

# Welcome to *Connect* Newsletter



Cowichan  
**Family  
Caregivers  
Support  
Society**

**Spring 2025 - Issue 56**



*'Island Life' - Cover Art by Morgan Bristol*

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### Welcome Jacqueline



We are so pleased to introduce Jacqueline, our newest team member and Caregiver Support Lead at the Cowichan Family Caregivers. Jacqueline's many years of experience as a bodywork therapist and yoga teacher, as well as her own personal journey as a caregiver, has given her a deep understanding of stress, burnout, boundaries, self-care, and emotional resilience. Her calm and grounded presence brings a natural comfort and ease to her clients. With the perfect balance of warmth and professionalism, 'Jax' is a wonderful and skilled new addition to our team. Welcome Jacqueline, we are so grateful to be working with you!



Cowichan  
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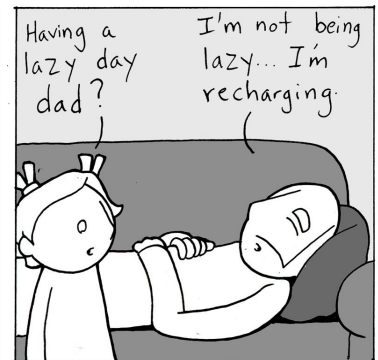
### Pet Companion Program

This amazing new program continues to grow, providing much needed companion 'pets' to isolated seniors and caregiving families who are supporting loved ones with a dementia diagnosis. We have received incredible stories of transformation and joy from our caregivers and we are excited to continue offering pets to our community.

A huge thank you to the Eldercare Foundation for providing backbone support and generously matching donations for this new initiative.

Thank you also to OUR Cowichan for their financial support, and to the Poppy Fund for their support of veterans and veteran caregivers.

**If you are interested in adopting a companion pet,**  
please call 250-597-0886 or email [hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org).



LUNARBABOON

CFCSS extends gratitude for the use of  
your comic art work in our Newsletter  
<http://www.lunarbaboon.com/>

Take a  
deep breath.



## **Our Free Support Services Can Help You**

[www.familycaregiverssupport.org](http://www.familycaregiverssupport.org)

### **Support Groups**

Our facilitated support group meetings offer caregivers the opportunity to meet other caregivers, and share their experiences, feelings, strategies, and helpful resources. These support groups allow caregivers to expand their community and connect with other people who understand the emotions and unique challenges that caregivers experience. We offer eight in-person support groups per month. Please contact us if you are interested in joining a support group.

### **One to One Support**

We meet with caregivers individually to provide confidential support. During a one-to-one support meeting, caregivers can ask questions, share their feelings, and receive helpful information and resources for their specific caregiving situation. Support can include assistance navigating the healthcare system, emotional support, referrals to other local services in the community, and caregiver education resources. Individual support can be provided through in person meetings, by video call, on the phone, or by email.

### **Connection to Community Services**

Caregivers need community support. Providing information and referrals to other local services can help caregivers manage their daily responsibilities and challenges, in the way that best supports their caregiving situation. Various programs and services are specialized to help caregivers address specific needs. This can include information on seniors services, financial assistance, food resources, advocacy support, employment support, shelter, and more.

### **Healthcare System Navigation**

A diagnosis can be scary and overwhelming. Many services are available through Island Health. Our staff can help provide basic information about these services and how to access them. Understanding the healthcare system empowers caregivers to make decisions and access the support they need.

### **Caregiver Resources, Education, and More....**

**To refer yourself, or a caregiver you know to our services call: 250.597.0886**

**or email: [hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org)**

*Please include: 1. the caregiver's full name, 2. where they live in the Cowichan Valley, and 3. the best method of contact to reach them.*



**United Way**  
British Columbia



***CFCSS and the Family & Friends Caregivers Support Program is funded by the BC Ministry of Health, through the generous support of The United Way of BC and Island Health.***



