



**Health Matters Newsletter  
July 7, 2022  
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Building Bridges Through Understanding the Village-Attached
- A Series of Surveys from Social Planning Cowichan
- Clements Centre Society Annual General Meeting
- Family Support Group
- Municipality of North Cowichan Satisfaction Survey
- Online survey for rural residents of BC who had surgery in the last 12 months- Attached
- Public Hearing for North Cowichan OCP
- Cowichan Caregivers Support Society Summer Newsletter



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**Community Meetings**

- ✓ **Next Admin Committee Meeting** October 6- 4:00 pm zoom call
- ✓ **Next Our Cowichan Network Meeting** July 14 Zoom
- ✓ **Next EPIC Committee Meeting-** July 21, 2022, 1:30 pm-3:00 pm zoom call contact Cindy [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) for access
- ✓ **Cowichan CAT –** June 23 2022, 10 am -noon contact Leah Vance [leahlc Vance@gmail.com](mailto:leahlc Vance@gmail.com)

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**Omicron Continues to Circulate Please GET Boosted**

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**Social Planning Cowichan Wants to Hear from You! Check out the Surveys Below.**

(I took the happiness survey and have discovered that I am VERY happy). Thanks to all of you! 😊

- SPC website link to all surveys: <https://www.socialplanningcowichan.org/current-surveys>
- Happiness Survey: <https://spcvancouver.happycounts.org/survey/directToSurvey>
- Youth Survey: <https://docs.google.com/forms/d/e/1FAIpQLSdaVRgMnSlgRGsVKv-ulN6vQwF28TrFyMl6Sq1CFt0NDZmE4Q/viewform>
- Community Survey: [https://docs.google.com/forms/d/e/1FAIpQLSdqmsbNWIEILs9qr\\_qOQ4fcvhyiu\\_rhkDvZl-PYBcGF5MLllkg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdqmsbNWIEILs9qr_qOQ4fcvhyiu_rhkDvZl-PYBcGF5MLllkg/viewform)

## North Cowichan Citizen Satisfaction Survey

North Cowichan is launching its second Citizen Satisfaction Survey and invites residents to share their feedback!

Through telephone interviews conducted by Forum Research Inc., randomly selected residents will be asked for their input on a variety of topics such as satisfaction with the services provided by the Municipality, quality of life, and value for taxes. The survey will run from June 22 to July 8.

- **Phones will display 877-453-0539 as the incoming number**

Residents who do not receive a call to complete the randomly selected telephone survey can still participate and share their feedback through an online version of the survey, which is open for input until July 8.

- **[Take the survey now\(External link\)!](#)**

The results of the 2022 Citizen Satisfaction Survey will be compared against the baseline [2019 Citizen Satisfaction Survey\(External link\)](#), and Council and staff will use this information to identify improvements and determine priorities. Results will be made available later this summer. All information collected through the survey will remain confidential, individual responses will not be shared, and results will be provided in an aggregate form only.

## Family Support Group - Attached

I am sending out our Family Support Group poster for Thursday, July 21st, 2022. I look forward to seeing some of you at the meeting.

Also sent this out to agencies that might want to send to families or other agencies. Our group is growing, and we look forward to supporting new members.

Wishing each of you a wonderful summer sunny day.

Janet Simpson-Cooke MA

Cowichan Regional Educator and Family Support [cowichan@bccs.org](mailto:cowichan@bccs.org)  
250-703-9073

Janet Simpson-Cooke , BA, MA

Cowichan Regional Educator  
British Columbia Schizophrenia Society

Email: [cowichan@bccs.org](mailto:cowichan@bccs.org)

Phone: 250-466-9073

Toll Free: 1-888-888-0029

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## Save the Date!

**Clements Centre for Families**

**Annual General Meeting**

September 13, 2022

**Celebrating 65 years!**

Stay tuned for more details.

In the meantime, be sure to **renew your membership by clicking the button below.**

Your membership helps to build a community where all individuals are included, valued, and celebrated – a community where all people are able to reach their full potential and truly thrive.

**Thank you for making this difference!**

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### **Online survey for rural residents of BC who had surgery in the last 12 months**

The Centre for Rural Health Research at the University of British Columbia is inviting rural residents of BC to share their experiences with pre and post-surgery consultations. Please help us recruit participants for this survey by printing the attached poster and putting it up in a visible place in your community or forwarding the poster to rural residents of BC who had surgery in the last year and might want to share their experiences with surgical consultations. I have also attached a social media message you can post to online groups in your community.

