



**Health Matters Newsletter
August 7, 2020
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Our Cowichan Summer Office Closure
- Cowichan Economic Development – Business and Not for Profit Survey re: COVID Recovery
- COVID Recovery Policy Brief FYI
- Rural Health Research at UBC Podcast Release
- Helpful Links During COVID Crisis

Its easy to social distance out here!



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- ✓ **Next Admin Committee Meeting **October 1, 4:30 pm- Location to be Determined****
 - ✓ **Next Our Cowichan Network Meeting **September 10 In Person Meeting Mellor Hall- Cowichan Exhibition Grounds 5:15-8:00 pm RSVP and Menu Selection Due by Sept 3 at absolute latest****
 - ✓ **Next EPIC Committee Meeting- **September 17 1:15 pm-2:15 pm Teleconference Call****
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Community Events- Meetings

- **Community Action Team (CAT) Meeting 9:00 am September 24, 2020, TELECONFERENCE 1-844-445-4475 Access Code 4381 5922 Due to the large number of participants **Please send Email to Cindy if you are going to be on the call to assist with Moderation – technical difficulties may occur due to busy systems- keep trying to get on line so line will be open 10 minutes early****

Our Cowichan Summer Office Closure- The office will be closed from August 7th to September 8. During the closure emails and “must do” supportive tasks will be undertaken by Co Chair Denise Williams. In the event that information is to be disseminated it will be included in a Health Matters Newsletter. The OCCHN email will be monitored each week so it may take time for a response. We look forward to returning refreshed and ready for a busy fall.

Municipality of North Cowichan OCP Update- Have your Say (attached)

Economic Development Cowichan Business and Not for Profit Survey Re: COVID Recovery



I hope everyone is enjoying the summer. I have a small request for you.

To assess progress towards business recovery in Cowichan and to inform regional recovery efforts, Economic Development Cowichan (EDC) has launched the second in a series of COVID-19 business surveys.

[Cowichan COVID-19 Business Survey #2](#) is designed to measure the changing impacts of COVID-19 event on your business operations.

While the food and beverage, retail, and tourism-dependent businesses have been among the hardest hit, no business has remained untouched. To best assess the situation, we are requesting responses from as many businesses as possible with representation from each sector of the local economy - from industrial to commercial, tech to tourism, arts to agriculture, and non-profits too!

I ask that you take the time to complete this, and future, surveys.

This [short survey](#) (approx. 7 mins) will provide the detailed information needed to support our business community through Phase 3 and into Phase 4 of BC's Restart Plan.

The results will be shared with the public, the Cowichan Valley Regional District Board, [#CowichanStrong](#) partners, and other community support organizations

Thank you for taking the time to [complete the survey](#).

Barry
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COVID Recovery Policy Brief

UN Habitat recently released a policy brief re: COVID recovery it has an urban and international context but lots of very valuable take away you may find useful in your work, or that you may want to share with your partners.

https://unhabitat.org/sites/default/files/2020/07/sg_policy_brief_covid_urban_world_july_2020_final.pdf



1. How to Support Healthy Aging for LGBTQ2+ Seniors Webinar

Date: Tuesday, August 11th 10:00 - 11:15 am

[Register here](#)

This session explores the historical context of LGBTQ2+ seniors and offers some ideas on how to provide inclusive and affirming care to LGBTQ2+ seniors who access your services and programs.

Presenters:

- Jane Osbourne, Regional Mentor, Central & North Vancouver Island, BC Community Response Networks Volunteer Facilitator, Restorative Justice Victoria
- Nicole Tremblay, Clinical Social Work Educator with Seniors Health, Island Health

The Centre for Rural Health Research releases a new podcast mini-series, Citizen-Patient Engagement, on engaging British Columbia's rural citizens-patients in health services planning and research.

The Centre for Rural Health Research at UBC is pleased to announce our latest podcast mini-series, Citizen-Patient Engagement, all about rural patients in British Columbia engaging in health care research, advocacy, and improvement processes.

In our [first episode](#), Dr. Jude Kornelsen, Co-Director of the Centre for Rural Health Research, and Christine Carthew, Manager of the Rural Evidence Review project, discuss why it's so important to involve rural patient voices in health services research, and how they work to bring patient voices to health policy decision-makers in BC.

The [second episode](#) features April Hards, author of the Hards Method, a tool that expecting parents can use to help plan for their own mental wellness following childbirth. As a resident of rural BC living in the

town of Golden, April took it upon herself to make sure that she would have the kind of integrated support she needed to protect her postpartum mental health. Now April is working alongside Dr. Kornelsen of the Centre for Rural Health Research to have the tool she developed made available to other expecting parents across rural BC.

Our next release in the series will feature an interview with Ed Staples and Nienke Klaver of the BC Rural Health Network, a patient-run grassroots initiative including groups from 24 communities across rural BC with an aim to amplify patient voices and priorities.

Citizen-Patient Engagement follows our first podcast series, *Innovation From The Edges*, which explored stories of rural community resilience and ingenuity in response to the COVID-19 pandemic. *Innovation From The Edges* features interviews with guests from across BC about their experiences as organizers, responders, neighbours, and much more as their communities banded together.

You can find out more about our podcast programming along with past and future episodes on our [website](#). You can also subscribe to the CRHR Podcast on [Apple Podcasts](#), [Google Podcasts](#), [Spotify](#), or [SoundCloud](#) to automatically stay up-to-date with new episodes.

Stay tuned in the coming weeks for upcoming episodes where we will be discussing how much rural patients are spending out of their own pockets to access the health care they need, rural patients' and communities' priorities for health care, and much more.

About us: Based out of the Department of Family Practice at the University of British Columbia, the [Centre for Rural Health Research](#) is an interdisciplinary team of health service and social science researchers, health care providers and administrators, senior planners and policy makers, students, and fellows working to provide a robust evidence base to inform the policy and planning of health services for rural residents of British Columbia.

For more information on the podcast program or to set up an interview, please get in touch with Nicholas Lloyd-Kuzik (nick.lk@ubc.ca)

Thank you,
The Centre for Rural Health Research Podcast Team

Some Information that may be helpful during the COVID 19 Crisis

- **If you feel sick**, isolate yourself and use B.C.'s online [self-assessment tool](#).
 - **BC Centre for Disease Control**
<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care>
 - BC Housing provides great information <https://www.bchousing.org/COVID-19>
 - **How to support your clients or residents**
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/vulnerable-populations-covid-19.html>
 - **Self isolating in the home or co-living setting**
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-cases-contacts.html#app1>
 - **How COVID-19 puts people who use drugs at greater risk**
<https://leaderpost.com/diseases-and-conditions/coronavirus/how-covid-19-puts-people-who-use-drugs-at-greater-risk/wcm/66c9b32f-bc4f-4684-a8c1-b9d0a485aeed/>
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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 weekly
newsletter