## **Cowichan Family Caregivers Lending Library**

**Our caregiver lending and resource library is open for drop-in on Wednesdays!**

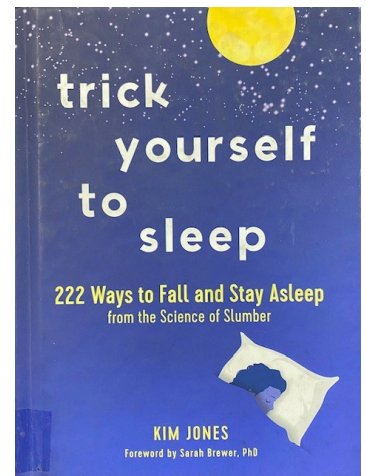
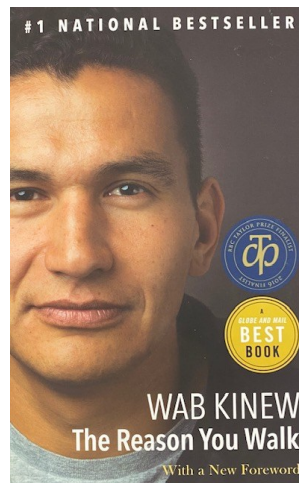
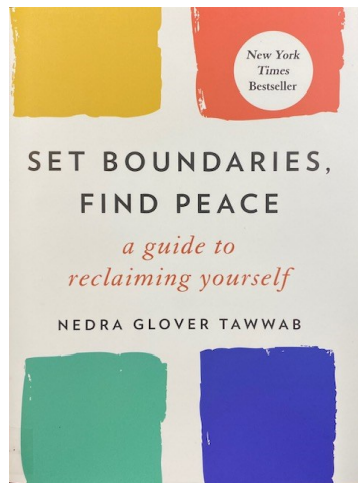
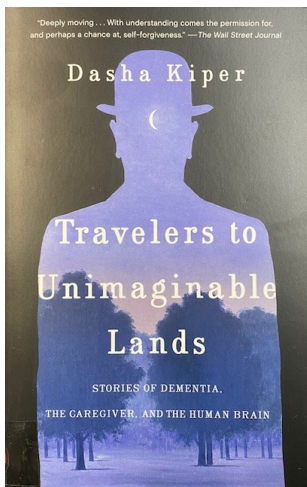
There are so many wonderful books and resources available to choose from, on topics including: caregiving, grief and loss, boundaries, self care, guilt, anger, dementia support, cooking, philosophy, novels, memoirs, poetry, and more.

**Wednesdays 10:00am - 3:00pm**

**At our office 135 Third St. - Duncan**

*Come by for a cup of tea and peruse our new bookshelves.*

## **This Season's Recommended Reads**



*Our Caregiver Library was made possible through the Island Health Community Wellness Grant and the small grants initiative from OUR Cowichan Communities Health Network. Thank you for your generosity!*



**““I truly understand that real love asks for nothing in return.”**

**-from the CFCSS caregiver wisdom wall**

# MEMORY Café



**COWICHAN**



***A weekly social gathering for care partners  
and their loved one with memory loss to  
relax, unwind, and have fun.  
Join us as we joyfully engage in creative  
activities and make social connections.***

**Mondays 10:45am–12:45pm**

**Kerry Park Recreation Centre  
(Mill Bay Hall) in Mill Bay**

4 Weekly Sessions (no session Apr 21)

\$10 total (for 2 people/4 sessions)

Feb 24–Mar 17 (**CODE: 88095**)

Mar 31–Apr 28 (**CODE: 88096**)

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**Fridays 10:00am–12:00pm**

**Cowichan Community Centre  
in Duncan**

5 Weekly Sessions (no session Apr 18)

\$20 total (for 2 people/5 sessions)

Feb 21–Mar 21 (**CODE: 88009**)

Apr 11–May 9 (**CODE: 88010**)

**Coffee, tea & snacks provided**

Pre-registration is required  
and space is limited  
(First come, first served)



**Register NOW!**

**Online:**

[www.reccowichan.ca](http://www.reccowichan.ca)

**By phone:** (during office hours)

250-743-5922 Mill Bay

250-748-7529 Duncan

**In-person:** (during office hours)

Kerry Park Recreation Centre,  
Cowichan Community Centre

For more information, email:  
[info@bcdementiacare.org](mailto:info@bcdementiacare.org)

## Caregiver Reflections

When caregivers share their real stories, it encourages all caregivers. Though each experience is unique, most caregivers find they have a great deal of thoughts and feelings in common. This common connection and understanding helps caregivers feel less alone on their caregiving journeys.

Our reflection this month was generously shared by Marilyn, who refers to herself as a care partner.