The survey takes approximately 15 minutes to complete and will be open until August 30. As compensation for their time, participants have the option of entering a draw to win one of five \$100 Save on Food gift cards.

Best, Kathrin Stoll

**Kathrin Stoll, PhD** Rural Surgical and Obstetrical Networks of BC (RSON) Evaluation Coordinator, Centre for Rural Health Research

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## Public Hearing for North Cowichan OCP

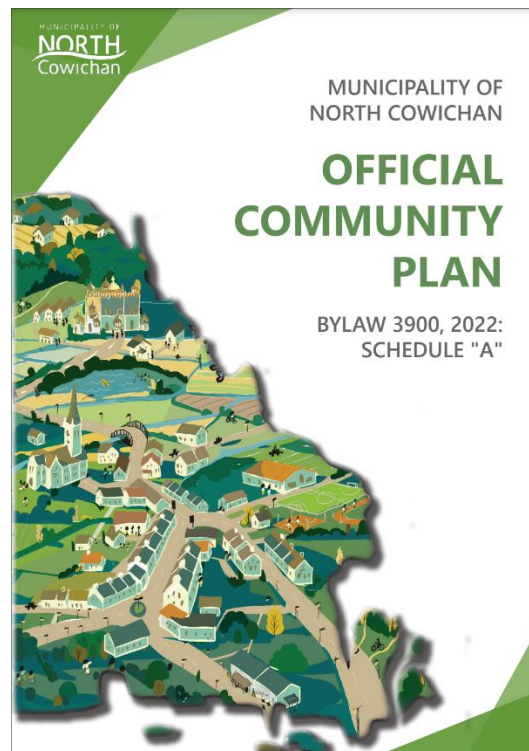
North Cowichan has scheduled the public hearing for the [Official Community Plan \(OCP\)](#) to take place **July 18 and July 19**.

This is your chance to tell your elected Council whether you support the direction of the new OCP, a visionary plan that will determine how the Municipality responds to the big issues facing North Cowichan – whether that’s managing future growth and development, protecting and restoring sensitive environmental areas, mitigating and adapting to climate change, increasing the supply of affordable housing, promoting agriculture and food security, or supporting local economic development.

You can participate in the public hearing electronically or in-person:

- Monday, July 18 at 2:00 pm until at least 6:00 pm ([electronically](#)).
- Tuesday, July 19 at 2:00 pm until at least 6:00 pm (in-person at Cowichan Exhibition Park, 7380 Trans-Canada Highway).

Who shows up at the public hearing will play a major role in determining whether Council adopts the new OCP, which in turn will chart the course for North Cowichan and the larger Cowichan region for the next 20 years and beyond.



More information on the new OCP and the upcoming public hearing, including how to participate electronically or in-person, [can be found here on the North Cowichan website](#).

Anyone unable to attend the public hearing and wishing to provide a written submission on the new OCP is encouraged to write to: [publicmeetings@northcowichan.ca](mailto:publicmeetings@northcowichan.ca).

The draft OCP is based on extensive public engagement over the past three years, including broad surveys, online webinars and input from a citizen advisory committee and neighbourhood ambassador teams, with more than 1,200 residents and organizations participating. This public feedback helped the Municipality establish a common vision and goals, determine a growth management strategy, and obtain input on an initial draft of the OCP.

If you have any questions regarding the OCP public hearing, please don't hesitate to contact me by

directly e-mail at: [rob.douglas@northcowichan.ca](mailto:rob.douglas@northcowichan.ca) or phone at: 250 710-0593.

*Rob Douglas, Councillor  
Municipality of North Cowichan*

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## **Cowichan Caregivers Support Society Summer Newsletter**

**Please find below the link to our Summer 2022 newsletter.**

[https://www.familycaregiverssupport.org/wp-content/uploads/2022/06/CFCSS\\_Newsletter\\_Summer-2022\\_Issue-47.pdf](https://www.familycaregiverssupport.org/wp-content/uploads/2022/06/CFCSS_Newsletter_Summer-2022_Issue-47.pdf)

With warm regards,

The Cowichan Family Caregivers Support Society [www.familycaregiverssupport.org](http://www.familycaregiverssupport.org)  
250-597-0086

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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](mailto:cindylisecchn@shaw.ca) and it will be included in the Friday Newsletter