



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.

Latest CHI Activities

Honouring Past Achievements

A revision was done of the CHI strategy 2011-2014, and the Steering Committee was pleasantly surprised at all of its accomplishments. Among the milestones was the development of the [Sooke Region Resources website](#), providing a detailed list and description of organisations in the region and an events calendar, and the **Sooke Region Volunteer Centre**, promoting volunteerism supporting our communities. We are building upon our successes by continuing to support our triumphs and creating some new opportunities based upon past experiences and present/future needs when developing our new strategic plan for 2015-2017.

CHI Governance, Name Change and Logo Contest

We are in the process of working through our by-laws and governance piece. With its completion, we will apply for a name change with BC registry, followed by the launch of our logo contest in the fall, where the entire region is invited to come with their creative contributions.



SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

Aging in Place with Comfort and Grace

One of CHI's working groups, Managing at Home, is expanding on its [previous study](#) on how seniors are coping when living independently. A focus group has already been done in East Sooke, with very fruitful discussions. In the fall we plan to include some more focus groups within the Sooke District, in addition to the Otter Point, Shirley/Jordan River and Port Renfrew communities. The study is to document the needs in an anonymous manner, in order to plan better support in the region. Anyone interested in participating is requested to kindly contact the CHI Coordinator, Christine Bossi, at 250-858-3458.

Vancouver Island Community Health Network Meeting - July 17th

Community Health Networks, similar to the CHI, are emerging all over BC.

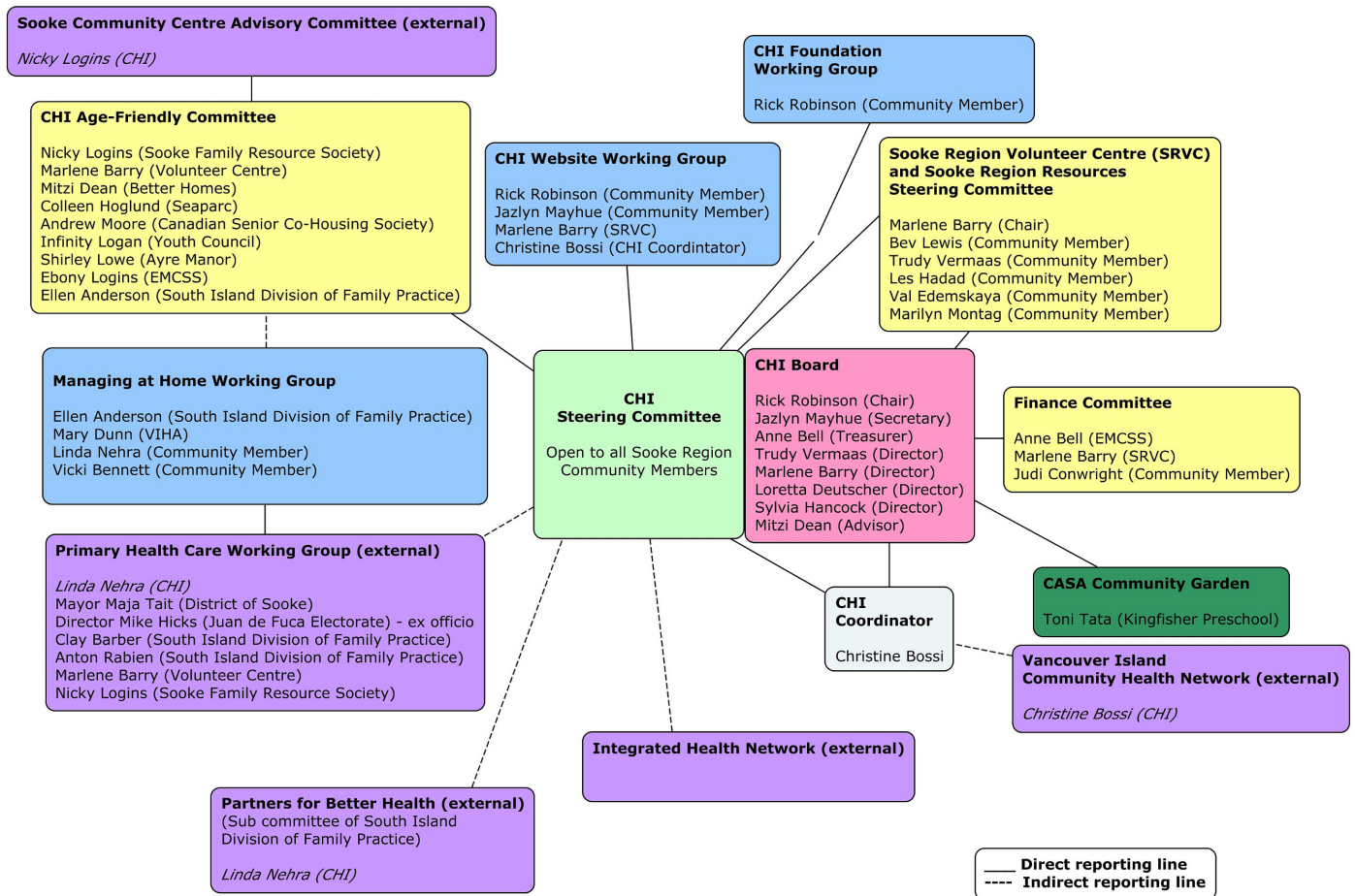
Island Health hosted a meeting with the different regions' Community Health Network coordinators in Parksville on July 17th. Representatives came from Mt Waddington, Cowichan, Alberni-Clinquart, Oceanside, Strathcona and the Sooke Region. Salt Spring Island is in the process of establishing their own Community Health Network, so did not attend this time. As this was an introductory meeting for most, the participants discussed commonalities and differences between the regions, agreed to share tools and contribute to a peer-support network. It was interesting to hear about funding programs, community engagement, political participation and particular challenges. The next meeting will be held the first week of November, where other members of the networks will be invited to discuss issues in a larger forum.



SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

Below is an illustration of how CHI collaborates within our communities.

Sooke Region Community Health Initiative (CHI) Organigram
(July 2015)





SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

Issue Awareness

"Intergenerational" - a new term but an old concept

Every now and then there are buzz words that dominate our language, and "intergenerational" seems to be one of them of late. From the past we know of generations living together and assisting each other, but with modernity and individual housing opportunities, this life style has practically disappeared. The need and desire for independence has been paramount. However, through independent living, a generational disconnect has emerged with especially youth and seniors hardly interacting and therefore not understanding each other. Both generations have a lot to offer each other and the rest of society, and therefore movements are emerging to bridge that gap and refocus social values. BC has some [organisations](#) that support such movements toward intergenerational connections such as: **Creating Caring Communities** and **Intergenerational Society of Canada**.

Unfortunately there are many children and youth that are not getting the attention and follow-up that they need due to certain domestic circumstances. On the flip side of the coin, many seniors are feeling lonely and isolated. [Volunteer Grandparents](#) or **Big Brother/Big Sister** are opportunities to provide such important bonds and support. There are definite social benefits.: the older population stays active and healthier longer, while children gain some stability in otherwise vulnerable lives. Similar intergenerational activities are a sound investment in our common future.

A wonderful example of mutual benefits through intergenerational interaction can be viewed from a [preschool housed in a seniors' nursing home in Washington State](#). The ambiance is unquestionably positive and mutually beneficial.

For more CHI information or to subscribe/unsubscribe, please email: SookeRegionCHI@yahoo.ca