*Care partner interview with Marilyn - Facilitated by retired Caregiver Support Lead, Kelly*

### ***Please share a little bit about yourself and your caregiving journey for the readers.***

My journey is both similar and quite different from many of yours. Mine is all about anticipatory grief - a word I learned through the Cowichan Family Caregivers Support Society. It is a wearying journey, as my spouse lost his sight. His mind is just fine, however he lost his sight in his mid-forties, in the prime of his working years. He is now 65.

Those years were very isolating as we found that when one spouse has a disability, as frightening as losing one's sight, friends do not know how to behave around them anymore...and they drift away. They too were building their careers and raising families, so we understood, but it didn't mean that it didn't hurt. This is another difficult area of being a caregiver. Unless one lives it, they can't understand it.

I overcame these feelings by having a family movie night every Sunday, going to free concerts, and spending whatever extra money we had on special foods to cook at home.

### ***One of the things I remember in many of our discussions was that, for the longest time, you did not see yourself as a caregiver. Why was that and has that self-identification changed? When did the change happen, if it did occur?***

It took me a very long time to see myself as a caregiver, and I didn't recognize myself as one until I heard the first episode of the Family Caregivers of BC [Podcast](#). It defines what a caregiver, or my preferred word; *care partner* is. As I listened to the podcast, it dawned on me that the role I had with my husband as a disabled man was one of a caregiver. But it was a very different role from the caregiving I knew as a mother. When/if we have children, we know that we have a finite time with them; when they are very dependent on us. I couldn't figure out why I was feeling so resentful toward my husband, until I listened to the podcast. Then, two years later, began to carve time out of my work schedule to attend the Cowichan Family Caregivers support groups and have one to one emotional support.

I have been using Cowichan Family Caregivers services for five years. This is the first year that I've been able to go to their library and borrow books. I'm starting to read again (mostly because I gave myself permission to). It was wonderful to remember just how well a good book can take one out of their own world. Now that our adult children are out of the house, I have more flexibility while I plan my weekly schedule with my students.

### ***The journey of a spouse caregiver can be complex and is often characterized by deep affection. This same journey can steer towards feelings of isolation. Has this ever happened to you and if so, how did you overcome those feelings?***

I found that our first two years after my husband went blind were full of sadness, but also deep love and affection. We were both so focused on holding our family together and not letting his disability affect our children. We needed to make the choice to homeschool. Being just one driver and a mom who was working full-time teaching hours, it was impossible to give them the education we wanted them to have during a regular 9-5 day. Homeschooling allowed for a lot of flexibility and less driving, a family paper route, and more time for friends. It was impossible for me to drive my husband to work, our children to their three different schools, and then get myself to my work, let alone attend parent teacher interviews! Homeschooling kept us from feeling isolated as we were out in the community doing various activities, and our children met new friends, as well as kept their school friends. *(continued on page 7)*



### *Caregiver Reflections continued from page 6...*

***It can be easy to get wrapped up in taking care of your partner solely and neglecting your own needs. How have you still maintained being a caregiver without losing yourself? In other words, what do you do for self-care to prevent this from happening?***

My self-care routine is as simple as ensuring that I get enough sleep. I find one of the best things I've learned is how to simply stop at the end of the workday. I charge my phone, set the alarm, and do not look at any emails after 7:00 pm. I also do simple things like play solitaire and, lately, I'm getting quite obsessed with a digital version of Mahjong! I figured out that I like those two games as there is almost always a solution or an end. Caregiving, as we know, is not like that. The other things I do that I find helpful is walking without an agenda or a to-do list. Walking in the woods is a favourite activity of mine. Journalling also helps me to discover what is truly bothering me and often I find solutions, especially in the morning, when I do a five to ten minute "mind dump", meaning that I write whatever is on my mind or details that I'm thinking about. It eases the load. Meditation works very well for me as well as yoga and stretching.

I'm still learning, but I can see that I have become much better at it, especially in the last few years. It's easy to lose oneself but I now write in my calendar to contact a friend at least once a week, even if it's simply a phone call. I do the same with my parents, as I'm fortunate that they're both healthy. Recently, I was able to help my mom when her partner began having "memory problems." Two years later, and now with her spouse being diagnosed with Alzheimers', the situation has become more dire for her. I am so grateful that I had a way that I could help her through the Cowichan Family Caregivers Support Society.

