



# SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

*The Sooke Region Community Health Initiative (CHI) is a grassroots community movement working towards improved health and wellbeing of everyone in our region, from Beecher Bay to Port Renfrew, by engaging the population in their own health, bringing together services and supporting community health interests.*

## **First CHI Newsletter**

Introducing the first Sooke Region Community Health Initiative newsletter. It will be arriving monthly to inform of our activities, create awareness of health issues and notify of relevant events. The format of the newsletter will further evolve in the near future, as we are in the process of modifying our name, establishing a website and creating a logo through an open regional contest. Further details will be provided in the next newsletter. Internet links have been included in the newsletter. Just click on the blue bold writing.

## **CHI AGM June 2nd**

CHI is having its Annual General Meeting June 2nd, 6:00 pm - 8:00 pm at the Sooke Child, Youth and Family Centre, 6672 Wadams Way. We are seeking new members, Board members in particular. Please come and learn more about this health cooperative and what you can do to improve your health and wellbeing in our region.



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## Latest CHI Activities

- \* **CHI has established a Board**, which meets every second month. The Steering Committee will continue to retain a central role, in close collaboration with the Board, the latter taking on financial and legal responsibilities. Potential Board members are sought for this innovative team.
- \* **Hiring of a coordinator**, namely Christine Bossi, who is presently working on branding, internal organisational structure and strategic planning, in addition to administrative duties.
- \* A **Foundation Working Group** was created to look into alternative sustainable funding for regional health and wellbeing projects. Anyone with relevant experience and knowledge is encouraged to join..
- \* The **Sooke Region Volunteer Centre (SRVC)** continues to promote volunteerism, build capacity for effective local volunteering, provide leadership on issues relating to volunteerism, and connect people with opportunities to serve. The SRVC office is located at the Child, Youth and Family Centre and please be sure to look at [Sooke Region Resources website](#) for this superb online tool to facilitate volunteerism and inform about events in the region.
- \* The **CASA Community Garden**, located behind the Child, Youth and Family Centre on Wadams Way, provides a calm space to get in touch with the earth and stimulate your green thumb. All are very welcome to contribute in planting and upkeep of this lovely gem.
- \* CHI is working hard to participate in important collaborations to improve present regional health circumstances. In addition to CHI being represented on the **Primary Health Care Working Group, Partners for Better Health** and the **Integrated Health Network**, it is also highly engaged with the newly developed **Age-Friendly Sooke Committee** and **Sooke Region Child and Youth Mental Health and Substance Coordination**.



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## Issue Awareness

### Ageing Well in Community: Learn About Senior Co-Housing

As people age, there is concern for how they will cope with living alone in a large house. A movement towards cohousing is dealing with such concerns. Initially, all cohousing was intergenerational. In practice this meant residents were mostly young families, with a few seniors. Twenty years after [cohousing began in Denmark](#), many of residents had aged into their fifties and sixties. Now, just as in their youth, they wanted ways to live that better suited their changing needs, and existing cohousing did not always meet those needs: such as fewer steps, or someone to talk to during the day

In senior cohousing residents proactively design and manage their own neighbourhoods, creating physical and social environments in which they can flourish to the end of their days. People own their private dwelling units, share a large common house and common meals, and co-care for each other, which provides support for aging in place at no cost to the system. The common house also includes a care-givers suite for future contingencies. This philosophy is promoted by the [Canadian Senior Cohousing Association](#).

Locally, the [Sooke Harbourside Cohousing Project](#) formed a development company, secured a waterfront site at 6669 Horne Road, and signed a contract with Cohousing Development Consulting to provide project management services to help develop their project. Their approximately 2 acre site is a five-minute walk to the town centre. There is even space for residents' boats at their dock.

Move beyond financial planning and learn how to build a social portfolio for thriving in community while aging in place. There are [courses](#) you can take in the Sooke Region, provided by the Canadian Senior Cohousing Association, encouraging participants to help each other explore different scenarios for aging: in their current homes, retirement communities, institutions, neighbourhoods, and alternatives that foster community and privacy, mutual support and co-caring while living more sustainably.



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## Health and Wellbeing Events

- \* CHI's very own Sooke Region Volunteer Centre is organising a **Senior Volunteer Appreciation Event - The Mock-tail Party**, Saturday, June 13th, 2015 from 1:00 – 3:00 at Sooke Community Hall. To register and for more information contact Marlene Barry, Coordinator, [sookeregionvolunteers@gmail.com](mailto:sookeregionvolunteers@gmail.com) or call 250-642-6364 Ext. 235.
- \* An event to discuss the possibility of starting up of a **Pathways Clubhouse**, which has shown to be a valuable tool for mental illness. The deadline to purchase the \$50 tickets (this includes a dinner) is fast approaching (May 28). Tickets can be purchased from Rhiannon Porcellato (250.858.1505 or [rhiannon.porcellato@cmha.bc.ca](mailto:rhiannon.porcellato@cmha.bc.ca)), Jackie Powell (250.812.0922 or [momslikeus2014@gmail.com](mailto:momslikeus2014@gmail.com))
- \* **Promoting Mental Wellness In BC School Communities** Thursday and Friday August 20 –21, 2015, University of BC. A limited number of complimentary registrations are available for high school age youth to attend the Summer Institute. If you are 13-19 years old and you would like to attend the Summer Institute, please email Paul Irving at [paulirvingys@gmail.com](mailto:paulirvingys@gmail.com). For more information, contact Michelle Cianfrone at [michelle.cianfrone@bcmhs.bc.ca](mailto:michelle.cianfrone@bcmhs.bc.ca)
- \* **Promoting the Mental Health of Our Children and Youth** - A Comprehensive School Centred Approach, Wednesday, May 27, 2015, 8:30 am – 3:30 pm, SJ Willis Education Centre, Auditorium - 923 Topaz Ave. The date is coming up, so please register online at host website quickly!
- \* **Public Health Association of BC 6th Annual Public Health Summer School**, "Engaging the Public in Public Health", July 13th - 14th, 9:00am - 4:30pm, Contact the PHABC by phone: 250-595-8422 or e-mail: [staff@phabc.org](mailto:staff@phabc.org)

*For more CHI information or to subscribe/unsubscribe, please email: [SookeRegionCHI@yahoo.ca](mailto:SookeRegionCHI@yahoo.ca)*