



**Health Matters Newsletter
June 19, 2020
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- BC housing press release about the 100 supportive housing units in Duncan and North Cowichan.
- Share Your Thoughts on VIU Future You Would Like to See
- Cowichan Caregivers Support Society Newsletter (Attached)
- 2 Part On Line Series re: Climate and Environmental Practitioners
- Helpful Links During COVID Crisis



For most up to date community services information go to www.ourcchn.ca

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- ✓ Next Admin Committee Meeting July 2 4:30 pm Teleconference Call
 - ✓ Next Our Cowichan Network Meeting **July 9 In Person Meeting Mellor Hall- Cowichan Exhibition Grounds 5:15-7:30**
 - ✓ Next EPIC Committee Meeting- **July 2 1:15 pm-2:15 pm Teleconference Call**

Community Events- Meetings

- **Community Action Team (CAT) Meeting 9:00 am June 25, 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**
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BC housing press release about the 100 supportive housing units in Duncan and North Cowichan.

<https://www.bchousing.org/news?newsId=1479156254185>

BC's Dual Pandemic- The Overdose Crisis

The overdose crisis in BC continues to rage with the number of lives lost in the last few months at 170 which is beyond the lives lost with the COVID 19 Pandemic. The drug supply has contained high levels of fentanyl and when combined with social isolation the results have been deadly. The overdose alert continues to remain in effect. The New Lifeguard AP (attached) is one mechanism to help prevent the loss of life for those who are using alone. Please circulate both attachments broadly.

Cowichan Therapeutic Riding Association Update - Attached

Attention VIU Community Partners: Share Your Thoughts with us @ VIU's The Future We Want to See

[Questionnaire](#)



The University launched a visioning process in the spring called *The Future We Want to See: an ongoing conversation to articulate our values and priorities towards a new five-year strategic plan*. VIU's community partners are invited to share their thoughts in a [Questionnaire!](#) **Help spread the word to other community entities for input into the VIU Strategic Plan.**

COVID Response Funding Opportunity

Please see this Covid Response funding opportunity. I have attached a flyer with more information and the link is below. Please share.

www.redcross.ca/communityorganizations

A few points of interest-

- 1) they can only fund non-profits, not registered charities. OK if they are both, but must be a non-profit.
 - 2) Organizations can apply for between \$5,000 and \$100,000. The granting requests can include safety equipment and cleaning supplies.
 - 3) they are also offering a Training program for free:
 - Organizations, including registered charities, can apply for training and equipment, or one or the other.
 - The training is free and there are a few options (online, in-class where permitted).
 - The equipment is only masks and gloves for personnel
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Please see below for an invitation to a two-part online series exploring the wisdom of grief, for climate and sustainability practitioners. We'd love to have you join!



Please feel free to share with your networks and to forward to any colleagues who you specifically think would appreciate being part of this exploration together, we'd greatly appreciate the connections. While this series is specific to climate & sustainability professionals, we also offer sessions for other audiences. Don't hesitate to be in touch if you have any questions about this or future offerings.

Warmly,
Erica and Olive
Erica Crawford, MA, RTC
crawford.ericaj@gmail.com
778-928-1462

[Engaging the Wisdom of Grief: Leadership practices for sustainability and climate practitioners in times of uncertainty](#)

July 9th & July 16th at 3:00 - 5:00 pm

with Erica Crawford and Olive Dempsey

<https://www.eventbrite.com/e/engaging-the-wisdom-of-grief-tickets-109875305998>

As climate & sustainability practitioners, we - like many of you - are feeling the parallels between the current upheavals being experienced around the world, and the unfolding climate and ecological crises. The losses, the grieving and the uncertainty often stir up feelings and responses that can leave us bewildered, overwhelmed or simply numb and stuck.

But through the cracks of our current collective experience, we are also seeing opportunities for reclaiming a kind of personal and collective resilience that translates fear or overwhelm into grounded resolve, deeper relationship, and wise action.

This two-part series (July 9th & 16th) is inspired by the enthusiastic response to our session, Navigating Climate Grief, at the recent Adaptation Canada 2020 conference. Experiences like fear, grief, anger or confusion might feel like barriers to our 'real work.' But they are not problems to be solved. Building our capacity to engage these experiences is a key leadership skill. When done with care, and in supportive community, approaching these experiences with curiosity and skillfulness can guide us back into a deeper conversation with life, purpose and our interconnectedness, and provide us with a compass to navigate turbulent times.

While this session has a particular focus on grief and anxiety in relationship to the climate crisis, we recognize the many ways in which these skills and capacities can and must support us to act for justice in its many forms. This includes actively addressing the inter-related crises of colonialism, systemic racism, poverty and the experiences of vulnerable and marginalized communities.

This series offers:

- Skills to grow your own “window of tolerance” for working with grief, loss and uncertainty
- Key concepts and theory from grief work, somatic therapy, systems thinking and others
- Practices you can draw on in your own personal and professional lives
- Resources to further your own exploration
- Opportunities to be moved through experiences of dialogue, sharing, witnessing and being witnessed
- A cohort of practitioners to learn with and from, in community

If this strikes a chord in you, we invite you to join us and other sustainability and climate practitioners for this online gathering.

Sessions will take place on two consecutive Thursday afternoons (July 9th & July 16th), at 3:00 - 5:00 pm.

For more information and to register: <https://www.eventbrite.com/e/engaging-the-wisdom-of-grief-tickets-109875305998>

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>
- **Social Planning Cowichan Connecting Service Providers**
https://m.facebook.com/story.php?story_fbid=2716849235030455&id=660104927371573
- **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 cindylisecchn@shaw.ca and it will be included in the weekly
newsletter