***What has been the biggest struggle for you in your caregiving journey?***

The biggest struggle for me in my caregiving journey is knowing that I am on call 24/7. I find that reality wearying. I am able to leave my house, and do get away for a few days from time to time but, I find that it is so much work to prepare to get away, and so much work to catch up on when I return, sometimes I simply don't have the energy for it.

The other part I struggle with is the loss of our dreams; all the plans we made in our married life. We had nine years together when my husband was sighted, and we've now been together for 27 years. I still miss those first nine years. He's done the best he can, but he's very different from the man I married. There have been some silver linings, but it's tough. We have made the best of it, and my mantra truly is: "I do the best I can with what I've got." Finances are and will continue to be a struggle but, oh my, can I ever stretch a penny! :) Sometimes, I find myself in tears from simply seeing an elderly couple walking hand in hand down the street together. A simple, but loving act. This is extremely difficult for my husband as being outside walking around fills him with fear and dread. Although he can "see" some shapes, he certainly does not know where he is, cannot see street signs, and can get turned around very easily. An outing like that can mean a fierce migraine in the two days following, as his eyes continue to try to see even though they don't work anymore. He hasn't seen the faces of our children, or mine for that matter, for over 19 years. He mostly sees black and white, or an occasional flash of colour, and it's all chopped up and doesn't make sense. He describes the sight he has left as being like a Picasso painting.

***What has been the gift in the caregiving journey for you?***

Caregiving has had some silver linings. When we decided to homeschool, it ended up lasting a total of 8 years, which we were both very surprised by. We had flexibility in our daily lives. Our children, especially our two youngest, have grown up with seeing a father who is blind and capable in many ways, just not in the ways that society expects one to be capable with reading and writing. Our children have learned compassion and patience as they've taught their Dad how to use technology and set up the house so he can ask "Alexa" to turn on a radio station, or ask YouTube to play his favourite song, or text any of us on his cell phone by speaking into it and having Siri type it out. It does make for some funny texts sometimes, as after all, Siri is not a human!

*(continued on page 9)*



We “CARE” Connection



## DEMENTIA CAREGIVERS SUPPORT GROUP

### 6 MONTH SUPPORT PROGRAM

In-person and online support sessions

### SUPPORT SESSIONS

1-3pm Wednesdays  
Beginning March 19

**ONLINE** the 1st Wednesday of the month

#### **IN-PERSON** at

Ts’l’Ts’uwatul’Lelum Assisted Living  
5755 Allenby Road, Duncan

on the 3rd Wednesday of the month

#### Caregiver Connection Cafe

- the latter part of each session
- A social time to connect with other caregivers after each session



**“MEMORY  
LANE  
SOCIAL  
GROUP”**

- Informal respite for loved ones living with dementia
- In the same building, at the same time as the caregiver support program (*only for those registered\**)

**NEXT SESSION STARTS:  
MARCH 19, 2025**

**PLEASE REGISTER BY  
MARCH 14, 2025**

**For more information and to register:**  
**<https://www.bcdementiacare.org>**

To contact BC Dementia Care Society  
**email:**  
**[caregiversupport@bcdementiacare.org](mailto:caregiversupport@bcdementiacare.org)**  
**phone:**  
**778-888-7445**



## Cowichan Family Caregivers Support Society

### *Caregiver Reflections continued from page 7...*

#### ***What do you find useful when accessing support from the Cowichan Family Caregivers Support Society?***

The support from the Cowichan Family Caregivers Support Society cannot possibly be measured. My first experience at a Support meeting was one of meeting people in similar situations, and I simply didn't feel so alone anymore. I had this visceral feeling of relief! Cowichan Family Caregivers gave me a place to speak and let out both the positive and negative feelings around caregiving. The staff are amazing, and they are excellent listeners. Sometimes in life, we simply need to be heard...and to know that our lives matter too. Sometimes, the loyalty and love we have towards those we care about can go too far, and we forget to extend the same loyalty and love to ourselves.

#### ***Is there anything else you want our readers to know, or any other piece of advice you would like to give caregivers who are reading this and navigating their own caregiving journey?***

It is exhausting work that we do, and yet, there is also a magic in looking after, and loving, those who love us. I have learned two things that I live by; wisdom that has helped keep me on an even keel as I navigate this caregiving journey:

1. A medical practice is called a practice for a reason. Dr.'s do not have all the answers, they don't live the day to day life with your spouse, and life is a mystery.
2. All I can do is the best I can, with what I have. There are only so many hours in the day. Not every day needs to be productive. Some days are meant for rest. We may have lost many things that we are unable to do, our dreams etc. But we continue to leave a legacy of love - loving each other. And that is something to be proud of.



