

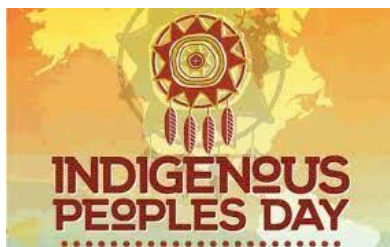


Health Matters Newsletter

June 17, 2022

Today's Health Matters Includes:

- OCCHN Meeting Schedule
- Community Meetings
- June is Brain Injury Awareness Month- attached
- Cowichan Valley Hospice Seeking New ED
- Project Manager Posting for Cowichan Health Survey- Attached
- Island Health Wellness Grants Open
- Plan H Age Friendly Communities Grant Open
- Cowichan Tribes Seeking Youth Centre Space
- Provincial Heat Alert Response System Information- Attached
- Cowichan Neighbourhood House Summer Youth Program- attached



Join us in celebrating National Indigenous Peoples Day on June 21.



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- ✓ **Next Admin Committee Meeting July 7- 4:00 pm zoom call**
 - ✓ **Next Our Cowichan Network Meeting July 14 Zoom**
 - ✓ **Next EPIC Committee Meeting- June 16, 2022, 1:30 pm-3:00 pm zoom call** contact Cindy cindylisecchn@shaw.ca for access
 - ✓ **Cowichan CAT – June 23 2022, 10 am -noon** contact Leah Vance leahlvance@gmail.com



Omicron Continues to Circulate Please GET Boosted



Project Manager Posting – Our Cowichan Communities Health Network Health Survey

- Attached Please distribute broadly



Cowichan Valley Hospice Seeking New Executive Director

Closing date for the ED position at Cowichan has been extended to June 22 at midnight. Our refreshed job description is here: <https://cowichanhospice.org/get-involved/careers/>

Cowichan Valley Hospice Seeking New Bereavement Services Coordinator Posting closes June 26.



Island Health Community Wellness Grant Program Call for Applications

MAY 26, 2022

<http://communitygrants.islandhealth.ca/>.

VANCOUVER ISLAND – Communities on Vancouver Island will benefit from up to \$800,000 in Community Wellness Grants being provided by Island Health to improve the health and well-being of Island residents.

Now in its fifth year, Island Health’s Community Wellness Grant program provides the opportunity for not-for-profit organizations, local government organizations and Indigenous Nations, organizations and communities to apply for one-time funding for the development of new wellness initiatives and programs.

In the face of two provincial health emergencies, the COVID-19 pandemic and the ongoing drug poisoning crisis, the focus of the 2022/2023 funding cycle is community resilience, including connected, diverse, safe, active, and nourished communities.

“A key priority for Island Health is improving the health and wellness of the population, including supporting community-led health and wellness initiatives,” said Kathy MacNeil, Island Health’s President and CEO.

“The innovative projects funded by the Community Wellness Grant Program make a real impact for the people we serve throughout our region.”

A total of up to \$600,000 is available for individual/small grant funding. Individual grants will be awarded up to \$12,000 each.

To encourage partnerships and collaboration, the remaining \$200,000 is allocated for projects that are multi-jurisdictional/multi-agency and involve a minimum of three partner organizations. Partnership grant applications will be awarded up to \$50,000 each.

“Communities being able to identify and address the health of their members is a key component of community wellness,” said Dr. Charmaine Enns, Island Health’s Acting Chief Medical Health Officer.

“The collaborative wellness interventions that Island Health supports through this program make a difference in empowering communities for improving the social determinants of health.”

Examples of projects funded recently through Community Wellness Grants Program include a tenant-built Indigenous plants and medicine garden at a culturally supportive housing site, a trauma informed mindfulness and movement group for survivors of violence, and a ‘school to farm’ program where youth learned about agriculture and climate change mitigation.

For more information on how to apply for a Community Wellness Grant and for updates on some of our previous grant recipients, please visit <http://communitygrants.islandhealth.ca/>.

Media inquiries

Cowichan/South Island media inquiries:

Andrew Leyne

250-370-8908

Andrew.Leyne@islandhealth.ca



Planning a healthy community
starts here.

2022 Age-friendly Communities Grant Program now open



BC Healthy Communities (BCHC) is excited to announce the new Age-friendly Communities Grant Program is now accepting applications. All local and Indigenous B.C. governments working to build age-friendly communities through equitable policies, programs, and services have access to age-friendly communities funding and support to help make it happen. BCHC is the new administrator for the Age-friendly Communities Grant Program in partnership with the Ministry of Health. The program is open for applications across two funding streams: Planning (Stream 1) up to \$25,000, and Projects (Stream 2) up to \$15,000. Both grant streams include in-kind, customized capacity-building supports provided by BCHC staff.

