



**Health Matters Newsletter
March 18, 2022**

Today's Health Matters Includes:



- OCCHN Meeting Schedule
- Community Meetings
- Step it up to Spring Challenge
- Cowichan Women Against Violence Needs your Immediate HELP
- The Village on Trunk Road- How Can You Help?
- Restorative Justice Café Works
- Demand for Support from Cowichan Housing Association Tops Capacity to help for March
- Getting Enough Sleep
- New study from Western University on the link between physical activity and COVID-19

-
- ✓ **Next Admin Committee Meeting** April 7- 4:00 pm zoom call
 - ✓ **Next Our Cowichan Network Meeting** April 14 **HOLD this date for in person meeting**
 - ✓ **Next EPIC Committee Meeting-** March 17, 2022, 1:30 pm-3:00 pm zoom call contact Cindy cindylisecchn@shaw.ca for access
 - ✓ **Cowichan CAT –** March 24 2022, 10 am -noon contact Leah Vance Leah Vance leahlvance@gmail.com for access

Omicron Continues to Circulate Please GET Boosted

Step It Up to Spring Challenge

April 1 - 15, 2022

From April 1 - 15, we're calling on everyone to Step It Up to Spring by tracking their steps or using the manual activity tracker to convert their active minutes into steps for the chance to win great prizes! As a physical activity leader, use this ParticipACTION app challenge to bring your group together virtually in a safe and engaging environment.

The Cowichan Women Against Violence Society has just three weeks to purchase a house for the Charlotte's Place women's shelter, according to a news release. After raising \$600,000 for the project, the society says it finds itself priced out of the market. If a home isn't purchased by the end of this month, the society will lose \$344,274 in federal funding. The society hopes to find a generous donor or off-market home sale to meet the tight deadline.

The Village on Trunk Road Seeking Support with Donations

The soon to be opened Village could still use the following supplies:

- 34 single fitted sheets
- 34 bath mats
- 26 bath towels
- 62 wash cloths
- 21 male bathroom kits that include
 - Soap
 - Shampoo
 - Toothbrush
 - Toothpaste
 - Under arm deodorant
 - Carrying case or waterproof bag

If you are able to provide any of the above supplies, please contact Corelli Matise at corelli.mattice@lookoutsociety.ca

Restorative Justice Café Workshop

Please share the below link and Indigenous Awareness training with interested applicants:

www.CCRJS.CA

The Cowichan Housing Association has seen a huge increase in need for help with rent arrears and hydro bill debts, according to [a Facebook post](#). As a result, the association will not accept new applications for help until April 1.

Are adults getting enough sleep?



Ready to spring forward?
The sleep-physical activity connection

Would you trade an hour of shut-eye for an additional hour of daylight? This is exactly what we do every March when we shift our clocks forward an hour to mark daylight savings time (DST). An hour may not seem like much, but DST can result in sleep issues for many of us.

Science tells us that sleep is vital for our overall health and well-being, much like physical activity! Discover why sleep is so important and how it's linked with physical activity in our latest [blog](#) and [video](#).

[READ THE BLOG](#)

[New study from Western University on the link between physical activity and COVID-19](#)

A recent study from Western finds adults with high and moderate physical activity levels had significantly better outcomes than those with low activity when contracting COVID-19.

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