*If you would like to contribute a caregiver reflection to our newsletter, email [hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org)*

## **Cowichan Navigators Can Help Caregivers with Paperwork!**

### ***Feeling overwhelmed? Do you need help applying for benefits you are eligible for?***

We are a free, volunteer run program that provides support and tools for navigating and completing online and printed forms. **We offer:**

- Free, individual appointments that are available most weekdays.
- We can arrange appointments within 1-2 business days.

**We can help with Canada Caregiver Benefits, Disability Tax Credits, EI Benefits, Legal Forms, Housing Grants, and much more.**

***We also have computers in our learning centre for you to use, or bring your own device and access our free WiFi connection while having a cup of tea.***



**Visit:**

**<https://www.literacynowcowichan.ca>**

**or Call/Text: 250-732-9277**

*You are invited!*



**Java social is an opportunity for caregivers to have a coffee or tea and meet new friends, while getting to know yourself better through guided journaling, exploration, and reflection.**

**Join us as we explore a different theme each week.**

*Join us we would love to see you!*

**Pre-registration is required.**

**Date: 1st and 3rd Mondays of each month  
(excluding statutory holidays)**

**Time: 1:00 - 2:30 pm in Duncan.**

**To register please call 250.597.0886**

**Or email [hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org)**



## Feature Artist - Morgan Bristol

Artist Morgan Bristol resides in Chemainus. He began his painting career 5 years ago after many years as a metal and jewelry artist. His training began at the Alberta College of Art. Today, Morgan's work can be found at the Ladysmith Art Gallery, Excellent Frameworks, and the Violin Shop in Chemainus.

His work is whimsical, thought provoking, and humorous. He describes his process as freelancing his mind, which allows his themes and subjects to flow out of his head. To follow Morgan's art work, find him on Instagram [@bristolgallerychemainus](https://www.instagram.com/bristolgallerychemainus)





## **Cowichan Family Caregivers - Support Groups Meeting Schedule**

**Pre-registration is required for all support groups**

### **Dogwood Support Group (in person - Duncan)**

Facilitator: Lynne

2nd & 4th Mondays / 1:00 pm - 2:30 pm

***NEW - accepting registration***

### **Maple Support Group (in person - Chemainus/Ladysmith)**

Facilitator: Lynne

2nd & 4th Tuesdays / 1:00 pm - 2:30 pm

***Ongoing - accepting registration***

### **Spruce Support Group (in person - Shawnigan/Mill Bay)**

Facilitator: Cindy

1st & 3rd Mondays / 1:00 pm - 2:30 pm

***NEW - accepting registration***

### **Java Social Coffee Group (in person - Duncan)**

Facilitator: Linda

1st & 3rd Mondays / 1:00 pm - 2:30 pm

***Ongoing - accepting registration***

### **Arbutus Support Group (in person - Duncan)**

Facilitator: Cindy

1st & 3rd Tuesdays / 1:00 - 2:30 pm

***FULL - please call to be added to the waitlist***

### **Willow Support Group (in person - Duncan)**

Facilitator: Jacqueline

1st & 3rd Wednesdays / 1:00 pm - 2:30 pm

***FULL - please call to be added to the waitlist***

### **Coming soon...**

**Cedar Support Group (in person - Lake Cowichan area)**

2nd & 4th Thursdays / 2:00 pm - 3:30 pm

***Please call for more information***

***For many caregivers,  
having a group of people  
who understand what you  
are going through is an  
important and healing  
part of the journey.***

***We are so pleased  
to be offering more  
support groups in 2025!***

### **Caregiver Quote:**

**“Thank you for your skills as a support group leader. You always add just what we need to hear and are very knowledgeable about many aspects of a caregiver’s journey. These meetings give us the strength to carry on.”**



**If you would like more information or would like to register for one of our Caregiver Support group meetings, please call: 250-597-0886 or email [hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org).**

**Free Online Learning & Support Opportunities from Family Caregivers of BC**

**Caregivers Connect: BC's Virtual Caregiver Café (Free Peer Support Group)**

**DATE: 2nd Thursday of the month, 2:00 pm - 3:30 pm (online)**

This monthly peer support group brings people from across the province together around a shared experience of caregiving for a family member or friend.

