Children's Health Foundation of Vancouver Island Grants

Review the Guidelines for Grant Applications on the website www.childrenshealthvi.org under 'Applying for Funding' to ensure that your proposed program fits within our framework and priorities. If you have any questions or are interested in applying please contact Catherine Schissel (250-519-6921) about next steps. Deadline for applications is 4:00 p.m. on November 14, 2014.

The BC Healthy Kids Program

Helps middle and low income families with up to \$1400 of basic dental such as exams, x-rays, fillings, cleanings and extractions and prescription eyewear for their children. Eligible clients include dependent children under 19 years of age who receive Medical Services Plan (MSP) premium assistance through the Ministry of Health Services. Families who have been approved for MSP premium assistance will be signed up with the program. For information on how to apply for MSP, contact the Ministry of Health Services at: **604-683-7151** or toll-free at: **1-800-663-7100**. Information is available from Health Insurance BC.

ECE Bursary Program

The Early Childhood Educators of BC has received funding from the Ministry of Children and Family Development to establish a bursary fund for students enrolled in early childhood educational programs. To respond to identified needs, priority will be given to: Aboriginal students; Students attending early childhood educational programs with an Aboriginal focus, and; Students working to achieve an infant/toddler educator designation. Students will be able to apply for up to \$300 per course, to a maximum of \$1,500 per semester. Bursary applications due by Friday, November 7th. Applications are available: http://www.ecebc.ca/programs/files/ecebc_student_bursary_application.pdf

Tire Stewardship BC's Community Grant Program

Registered non-profit organizations, local governments, schools, and First Nations may now apply to Tire Stewardship BC (TSBC) for a matching grant of up to \$30,000 for community improvement projects that will use BC recycled tire products. To be eligible for a TSBC grant, projects must use BC recycled rubber and be fully public and wheelchair accessible. Projects include but are not limited to, pour in place or rubber tile surfacing for playgrounds, water parks or fitness areas, walkways, running tracks, or playing fields. The application intake period will remain open until December 31, 2014. To apply, visit the website: <http://www.tsbc.ca/grant.php>

Home Depot Community Grants

The Home Depot Canada Foundation believes that good neighbours make great neighbourhoods. The

Foundation is dedicated to sharing our time, knowledge and resources to support affordable housing and build strong communities for Canadians in need. Community Grants - provides registered Canadian charities with funding for affordable housing and community based improvement projects that benefit Canadians in need and encourage hands-on service through volunteer engagement.

<http://www.homedepot.ca/content/foundation/how-we-help/grant-programs/#grant-programs> for more information. Continuous intake.

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. Applications are accepted year round. <http://www.cic.gc.ca/english/multiculturalism/funding/index.asp>

Community Celebrations Fund

To celebrate Canada hosting the Pan & Parapan American Games 2015 Games. The Fund can support a wide variety of projects related to the 2015 Games, including: commemorative activities and events, community events that celebrate local athletes, learning materials, plaques and monuments, theatrical and musical performances, artwork, etc. Eligible funding recipients include: Canadian not-for-profit organizations; Canadian business corporations, where projects are non-commercial in nature; Canadian schools; Canadian municipal, provincial and territorial governments, and their institutions.

<http://www.pch.gc.ca/eng/1386084225521>

Healthy Eating, Active Living, Tobacco Cessation:

The '**Port Alberni' Healthy Living Guide**' can be viewed on the City's Website at www.portalberni.ca or picked up at Echo Centre.

The **Tofino Parks and Recreation Guide** can be downloaded here: <http://www.tofino.ca/content/tofino-recreation-programs>

The **Ucluelet Parks & Rec Guide** can be viewed here:

http://issuu.com/khodder/docs/fall_supplement_2014

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.

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
Join us on Twitter: AHealthNetwork

'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