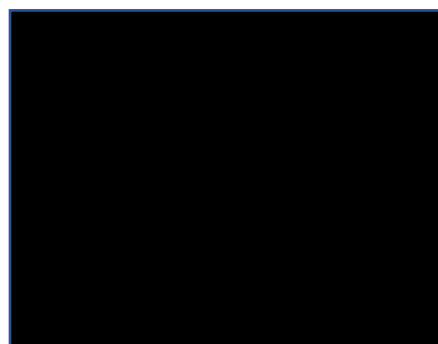




**Health Matters Newsletter**  
**June 5, 2020**  
**Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Clean Air Day- Needs to be Every Day
- We have Work to Do Canada- All Lives Matter
- COVID Granting Opportunity-\$189,000.00 for Cowichan- Deadline June 15
- Lifeguard Ap Preventing Overdose Deaths
- Social Planning Cowichan COVID 19 Survey Soon to Close
- Red Cross Supporting Communities with Free PPE and Training
- Helpful Links During COVID Crisis



For most up to date community services information go to [www.ourcchn.ca](http://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 PENDING Health Advisory**
  - ✓ Next EPIC Committee Meeting- **June 4 1:15 pm-2:15 pm Teleconference Call**

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**Community Events- Meetings**

- Cowichan Housing and Homelessness Coalition Meeting (All Welcome) CANCELLED
  - 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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## Clean Air Day 2020

All smoke is harmful to our health, including wood smoke.

Seniors and children are most vulnerable to this common pollution, but we are all at risk.

We need meaningful action to clean up our air.

**"It is difficult to justify heating our homes with wood or solid fuel when alternatives exist. Changing attitudes, customs and habits will not be easy, but action needs to be taken."**

**Gary Fuller**  
*The Invisible Killer: The Rising Global Threat of Air Pollution - and how we can fight back.*



**Let's get serious about wood smoke every day of the year!**

Clean Air Day, Canada: June 3, 2020



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## We have work to do in Canada Too. All Lives Matter

*Uy netulh,*

This week holds two very important dates for Canadian reconciliation. Today marks five years since the release of the [94 calls to action](#) from the Truth and Reconciliation Commission (TRC) of Canada. And tomorrow marks a year since the release of the National Inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG) [final report](#). Both of these documents are great markers for the concept of reconciliation.

(thank you to the Discourse for this piece)

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## Call for Emergency Applications for the Emergency Community Support fund.

**What is the purpose of the Emergency Community Support Fund (ECSF)?** The Government of Canada's Emergency Community Support Fund aims to help charities adapt and increase frontline services for vulnerable populations during COVID-19. The ECSF is intended to strengthen the capacity of community service organizations to meet the urgent needs of vulnerable individuals and families disproportionately impacted by COVID-19. These resources will support community services in all regions of Canada. UWCC, the Canadian Red Cross (CRC) and Community Foundations of Canada (CFC) were named as three intermediaries with which the federal government would partner to deliver this funding.

## **Cowichan Valley Regional District \$189,000 \$20,000 Maximum grant request**

For more information please look here-

<https://www.uwcnvi.ca/what-we-do/our-work/grants/emergency-community-support-fund>

To apply-

<https://uwcnvigrants.ca/2020/ecsf/>

The call for applications **closes on the 15<sup>th</sup> of June at noon.**

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## **New *Lifeguard* app launched to help prevent overdose deaths**

People in the Island Health region will now have access to *Lifeguard App*, a new tool in the response to the overdose crisis. The app was developed in partnership with the Provincial Health Services Authority (PHSA), regional health authorities and Lifeguard Digital Health to help save more lives and ensure people who use drugs alone have access to the supports they need.

[Read the news release](#)

The App is activated by the individual before they take their dose. After 50 seconds the App will sound an alarm. If the individual doesn't hit a button to stop the alarm, indicating they are fine, the alarm grows louder. After 75 seconds a text-to-voice call will go straight to 9-1-1, alerting emergency medical dispatchers of a potential overdose.

This is one more tool available to prevent overdose deaths, particularly in the context of the dual public health emergency. For those who can't buddy up or connect with an overdose prevention or supervised consumption service, *Lifeguard App* may help.

Please share and recommend to people that may benefit from *Lifeguard App*.

[Available for iPhone and Android phones. Download on Google Play or Apple Store](#)

[User guide and troubleshooting guide: https://lifeguarddh.com/resources/how-to-guides/](https://lifeguarddh.com/resources/how-to-guides/)

The *Lifeguard App* is now being added to the list of essential health and social sector interventions as part of the Overdose Emergency Response Centre's comprehensive response to the sustained and widespread overdose activity in BC.

Island Health has worked closely with PHSA, BC Emergency Health Services, Vancouver Coastal Health, the Overdose Emergency Response Centre, other regional health authorities and Lifeguard Health during the past two years to test and pilot the App in controlled environments.

The Lifeguard App is an integral part of *A Pathway to Hope*, B.C.'s roadmap for making mental health and addictions care better for people in British Columbia. Implementing *A Pathway to Hope* is a shared B.C. government priority with the BC Green Party caucus and is part of the Confidence and Supply Agreement.