**Registration:** Please pre-register for this event online via:  
**Caregivers Connect: BC's Virtual Support Group (Free Peer Support Group) – Family Caregivers BC**

[Caregivers Connect: BC's Virtual Support Group \(Free Peer Support Group\) - Family Caregivers BC](#)

### Working Caregivers Connect: BC Virtual Support Group

**DATE: 4th Tuesday of the month, 7:00 pm - 8:30 pm (online)**

We invite working caregivers to our monthly peer support group. This inclusive space is open to all, fostering a

We invite working caregivers to our monthly peer support group. This inclusive space is open to all, fostering a supportive environment where you can freely share your experiences, seek valuable advice, and connect with others who are also navigating the delicate balance between caregiving and work. This is an open group by registration.

**Registration:** Please pre-register for this event online via:  
<https://form.io/form.com/230375918320252>

<https://form.jotform.com/230375918320252>

**For more information or to get help registering:**

Email: [cgsupport@familycaregiversbc.ca](mailto:cgsupport@familycaregiversbc.ca)  
or call: 1-877-520-3267

of British Columbia



To view the full FCBC calendar of events visit: <https://www.familycaregiversbc.ca/calendar/>

## 2025 ReVolutions In Self Care

Here are some ideas for radical self-care:

- **Mindfulness:** Practice meditation, breath exercises, or focus on one task at a time.
  - **Exercise:** Move your body daily, even if it's just for 15 minutes. You can walk, dance, stretch, or do yoga.
  - **Practice gratitude:** Keep a gratitude journal or practice gratitude daily.
  - **Cultivate self-compassion:** Acknowledge your suffering, feel it in your body, and say "I am enough".
  - **Set boundaries:** Learn to say no to things that drain you.
  - **Eat healthy:** Eat regular meals and stay hydrated.
  - **Maintain a support system:** Surround yourself with people who support you.

[illegible][illegible]



## Supporting Caregivers

The demands of caregiving can be overwhelming, and Hospice can help. Trained volunteers and staff provide a variety of support services and resources for anyone in a caregiving role. The first step is meeting with a Hospice staff member to discuss each person's needs. Suggestions may include:

- One-to-one support
- Wellness treatments
- Borrowing from the lending library during office hours
- Trained Hospice volunteers provide in-person support and/or phone support
- Weekly virtual Caregivers Support Group

**To set up an intake appointment  
please call: 250-701-4242**

**or 1-888-701-4242 in Ladysmith**

**E-mail:**

**[frontdesk@cowichanhospice.org](mailto:frontdesk@cowichanhospice.org)**

**For more information, visit:**

**[I Am A Caregiver - Cowichan Hospice](#)**

**[www.cowichanvalleyhospice.org](http://www.cowichanvalleyhospice.org)**

# SOUPS ON

(& more) for Seniors

Enjoy soup by Cowichan reFresh  
includes bread/bun, beverage & dessert  
Guest speakers, conversations & social time

*1st Wednesday of each month*

**February 5th     March 5th**

**April 2nd         May 7th**

**June 4th         July 2nd PICNIC**

*By donation (suggested \$5)*

*In partnership with:*



**Join us at:**

**Trinity Lutheran Church**

**2704 James Street (back entrance)**

**Doors Open at 10:45am**

**Lunch is served at 11:30am**



*Seating for 50*

**Call: 250-746-8171**

***"My caregiver mantra is to remember:  
the only control you have is over the  
changes you choose to make."***

**- Nancy L. Kriseman**

## SENIORS FIRST BC

FORMERLY KNOWN AS THE BC CENTRE  
FOR ELDER ADVOCACY & SUPPORT

[Seniors First BC](#) is a non-profit charitable organization located in BC, committed to protecting the legal rights, and access to justice, for older adults.

Our BC Provincial **Seniors Abuse and Information Line (SAIL)** is a confidential information line for older adults, and those who care about them to speak to a trained intake worker about abuse, mistreatment and any issues that impact the health and well-being of an older adult. **SAIL is available weekdays 8 am to 8 pm and weekends 10 am to 5:30 pm, excluding statutory holidays.**

**For more information please call us toll-free at 1-866-437-1940**



# Caregiver Support

Free. From the comfort of home.



1:1 Counselling | Skill Building Groups | Peer to Peer Counselling

The Caregiver Support Program helps family caregivers improve their emotional wellbeing and coping skills in their caregiving role. The program is staffed by social workers and uses computer visits and/or the telephone to provide support wherever the caregiver is.

