



**Health Matters Newsletter**  
**March 4, 2022**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- The Village on Trunk Road- How Can You Help?
- Cowichan Family Life Garden Tour- attached
- Cowichan Students Support the Village
- CDH Inpatient Care project manager



*He may be old, but the OCCHN office manager is still leading the charge. Get outside and enjoy the budding of spring!*

- 
- ✓ **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](mailto:cindylisecchn@shaw.ca) for access
  - ✓ **Cowichan CAT –** March 24 2022, 10 am -noon contact Leah Vance Leah Vance [leahlvance@gmail.com](mailto:leahlvance@gmail.com) for access

---

**Omicron Continues to Circulate Please GET Boosted**

---

## 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.matise@lookoutsociety.ca](mailto:corelli.matise@lookoutsociety.ca)

---



## WEBINAR | A Deep Dive into "The Art of Neighboring"

April 13, 2022

Join Dave Runyon in a fireside chat with our very own Deepening Community Member Deanna Butz from Stony Plain as they talk about the importance of focusing your work on building neighbour relationships and what that means for building neighbourhoods.

[Learn More and Register](#)

---

**Making the Most of the Times - Virtual Community Engagement in Indigenous and Remote Communities**

By: Amanda Sheedy

The pandemic has required many of us to shift our community engagement activities to virtual settings. In this article, Amanda shares her reflections on the hybrid meeting model discussed in depth within the [Virtual Community Engagement Guide: A Toolkit for Hosting Online Community Engagement and Meetings in Rural, Remote, and Indigenous Communities](#).

Despite the limitations of virtual engagement, these hybrid meetings make the most of the benefits of online community engagement and maintain many of the benefits of in-person events.

[Get up to Speed with Hybrid Engagement Register here](#)

## How do you prioritize potential solutions?

By: Lisa Attygalle

There are always more good ideas than are possible to implement. So how do we prioritize which solutions to pursue? Through our work facilitating community conversations, co-design sessions, and collaborative initiatives, we've learned that the moment of prioritization is an important one. If done well, a group can achieve a sense of alignment that can fuel action and build momentum for the work to come. So what's important? We've captured five guiding ideas and a list of questions that you can use to understand the impact, feasibility, viability, risk, resistance, and enablers of your potential solutions.



[Learn to Prioritize Your Potential Solutions](#)

---

## 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