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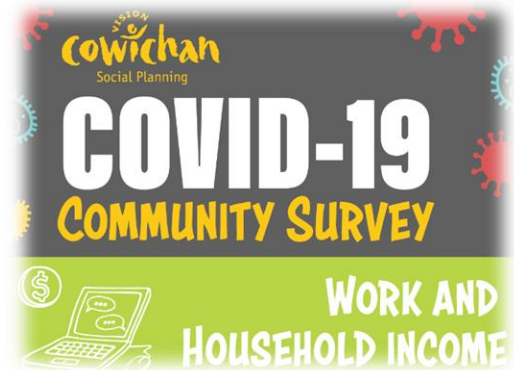
## Living with Dementia Support and Resources

<https://alzheimer.ca/en/bc/Living-with-dementia/covid-19-and-dementia/covid-19-resources-health-care-providers>

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### How Is COVID 19 Impacting You and Your Family? Social Planning Cowichan wants to hear from you. Take the Surveys!

As you may know, Social Planning Cowichan has a mandate to research, form partnerships, create strategies and inform the Cowichan public about social planning issues. Over the years, we have provided “snapshots” during a specific period, to look at what is working well in our community and identify what areas may require a more in-depth look. The findings of these snapshots have helped in planning for our community’s future vision and goals.



We are now undertaking a series of community surveys to determine the impacts of the COVID-19 crisis on households across the Cowichan Region.

These COVID-19 impact surveys will touch on four strategic areas:

1. [Food security and household activities](#)
2. [Work and household income](#)
3. [Personal and family well-being](#)
4. [Families with children, aging family members and/or with special needs/mobility challenges](#)

All four surveys are available through our [Covid-19 Surveys and Stories webpage](#) now, and we will also focus on promoting one survey a week, for four weeks to build momentum and hopefully create continuous participation.

The survey results will highlight what the COVID-19 pandemic is revealing about the constraints of our current systems as well as capture what encouraging innovations and evolving methods are being developed in response. The results will serve to answer the question, ***“What will be our community’s vision moving forward?”***

Please participate in and help us promote the first survey titled [Food security and household activities](#) with your staff, clients and other contacts by email and through social media, and encourage them to do the same. You can share posts from the Social Planning Cowichan [facebook](#) and [twitter](#) accounts or create your own using the sample posts that are included at the

Everyone is also welcome to share anecdotal stories about the impacts bottom of this email.

Each survey will take no more than 20 minutes to complete, and the respondent’s identities will remain anonymous.

of Covid-19 social distancing, isolation etc. through our [Covid-19 Surveys and Stories webpage](#). There you will find links to all the surveys but also a place where you can write, post photos, audio or video of stories as well. With permission, we will share these individual stories through our social media channels.

Hardcopy versions of the surveys will also be distributed through various hampers and hot meals distributed across the region, thanks to our community partners on the Food Access Task Force! If you can distribute and collect printed surveys, please be in touch. We look forward to hearing from you, and finding solutions for our community together. Many thanks for all your work and support in this initiative!  
Rosalie and the SPC team

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**Canadian  
Red Cross**



## **Supporting frontline community organizations and those they serve in the COVID-19 response**

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*Canadian organizations have never faced a challenge like COVID-19. This pandemic is unprecedented and affecting Canadian organizations and their staff and volunteers on every level and in every region of the country.*

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To ensure that local community organizations can continue delivering vital services during this pandemic, the Canadian Red Cross is offering free personal protective equipment and training through its Preventing Disease Transmission Training and Equipment Program.

This program targets frontline workers responding to COVID-19 in low to medium risk environments, in support of their direct service delivery to those who are the most vulnerable to the health, social and economic impacts of COVID-19.

Specifically, this program will support the health and wellbeing of frontline workers by equipping them with critical personal protective equipment, including masks and gloves, and will train them to use this equipment to ensure their health and wellbeing.

**Our training will provide the tools needed to keep frontline volunteers and staff safe.** Each learning option will ensure that volunteers and staff will resume their duties feeling safe and confident in the infection prevention techniques they have learned.

**To ensure equal access for all, organizations can choose to learn on one of three platforms:**

- Online self-study for maximum time flexibility
- Virtual classroom instructor-led for groups of up to 20 participants
- In-person when necessary and possible

Learn more at [redcross.ca/communityorganizations](https://www.redcross.ca/communityorganizations)

#### **What equipment can be provided?**

Personal protective equipment is available to ensure the safety of frontline personnel. This includes one mask and two pairs of gloves per person, per day. Each organization that receives personal protective equipment will have an assortment of sizing options.

**Canadian Red Cross is currently offering support for training and equipment as part of its Preventing Disease Transmission Training and Equipment Program, thanks to funding from the Government of Canada led by Employment and Social Development Canada.**

The logo for the Government of Canada, featuring the word "Canada" in a serif font with a small Canadian flag icon above the letter "a".

For more details visit [redcross.ca/communityorganizations](https://www.redcross.ca/communityorganizations)

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We would like your help in promoting this program to other organizations who might be eligible. Please forward this email to your network.

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**We want to hear from you!**

The Canadian Red Cross is working with community organizations to understand their needs in ensuring the health and safety of frontline personnel so that they can continue to support the most vulnerable impacted by COVID-19.

If you are interested in Preventing Disease Transmission Training and Equipment, but are not eligible for any current programs, [please contact us here](#) to fill in a short survey and express your needs.

Canadian Red Cross takes your privacy seriously. We do not distribute or sell your email address to anyone. We have your email address listed as [email address suppressed].

Canadian Red Cross - National Office | 400 Cooper Street, Suite 8000 | Ottawa, ON - K2P 2H8  
1-866-221-2232 | [myrcsupport@redcross.ca](mailto:myrcsupport@redcross.ca)

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## 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](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/>

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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 weekly newsletter