To register, call:

South Island: 1-888-533-2273

Central Island: 1-877-734-4101

North Island: 1-866-928-4988



[islandhealth.ca/cvc](http://islandhealth.ca/cvc) | [communityvirtualcare@islandhealth.ca](mailto:communityvirtualcare@islandhealth.ca)

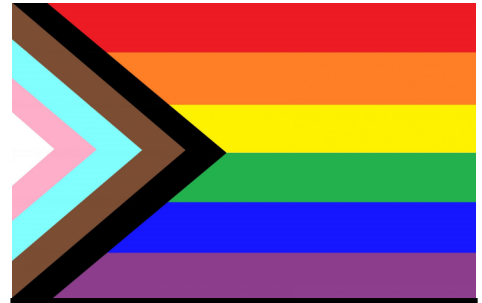
## What is the Community Virtual Care Caregiver Program?

Acknowledging the challenges of caregiving, this program focuses on caregivers with complex caregiving needs that cannot be supported in other Island Health or community services.

The program uses virtual care technologies including; computer visits, telephone calls and/or tasks you complete on a computer tablet.

Any equipment required will be provided free of charge. It is very simple to use and technical help is only a phone call away.

The connection to the Community Virtual Care team ensures you receive support wherever you are.



Everyone is Welcome  
At CFCSS

Tth ' ihwum ' i ' mi nuwilum  
Huy ch q 'u



"Please come in,  
thank you"



## Do you shop at Country Grocer?

If so, please save your  
receipts for us!

Country Grocer supports  
caregivers by giving us a  
percentage of all receipts  
that we return.

Simply bring your receipts to  
your next caregiver meeting or  
mail them to:

135 Third Street  
Duncan, BC V9L 1R9

*Thank you for your support!*



## Support and Resources for Dementia and Alzheimers

Resources, workshops, and support are all available to caregivers and their families through the Alzheimer Society website, as well as their local office in Victoria.

**1.800.936.6033**

For more information on dementia and caring for someone with dementia, please visit:

<https://alzheimer.ca/en>

<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia>

**Alzheimer Society**

## Our wonderful CFCSS Board of Directors.

**Dan Vaillancourt**  
President

**Cathy Elford**  
VP, Policy Development  
Acting Treasurer

**Jan Thompson**  
Secretary, Board Oversight

**Ellen Mitchell**  
Privacy Officer

**Robert Weston**  
Member at large

*If you are interested in learning more about our board of directors, please email:*  
[hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org)

## My To-Do List

1. Count my blessings.
2. Let go of what I can't control.
3. Do not overthink.
4. Love people without neglecting myself.
5. Walk away from drama.
6. Appreciate people, not things.
7. Follow my passion.
8. Take time to do things that make my soul happy.
9. Forgive others, forgive myself.
10. Breathe, Breathe. Everything will be okay.

*- Inspiring and Positive Thinking Group*

### Canada Cares CANADIAN ABILITIES FOUNDATION

At any moment, any one of us can become a caregiver. Carers come from all walks of life, all cultures, and can be of any age. Many feel they are doing what anyone else would do in the same situation—helping those in need, supporting a loved one and caring for those who cannot care for themselves. They do what needs to be done...if they didn't, who would?

  
**8.1 million**  
CANADIANS ARE CAREGIVERS  
(1 in 4 Canadians)  
(STATISTICS CANADA)


**65%**  
OF THOSE DIAGNOSED  
WITH DEMENTIA  
are women over the age of 65  
(THE ALZHEIMER'S SOCIETY OF CANADA)

  
**6.1 million**  
CANADIANS ARE JUGGLING THEIR  
work and caregiving responsibilities  
(STATISTICS CANADA)

**\$25 billion**  
IN UNPAID LABOUR  
to our health system  
(HOLLANDER ET AL)

  
**50% of carers**  
ARE BETWEEN THE AGES OF 45-65  
(their peak earning years)  
(STATISTICS CANADA)

**16,000**  
THE NUMBER  
OF CANADIANS  
under the age of 65 living with dementia  
(THE ALZHEIMER'S SOCIETY OF CANADA)

  
**54% Women 46% Men**  
ARE CAREGIVERS  
(STATISTICS CANADA)

**Burden, Stress  
& Depression**  
ARE ASSOCIATED WITH CAREGIVING  
role in heart failure population  
(HEART & STROKE FOUNDATION CANADA)

