



Health Matters Newsletter
July 31, 2020
Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings
- LGBTQI2S Palliative/End of Life Research- attached
- North Cowichan Official Community Plan- Seeking Youth and You Can be Involved- Here is How
- UN Habitat recently released a policy brief re: COVID recovery
- Cowichan Caregivers Support Society Seeking Board members
- Join BC's Youth Aging Out of Care in a Birthday Celebration
- Cowichan Green Community Resiliency Project
- Cowichan Intercultural Society is Seeking Volunteers to Help Build Playground for Child Care program
- Helpful Links During COVID Crisis



Its easy to social distance out here!

-
- ✓ **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****
 - ✓ **Next EPIC Committee Meeting- **July 30 1:15 pm-2:15 pm Teleconference Call****
-

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****

Palliative End of Life Research for LGBTQI2S- attached

- The LGBTQI2S Palliative/EOL Services Study for Island Health is underway and interviews are in progress
 - The lead researchers are Doctors Nate Lachowsky and Kelli Stadjuhar from UVic and Helena Daudt from Victoria Hospice
 - If you are an LGBTQI2S receiving palliative care, service provider or caregiver please see attached invitations to participate

North Cowichan Official Community Plan Revision

Seeking Youth Representatives from Quamichan and Berkey's Corner. Do you know a youth who would like to contribute to the planning of their community? If so please have them sign up!

Contact **Chris Hutton** Chris.hutton@northcowichan.ca or **Mairi Bosomworth** Mairi.Bosomworth@northcowichan.ca

We want the plan to be driven by the community. Here is how you can stay informed and get involved:

[Sign up](#) for our "Official Community Plan Project" newsletter

Connect with the OCP Project on [PlaceSpeak](#) where various surveys and discussions will take place (note: you will need to sign into your PlaceSpeak account or register)

Follow us on [Facebook](#) and [Twitter](#) (@NorthCowichan)

North Cowichan OCP – Come Learn and Engage on PlaceSpeak

1. Video – What is PlaceSpeak and why do we use it? <https://youtu.be/y5B3AXXDd0s>
2. Video – PlaceSpeak and Privacy https://youtu.be/2iUK2_T4p-g
3. Video – How to Register <https://youtu.be/-tSfgtZZVYI>
4. Here is an FAQ: <https://www.placespeak.com/faq/>

UN Habitat recently released a policy brief re: COVID recovery

It has an urban and international context but lots of very valuable takeaways 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

Cowichan Caregivers Support Society Seeking Board Members- If you have an interest in working with this amazing organization contact Sara sara@familycaregiverssupport.org



Cowichan Green Community
Cultivating food, community, and resilience

COWICHAN GREEN COMMUNITY
IS LOOKING FOR YOUR INPUT TO HELP US CREATE
THREE BEAUTIFUL NEIGHBOURHOOD PROJECTS

~MCADAM PARK~
~CAIRNSMORE~
~CENTENNIAL PARK~

We are working to plant seeds of resiliency and connection in our community. This seed could grow into a community pollinator garden, a community-led restoration project or a public art installation. We want to hear the voice of the community. Contact: hannahsophia@cowichangreencommunity.org to get involved in the planning process!



Project supported by a grant from the City of Duncan





We need *volunteers*

August 8, 10 am - 4 pm

The Cowichan Intercultural Society
is building a play area for
our licensed child care.

Instead of a fence, we're building a sculpted cob wall. Cob is an ancient, proven, green building method using straw, clay and sand. If you like collaborative projects and sustainable building, you'll love building with cob. Elke Cole, who has taught cob and natural building for 20+ years, is overseeing the work. Come ready to learn and get your hands in the clay!

Activities:

- Mixing mud with hands and feet
- Placing mud by hand onto the cob wall
- Optional - wheelbarrow work moving clay & materials
- Ability to lift 30+ pounds nice, but not required

What You'll Need:

- Snug fitting rubber coated (gardening) gloves
- Old runners that can get very muddy
- Weather appropriate clothing, sun screen, water bottle
- Current Criminal Record Check. Free when acquired through Cowichan Intercultural Society.

Located at the Cowichan Intercultural Society, 321 St Julian St., Duncan (back parking lot)
Light lunch provided 12 pm - 1 pm | On street parking.
For details or to register, please RSVP to: office@cis-iwc.org | 250.784.3112

Note:

If you would like to volunteer with us please send an email to: eventscoordinator@cis-iwc.org or pema@cis-iwc.org and we will contact you to complete the registration process for volunteering.

The office@cis-iwc.org email will not be working from Friday, July 31 2pm till Monday, August 10 morning.

19th Birthday Party for BC's foster children

Every youth should look forward to their 19th birthday.

On Saturday, August 22, from 12-3 PM we are inviting you to attend the Virtual 19th Birthday Celebration to show your support for the hundreds of BC youth who leave foster care each year without the support of family other youth can count on.

Bake mug cake with us, listen to youth raise a toast to their community and celebrate as we highlight youths' accomplishments and resilience in their transitions!

All youth in and from care and all adults who want to foster change to improve the system of supports for youth transitions are invited to join us for this celebration. Together, by uniting our voices for change, we can help our provincial government keep their promise to make sure all youth leaving government care in BC are supported, not just some.

For more information and to RSVP, text CELEBRATION to 604-243-9019 or [visit the Fostering Change website](#)

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/>

Health Matters Newsletter

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

Send it to cindylicecchn@shaw.ca and it will be included in the weekly newsletter