



**Health Matters Newsletter
August 25, 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!
- Clements Centre Society Annual General Meeting
- Be Prepared for Wildfire Smoke
- Eating Together, Eating Better
- Reconciliation: Journey of our Generation



Community Meetings

- ✓ **Next Admin Committee Meeting To be Determined**
- ✓ **Next Our Cowichan Network Meeting September 14 in person- Ramada Silver Bridge Banquet Room**
- ✓ **Next EPIC Committee Meeting- September 11 location to be determined**
- ✓ **Cowichan CAT – September 28 2023, 10 am -noon** contact Johanne Kemmler for access Johanne.f.kemmler@gmail.com

Posters, Flyers and Promotional Materials for Our Health, Our Community Health and Wellness Survey Available.

Hello Community partners. If you would like printed copies of the posters or flyers contact Cindy cindylisecchn@shaw.ca and I can deliver them to you. For those of you who are wanting to distribute information via your emails, newsletters or Facebook pages you can access documents at www.ourcchn.ca under the Survey Tab.

Thanks for your continued support!



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 **1300** responses! Our community partners have driven a lot of traffic to the survey. On behalf of the survey team, we 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!
- [Print our flyer](#) and bring it to your community meetings, events, and more.
- [Share our online calendar](#) 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.
- Challenge yourself to share the survey with 20 contacts this week.
- 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





You're Invited!

The previous email included an error with our RSVP system,
please RSVP through the link below.

Thank you

Clements Centre Society
2022-2023 Annual General Meeting
Tuesday, September 12th
at 2:00 PM
*Registration is required
no later than September 5th, 2023*

[Click Here to Register!](#)

Cowichan Food Resources

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.

In advance of the National Day for Truth and Reconciliation, please join us for our upcoming workshop September 28th:

RECONCILIATION: JOURNEY OF OUR GENERATION

"This was one of the most powerful and impactful workshops I have ever attended. I was humbled by the courage and honesty of the Elders to share and educate. The information is offered in a way that does not blame but asks 'How can we heal this?'"



September 28th - Duncan - Comiaken Room, Quw'utsun' Cultural & Conference Centre

Since 2006 here in Cowichan, Elders have been sharing their stories, their history and their healing following the values of nuts'amaat shqaluwun, people working together with one heart, one mind, one spirit. As Tousilum reminds us, the longest journey is from our head to our hearts. We each have much to learn along the way as we learn forgiveness, and practice the values found in kindness, expressed through love and guided by respect.

Join Quw'utsun' Elders who will take you on a journey through time with stories of pre-contact village life, the arrival of settlers, the development of colonies and policies of colonization. Sit inside western systems and Indigenous ways of being, to experience the impacts, effects and changes brought about by colonization. Explore the questions of where and how we go from here and join thousands of people who have participated and are committed to walking the road of Q'shintul - walking this journey together.

Registration: Register through [EventBrite](#) or email: gccsociety@gmail.com.

Cost: \$65 (includes lunch, snacks, coffee and tea). *No one will be turned away due to insufficient funds.*

Please share widely and encourage friends and colleagues to attend!

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



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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