



**Health Matters Newsletter
February 3, 2023
Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- Canada Dental Benefit
- One Time Top Up to Canada Housing Benefit- *time limited application process*
- Sexual and Gender Diversity Workshop
- Cowichan Family Caregivers Support Society Winter Newsletter
- Honouring Women's Voices Discussion and Reflection Event
- Cowichan Primary Care Network Is Hiring
- Studies on air pollution's impact on cognitive abilities and mental health:
- Unlearning and Undoing Systemic White Supremacy Webinar
- Community Services Recovery Funds Granting Information
- Coldest Night of the Year Registration is Open
- Child Care Awards of Excellence



The doorbell rang and this thoughtful gesture of kindness came from a community colleague. February is a month for kindness and loving. Maybe you can make someone's day by doing a random act of kindness that will impact someone far more than you will ever know... in gratitude, Cindy



Community Meetings

- ✓ Next Admin Committee Meeting **March 2, 2023**
- ✓ Next Our Cowichan Network Meeting **February 9 Location Ramada Silver Bridge – IN PERSON**

- ✓ **Next EPIC Committee Meeting- February 16, 2023, 1:30 pm-3:00 pm zoom call** contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT – February 23, 2023, 10 am-12:00** contact Johanne Kemmler Johanne.f.kemmler@gmail.com



Canada Dental Benefit

The federal government has launched an interim Canada Dental Benefit intended to help lower dental costs for eligible families earning less than \$90,000 per year. Parents and guardians can apply if the child receiving dental care is under 12 years old and does not have access to a private dental insurance plan.

[Learn more about this new benefit here.](#)



One-time top-up to the Canada Housing Benefit

This one-time, federal top-up benefit is aimed to assist lower-income renters who are struggling with the cost of rent. You may be eligible for a tax-free one-time payment of \$500 if your income and the amount that you pay on rent qualify. **Applications must be submitted by March 31, 2023**

[Learn more about this housing benefit here.](#)



Who: Workshop for Directors and Managers of Human Services Organizations

Where: Feb 15, 9 am – 12 noon
Clements Centre Society
5856 Clements Street, Duncan

Email loveCRN1@gmail.com to register

Sexual and Gender Diversity Inclusion Tool for Human Service Organizations

Help motivate your organization's leadership to prioritize 2SLGBTQI+ inclusive and affirming services.

Become familiar with the toolkit and how it can help your organization provide more inclusive and affirming services for 2SLGBTQI+ clients.

Start on the path to inclusive and affirming services.


Free



The Cowichan Primary Care Network is hiring! Please help us to find the best candidate 😊

This contracted position fills a communications and project support gap identified by our Primary Care Network (PCN) Team. As PCN Communications and Project Officer, the candidate will bring a strong focus on good communication, including excellent writing and verbal skills, and the capacity to distill complex information into plain language. The candidate will have the strategic ability to identify communication needs as they engage with the PCN Team. They are collaborative and can work with consultants and the PCN team to develop both internal and public-facing communications materials. They also enjoy supporting their team members and pitching in where needed to support continuous quality improvement of PCN services.

Carla Bortoletto
Joint Executive/Director of Strategic Priorities,
Staff Lead for the Cowichan Primary Care Network,
Cowichan Division of Family Practice




Cowichan Family Caregivers Support Society Winter Newsletter

Please find below the link to our Winter 2023 newsletter.

[CFCSS Winter Newsletter 2023 - Issue 49](#)

With warm regards,
The Cowichan Family Caregivers Support Society
www.familycaregiverssupport.org
250-597-0086



Studies on air pollution's impact on cognitive abilities and mental health:

- https://www.theguardian.com/environment/2023/feb/02/air-pollution-causes-chess-players-to-make-bigger-mistakes-study-finds?CMP=Share_AndroidApp_Other
 - https://www.theguardian.com/environment/2023/feb/01/study-reveals-links-between-uk-air-pollution-and-mental-ill-health?CMP=Share_AndroidApp_Other
- 

The Community Services Recovery Funds (CSRF) will be open for three more weeks and we encourage you to get your organization's application submitted! **UWBC will be granting funds that will support program and service redesign and innovation.**

Even if you are not ready to complete your application, but know that the UWBC stream fits best, please registered on the UWBC grant site as soon as possible to ensure you are able to access the grant portal. We are using a new platform so most agencies will need to create a new user profile. **The Grant will close to applications at 5:00 pm sharp on February 21st, 2023.**

Our CNVI Team will be offering an **Info Session for the CSRF Grant on Wednesday, February 8th at 10:00 am.** If you have questions about the grant or were unable to attend a previous session, please join us. To register for this webinar please complete [this form](#).

If you have questions about the CSRF Grant, please reach out and I will do my best to answer.

Warm regards,

Mary Catherine Williams (United Way) MaryCatherineW@uwbc.ca



Join us in
HONOURING WOMEN'S VOICES

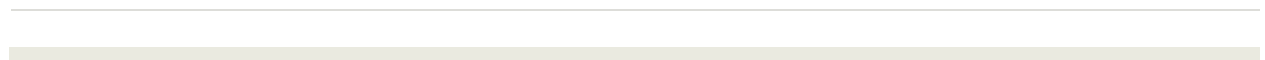
The Details

The Cowichan Women's Health Collective would like to invite you to join us for an evening of conversation and reflection. The event will include a short presentation on our research findings and a light dinner. Please RSVP using [Eventbrite](#)

WHEN
Thursday February 9th, 7 pm - 9 PM

WHERE
At Duncan United Church (246 Ingram St., Duncan)

www.cowichanwomenshealth.org





Learn about this session

Register for the Webinar

Coldest Night of the Year 2023 Feb 25th

We are so excited to participate in Coldest Night of the Year again this year - we had so much fun last year! We hope that you will join us as we raise funds to create a safe space and programs for homeless youth. [Registration is now open.](#)

During Coldest Night of the Year, we are raising funds to create a safe space and programming for homeless youth. There is currently no shelter available for homeless persons under 18.

The Cowichan Valley has an estimated 300+ individuals that are unoused, precariously housed (couch surfing, living in vehicles). As housing becomes more scarce and less affordable, these numbers are increasing. **Many of those individuals are youth.** At a time in their lives when they need stability, direction and support, they have none. Some have aged out of care, left unhealthy family situations, some have disabilities and many have trauma we can't imagine. Some turn to substances to ease the pain.

How can we help? We can start by providing a safe place for youth to drop in. We can start by listening while we provide the basics such as a warm meal, medical attention, a warm shower and some clean clothes. We can learn about what they need and direct them to other resources in the community. In a perfect world, we could provide shelter or at the very least a referral to shelter. We can provide the vital connection needed to change the course of their lives.

[Sign Me Up for
#CNOY23](#)



Child Care Awards of Excellence.

Perhaps of interest. Press release is online here:

<https://news.gov.bc.ca/releases/2023ECC0008-000111>



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