



# NEWS LETTER

**COWICHAN INDEPENDENT LIVING**  
**JUNE 2024**

## HIGHLIGHTS



**S.A.I.L PROGRAM**  
STRATEGIES AND ACTION FOR  
INDEPENDENT LIVING WITH SAFE  
AND EASY-TO-FOLLOW EXERCISES

Thursdays at 10:30-11:30am

## PROGRAM

**CVILRC SCAVANGER HUNT!** We are super excited to announce June 1st our Summer Scavenger Hunt begins!! This program will run from June through September. All proceeds going towards our Community Accessible Kitchen. For updates on when and how to participate you can visit our website at <https://cvilrc.bc.ca/>. You can also check out our Facebook and Instagram for all program updates.

## MAY RECAP

In May we began our S.A.I.L (Strategies and Actions for Independent Living) Program. This program will continue for the month of June and is held Thursday's from 10:30-11:30am. The S.A.I.L program helps you find ways to prevent falls, improve mobility, and reduce trip and slip hazards in your home and outdoors. Contact us by phone, email, or drop by to learn more. There is still time to join us for Movie and Pizza Day - May 31st noon - 3pm - Moana - \$5.

## MISSION STATEMENT AND LAND ACKNOWLEDGMENT

To empower persons with disabilities and remove barriers so that all can assume risks, make choices and contribute to society.

We are privileged to be located on the traditional territories and land of the Quw'utsun (Cowichan) and Ts'uubaa-asatx (Lake Cowichan) Nations. We are grateful to work in partnership with the Halalt, Lyackson, Malahat, Penelakut, Stz'uminus, and Cowichan Valley Métis Nations.

## TEAM MEMBER SPOTLIGHT



Meet Bev Lloyd our Community Relations Coordinator. Not only is she new to CVILRC she is new to the Cowichan Valley. She moved here 5 months ago from Kamloops BC and likes to make jokes about moving from the desert to the rain forest. In her short time with CVILRC she has become an integral part of our day to day operations. Welcome to the team Bev!!

## JOIN US

June 14 is our ANNUAL GENERAL MEETING. St. John Anglican Church (1st Street) 9am Pancake Breakfast by donation. 10am our meeting begins. During this meeting we will discuss our financial transparency and ways to increase our footprint in the community. Accepting applications for board members. Join our not for profit society. June 19 Aging well Expo. Come on down and check out our booth @ Cowichan Community Centre Gym 10am to 3pm.



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## ONGOING SERVICES

### MEDICAL LOANS

We have a variety of medical support items to rent or purchase such as wheelchairs, knee scooters, 2 and 4 wheel walkers, crutches, commodes, medical beds and lots more.

We also offer a consignment program. Please call or visit us for more information.

### PARKING PLACARDS

Do you need a disability parking placard or is your current one about to expire? Please call 250-746-3930 or stop by our office at 531 Canada Avenue - Monday to Friday 9am to 4pm to purchase or renew. You can find printable applications on our website <https://cvilrc.bc.ca/>. We also offer mailing options.

### YEAR ROUND TAX SERVICE

Yes, we are still doing taxes!! Bring your T4's / T5's to our office 9am - 4pm Monday to Friday our lovely volunteers will take care of the rest.

## JUNE IS PRIDE MONTH

"We deserve to experience love fully, equally, without shame and without compromise."

~ Elliot Page

### LGBTQIA+ Resources, Support, and Safe Spaces

- Ladysmith Pride Society:  
<https://ladysmithpridesociety.com/>
- Cowichan Pride Society:  
<https://cowichanpridesociety.com/>
- Cowichan Valley Youth Services:  
[\(250\) 748-0232](tel:2507480232)

### Upcoming Events:

- June 1 - Pride Kick-Off @ Red Arrow Brewing
- June 2 - Ladysmith Pride Event
- June 22 - Cowichan Pride Dance Party
- June 23 - Cowichan Valley Pride Parade and Festival

### CVIL Upcoming Events:


- June 1 - CVIRL 50/50 Summer Scavenger Hunt Start Independent Living 531 Canada Ave.  
Open House & Car Wash 10am -2pm
- June 14 - AGM Pancake Breakfast 9am by donation.

## ADD US ON FACEBOOK AND INSTAGRAM



<https://cvilrc.bc.ca/>



<https://www.instagram.com/cowichanindependentliving/> 



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