Questions? Watch the [information session](#) or reach out at grants@bchealthycommunities.ca. Applications close **July 5, 2022**.

[Learn more & apply](#)



Tamarack Webinar Civil Society, Power and Creating Bolder, Braver, Social Change

Join us for a webinar on [Civil Society, Power & Creating Bolder, Braver Social Change](#). Our very own, Sylvia Cheuy will lead in a conversation with Sue Tibballs and Sarah Thomas to explore what they have discovered about social change. Sue Tibballs is the Chief Executive of the [Sheila McKechnie Foundation](#). Sarah Thomas is the [Power Project Lead](#) with the Sheila McKechnie Foundation. Their work reflects reimagining how we think about power, transforming society, and building solidarity in today's increasingly complex times.

The Sheila McKechnie Foundation has spent almost 20 years building a deep understanding of social change to generate insights and create tools that enable changemakers to be more effective in their work to create better and bolder change and unleash the social power of civil society. Learn more about [The Social Change Project](#) as we explore the work of social change that is happening today and how it can be strengthened.

Please note that this webinar is at an earlier time to accommodate our UK guests.
11:00 a.m. - 12:00 p.m. EST/ 4:00 pm– 5:00 pm BST.
To learn more and to register for the webinar, view below:

[Civil Society, Power & Creating Bolder, Braver Social Change](#)

July 27, 2022 | 11:00 am - 12:00 pm EST / 4:00 pm– 5:00 pm BST

Learn More & Register



Cowichan Tribes Looking for Space for Youth Centre

There has never been a time more critical than now to reconnect our youth with each other and supporting adults. Cowichan Tribes is currently without a youth centre space and is desperately seeking a location to host summer programs and more. If you are aware of a community space, please contact Leon Johnny leon.johnny@cowichantribes.com



New Island Health Program – Community Virtual Care

Community Virtual Care is a free Island Health program that uses remote patient monitoring, virtual visits and the telephone to support clients living with chronic disease from the comfort of their home.

The team monitors vital signs and symptoms, as well as provides self-management coaching and education to clients with the following conditions:

- Chronic Kidney Disease
- COPD
- Diabetes
- Heart Failure
- Hypertension
- Palliative Care (coming soon)

Clients are loaned, at no cost, all the equipment they need to answer daily care plan questions and measure their biometrics. This information is sent electronically to the monitoring nurses who check for alerts and data changes and significant data trends are sent to the client's Primary Care Provider.

The nurses support clients to be proficient and confident in managing their condition and help them recognize when to seek care from their Primary Care Provider vs. when to seek Emergency Services.

To learn more, visit www.islandhealth.ca/cvc



Are you concerned about your diagnosis of:

- **Chronic Kidney Disease (CKD)**
- **COPD** (Chronic Obstructive Pulmonary Disorder)
- **Diabetes**
- **Heart Failure**
- **Hypertension** (High Blood Pressure)
- **A progressive, life-limiting and/or palliative illness**

Community Virtual Care is a **free** program to support and educate you to better manage your disease.

A Registered Nurse will monitor your symptoms, and with coaching, you will improve your ability to manage your health from the comfort of your home.

Equipment to monitor your health will be loaned to you at no cost.

If you are interested, please call us to find out if the program is right for you.

Community Virtual Care

To Enroll

South Island: (250) 388-2273

Central Island: (250) 739-5749

North Island: (250) 331-8570

Learn More

islandhealth.ca/cvc





Cowichan Neighbourhood House Summer Youth Program- Attached

The Cowichan Neighbourhood House is starting their Summer Youth Program Tuesday June 21st! We are very excited as this will be the first summer since COVID that the program is running again.

Here is the information that we would like to share about our programs this summer in your newsletter:

Beginning Tuesday, June 21st, youth ages 10-18 are invited to join us Tuesdays to Thursdays from 1:30-4:30pm for fun games, adventurous art, outdoor excursions and table pool!

On Fridays and Saturdays from 6-9:30pm, join us for "Youth Night"! Socialize, hang out and sing-along to karaoke tunes with friends!

All activities will be held at the CNHA, 9806 Willow St.

If interested, contact Tara at tara.cooper@cnha.ca



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