  
**70-80%**  
OF CARE FOR OLDER ADULTS  
is provided by community carers  
(STATISTICS CANADA)

**25,000**  
THE NUMBER OF  
NEW CASES  
of dementia diagnosed each year  
(THE ALZHEIMER'S SOCIETY OF CANADA)

  
**\$12.6 million**  
IN 1 YEAR ON EXPENSES  
related to their caring role  
(PAET ET AL)

**1.1 million**  
THE NUMBER OF CANADIANS  
directly or indirectly affected by dementia  
(THE ALZHEIMER'S SOCIETY OF CANADA)



**Canadian Centre for  
Caregiving Excellence**

**Centre canadien d'excellence  
pour les aidants**

CAMH is hosting *Mindfulness in 30 and 60* a free drop-in mindfulness session for caregivers, care providers in health, home care and disability support services, as well as leaders and management professionals in developmental services.

The program was developed at the CAMH Azrieli Adult Neurodevelopmental Centre with support from the Canadian Centre for Caregiving Excellence.

## **Mindfulness in 60 minutes...**

Mindfulness Program for Family Caregivers (*60 minutes*)

**Designed for family members supporting people with a disability, aging, or a challenging illness.**

May 9 to Jun 13 | Fridays | 10:00 am - 11:00 am PST

Oct 7 to Nov 11 | Tuesdays | 10:00 am - 11:00 am PST

Register here: [Mindfulness for Family Caregivers](#)

## **Mindfulness in 30...**

Mindfulness in 30 Program for All Care Providers (*30 minutes*)

**For anyone needing a quick recharge and stress relief: for family caregivers, healthcare leaders, and frontline professionals.**

Mar 19 to Apr 9 | Wednesdays | 9:30 am -10:00 am PST

Sept 17 to Oct 8 | Wednesdays | 3:30 pm - 4:00 pm PST

Nov 26 to Dec 17 | Wednesdays | 9:30 am -10:00 am PST

Register here: [Mindfulness in 30](#)

**For more information: 1-416-322-5928 / [info@canadiancaregiving.org](mailto:info@canadiancaregiving.org)**

*"A good laugh and a long sleep are the two best cures for anything."*

- Irish proverb



## Cowichan Family Caregivers Support Society

### Thank You to our 2024 Funders!

We gratefully acknowledge the financial support from the following:

- United Way of British Columbia
- Island Health
- iA Financial Group
- Island Return-It
- Rexall Care Network
- The Town of Ladysmith
- Chemainus Healthcare Foundation
- Chemainus Healthcare Auxiliary
- Ladysmith Healthcare Auxiliary
- Duncan Dabbers Bingo Society
- OUR Cowichan Communities Health Network
- 100 Warmland Women
- 100 Men Who Care
- North Cowichan
- City of Duncan
- Peninsula CO-OP
- Eldercare Foundation



**United Way**  
British Columbia



Duncan Dabbers Bingo Society



*Chemainus*  
Health Care Auxiliary  
since 1899



**PENINSULA**  
**CO-OP**



CFCSS newsletters are made possible  
through the generous funding of  
BC Community Gaming Grants.



**BRITISH**  
**COLUMBIA**

## Cowichan Family Caregivers Support Society



The Cowichan Family Caregivers Support Society  
has been providing free support services  
to caregivers in the Cowichan Valley since 2000.

We are grateful to receive community  
and individual donations.

*Thank you for considering a donation to our society.*

### 3 Ways to donate:

1. Online at CanadaHelps.org:

<https://www.canadahelps.org/en/charities/cowichan-family-caregivers-support-society/>

2. By e-transfer to: [donations@familycaregiverssupport.org](mailto:donations@familycaregiverssupport.org)

3. By cheque to: Cowichan Family Caregivers Support Society  
135 Third St. Duncan, BC.  
V9L 1R9



The Cowichan Family Caregivers Support Society is a Canadian registered charity. (Registration number 867610446RR0001)

To become a member of the  
Cowichan Family Caregivers Support Society  
please click on this link to print or fill out our new  
online form:

[CFCSS Membership form](#)



Our Website Is A Great Resource!

[familycaregiverssupport.org](http://familycaregiverssupport.org)



Find us on  
**facebook**