



Health Matters Newsletter
August 11, 2023
Today's Health Matters Includes:



- OCCHN Meeting Schedule
- Community Meetings
- Our Health Our Community Survey Response Update -Seeking Your Support -Take the Survey Today!
- Cowichan Brain Injury Society Seeking Stackable Chairs
- Be Prepared for Wildfire Smoke
- Cowichan Food Resources- Attached
- Strengthening Families Together Workshops for Mental Health
- Eating Together, Eating Better- Attached
- Our Health Our Community Partnership with Literacy Now Cowichan
- Cowichan Green Community has Diva Cups Available
- Extreme Heat Links and Resources

Community Meetings

- ✓ **Next Admin Committee Meeting To be Determined**
 - ✓ **Next Our Cowichan Network Meeting September 14 in person- location to be determined**
 - ✓ **Next EPIC Committee Meeting- September 7 location to be determined**
 - ✓ **Cowichan CAT – September 28 2023, 10 am -noon** contact Johanne Kemmler for access
Johanne.f.kemmler@gmail.com
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Our Health, Our Community Survey Update!

Hello partners,

Our Cowichan Communities Health Network (OCCHN) is excited to announce that the Our Health, Our Community (OHOC) survey has already obtained [700] responses! A lot of traffic to the survey was driven by our community partners. On behalf of the survey team, I want to thank you for your support.

We still have some work to do to reach our goal of 4,500 survey participants, and we need your continued help. If you're looking for ways to support, here are a few ideas:

- Keep posting reminders online. We have uploaded graphics to the [OCCHN website](#) that you can download and share on Facebook and Instagram. Island Health is managing the survey's social media campaign. Look out for their handle @VanIslandHealth across Facebook, Instagram, Twitter, and LinkedIn, and please re-post their shares. Social media engagement is critical for this project's success.
- [Print our poster](#) and put it up in your office, break room, or community bulletin board. Or share it in your community newsletter with a reminder for all community members over 18 years of age to fill out the survey today!
- **Challenge 10 people you know from different areas and demographics to take the survey.**
- [Print our flyer](#) and bring it to your community meetings, events, and more.
- Share our online calendar <https://www.ourcchn.ca/survey/outreach-schedule> of public outreach events. Our amazing team of field surveyors will host outreach booths across the region this August and September. Their role is to support community members to access information on the survey and to fill it out. If you know of any community member who needs support filling out the online survey, check out or share our outreach booth schedule.
- Share the survey link: www.ourhealthourcommunity.ca

If you have any questions about the survey or how to spread the word, please be in touch.

In gratitude,

OHOC Survey Team



Cowichan Brain Injury Society Seeking Community Donation of Stackable Chairs

We are opening a second location at #103 – 481 Trans-Canada Highway, Duncan to be more central and wheelchair accessible for survivors, families, and caregivers for persons living with acquired brain injury which includes strokes and concussions. We are searching to see if anyone has surplus stackable chairs. We need a total of 20. If so, could you please contact me at 250-715-3142 or email chris@cowichanbraininjury.org.

Thanks,
Chris

Cowichan Brain Injury Society
6011 Cassino Rd.
(PO Box 294), Duncan, BC V9L 3X3
Email: chris@cowichanbraininjury.org
Tel: 250- 597-4662 | Fax: 250-597-4772

Strengthening Families Together Workshops

2 days of in person workshops to help families struggling with mental illness to come together.
Attached

Cowichan Food Resources- Attached

Do you have children or grandchildren in your life? Check out our newly updated [Let's Talk: Mealtime Conversation Cards for Toddlers & Preschoolers](#) and, for school-age children [Let's Talk Conversation Cards](#).

Be Prepared for Wildfire Smoke

[Smoke? Pollution? How to protect indoor air - David Suzuki...David Suzuki Foundation](#)
<https://www.davidsuzuki.org>



The David Suzuki Foundation works to conserve and protect the natural environment. Since 1990, our mission has been to protect nature's diversity and well-being of all life.



Our Health, Our Community Survey – Partnership with Literacy Now Cowichan

The Our Health, Our Community (OHOC) survey team has partnered with [Literacy Now Cowichan](https://www.literacynowcowichan.ca) to increase the accessibility of the OHOC online health and wellness survey. Our field surveyors will be available at their office every Friday (until September 15, 2023) from 10 a.m. – 2 p.m. to assist community members to access and complete the survey in a quiet and relaxed environment.

This opportunity is open to any community member in the Cowichan Valley region who is 18 years and older. Please share this notice with your networks, clients, and community members. Literacy Now Cowichan's office is located at 80 Station Street (unit 213B) within the Cowichan Merchants Building at the intersection of Craig Street and Station Street in Downtown Duncan.

To access or complete the survey:

- www.ourhealthourcommunity.ca

For more information:

- www.literacynowcowichan.ca
- www.ourcchn.ca/survey

To promote the survey, check out:

- www.ourcchn.ca/survey
- Look for @VanIslandHealth across Facebook, Instagram, and X

In gratitude,

OHOC Advisory Team



Extreme Heat Links and Resources

- ✓ Please check on neighbours or vulnerable family members and friends.
Remember children are also extremely vulnerable
- Warmland Shelter during the day
- General population can seek out air-conditioned spaces in Community Centre lobby's, libraries, shopping centres, seniors' centres, seniors housing meeting spaces, friends or family with air conditioning or cooler home options

Attached are some multilingual social media graphics on how to stay cool in the heat. Please feel free to share these with your communities.

Social media posts on ways to stay cool:

FB:

<https://www.facebook.com/BCProvincialGovernment/posts/pfbid0u7vJBjddVXG7aLiCYwE62cHCMQCP4CectJVPuUKrU67XhtXpcs5wvGULSbsn3wuPI>

TW: <https://twitter.com/BCGovNews/status/1549883922837688320>

IG: <https://www.instagram.com/p/CgQDk0NBDIL/?hl=en>

I would also like to highlight the following links which your networks will find helpful tools to be prepared and stay safe during heat events:

- Information about the BC Heat Alert and Response System: bccdc.ca/extremeheat
- Extreme heat and children <https://www.canada.ca/en/health-canada/services/publications/healthy-living/keep-children-cool-extreme-heat.html>
- PreparedBC's Heat Preparedness Guide: www.preparedbc.ca/extremeheat
- Environment and Climate Change Canada's weather alerts: https://weather.gc.ca/warnings/index_e.html?prov=bc
- Information about emergency alerts in B.C.: <https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/evacuation-recovery/emergency-alerts>
- Heat exhaustion in children signs to watch for: <https://kidshealth.org/en/parents/heat.html>
- NEVER LEAVE CHILDREN OR PETS IN A CAR

Diva Cups

Cowichan Green Community received a very generous donation of DIVA cups from the manufacturer. We would like to make these available to anyone in need in our community. They do require a few minutes of instruction and also come with a cleaning solution. All anyone has to do is come by our store at 360 Duncan Street Monday to Friday 10am to 5pm and Saturday 10am to 3pm and ask for one and we're happy to give them out.

If you can please let anyone you know who might be interested, that would be great.



FREE MENSTRUAL CUPS AVAILABLE!

If you have difficulties accessing menstrual products, but want to try a DivaCup, please visit reFRESH Marketplace to request a free sample at the till. We will supply you with 1 free DivaCup and information on how to use it.

reFRESH Marketplace
360 Duncan Street
Mon-Fri 10am-5pm
& Sat 10am-3pm



Health Matters Newsletter

Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the Friday Newsletter