



**Health Matters Newsletter**  
**May 13, 2022**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Sport and Recreation Fair
- Poverty Reduction Grants Come to Cowichan!
- Hand Sanitizer Available for Community Organizations
- A Matrix of Services BC Offers to Newcomers. The far-right column is for Ukrainians arriving under the Canada-Ukraine authorization for emergency travel (CUAET). Attached
- Seniors Expo – Spread the News
- Try it Day- Attached
- New Island Health Program Community Virtual Care
- M'akola Housing Society, Ts'i'ts'uwatul' Lelum - Job Postings



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- ✓ **Next Admin Committee Meeting** June 2- 4:00 pm zoom call
  - ✓ **Next Our Cowichan Network Meeting** July 7 5:15 pm In Person- Location to be determined
  - ✓ **Next EPIC Committee Meeting-** May 19, 2022, 1:30 pm-3:00 pm zoom call contact Cindy [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) for access
  - ✓ **Cowichan CAT –** May 26 2022, 10 am -noon contact Leah Vance [leahlvance@gmail.com](mailto:leahlvance@gmail.com) for access
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**Omicron Continues to Circulate Please GET Boosted**

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**Looking for something fun to do this weekend?  
Come to the Sport and Recreation Fair  
at the Cowichan Sportsplex on May 14  
IT'S FREE!**

Local clubs and associations will be demonstrating their activities and inviting you to try your hand at them.

Here are the organizations that will be in attendance. Come and do an activity you've been curious about, or just watch the fun!

**Cowichan Bowmen Archery  
Dirt Groms Mountain Biking  
Cowichan Trails Stewardship Society  
Barre None Dance Studio  
Nanaimo Night Owls Baseball  
Burnt Bridge Classic Gravel Fondo  
Cowichan Tribes Kick Boxing and MMA  
Duncan Dynamics Gymnastics  
Cowichan Capitals Hockey  
Cowichan Valley Minor Hockey  
South Cowichan Lawn Tennis Club  
Island Kung Fu  
Brass Knuckles Roller Derby Dames**

**Cowichan Rugby Club  
Physical Literacy  
MacDowell Rugby Academy  
Ceevac's Running Club  
Cowichan Valley Soccer  
Duncan Swim Team  
Duncan Table Tennis Club  
Cowichan Ultimate Frisbee  
Pacific Sport Wheelkids Program  
Cowichan Valley Wrestling Club  
CVRD Recreation  
Special Olympics BC  
Cowichan Valley Slo Pitch**

Special demonstrations including mountain biking, gymnastics, soccer and ultimate frisbee will take place throughout the day. Sign up for a fun mini running relay or play a scrub game of slo-pitch!

Food trucks, mascots, prize draws and kids activities (watch for the roving balloon artist and free bike check station) round out this action packed day!

Please feel free to forward this invitation, ([or this link](#)) to your friends and family. Hope to see you all there!



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## Three of Five Poverty Grants Come to Cowichan!

**Ladysmith and Cowichan Lake Receive \$50,000.00 Each in Poverty Reduction Grants! Duncan Receives \$48,700.00.**

People who are vulnerable and have low incomes will be supported with more than \$440,000 in government funding for local poverty-reduction projects on Vancouver Island and in coastal communities.

Projects proposed by Colwood, Duncan, Ladysmith, Lake Cowichan and Sechelt received grants:

- In partnership with Victoria, Saanich and Esquimalt, Colwood's Regional Household Affordability and Prosperity Project (\$100,000) will develop strategies to improve regional housing affordability for renters and owners.
- ***Building on lessons learned through COVID-19, Duncan will partner with North Cowichan to develop a poverty-reduction planning process and action plan to improve the lives of people living in poverty in the Cowichan Valley (\$48,700).***
- ***Ladysmith will use its grant of \$50,000 to host a food-security fair with demonstration workshops, as well as implement a food-distribution program for Stz'uminus Elders and an after-school snack program to support local recreation and cultural programs.***
- ***Lake Cowichan's poverty-reduction project (\$50,000) offers free meal planning, food budgeting and preserving, as well as cooking and meal-sharing workshops. It will also provide a safe space to borrow tools, share garden space, and share skills, goods and other supports.***
- Sechelt is partnering with the Sunshine Coast Regional District and Gibsons to implement recommendations from the Sunshine Coast Strategic Framework for Action on Poverty Reduction. Backed by a grant of nearly \$150,000, the project aims to raise awareness about the stigma of poverty, develop a poverty-reduction lens for service providers, and improve access to digital services and supports for low-income earners.

"All British Columbians should have the right to support themselves and their families and live with dignity," said Doug Routley, MLA for Nanaimo-North Cowichan. "These poverty-reduction grants are a fine example of what we're doing to support local governments in their work to take action against poverty."

These projects are from the third intake of the Union of B.C. Municipalities' (UBCM) Poverty Reduction Planning and Action Program, which supports local government projects or plans to reduce poverty at

the local level. The intent of the funding is for local governments to develop initiatives that are aligned with TogetherBC, B.C.'s poverty-reduction strategy.

“Local governments are best suited to identify chronic and emerging issues in their own communities,” said Nicholas Simons, Minister of Social Development and Poverty Reduction. “These grants will support action at the local level. Municipalities will work with community partners to develop strategies that can break the cycle of poverty, strengthening communities and improving the lives of all British Columbians.”

All projects will involve key community partners, such as community-based poverty-reduction organizations, people with lived experience of poverty, businesses, local First Nations or Indigenous organizations.

“These projects build upon local government relationships and will aid participants in identifying the unique needs of vulnerable and low-income people in each community,” said Laurey-Anne Roodenburg, UBCM president. “This collaborative approach will assist in building ownership locally along with strategies that address the grassroots challenges in each place.”

Around the province, 18 projects spanning 24 local governments will receive a total of more than \$1 million from this intake. To qualify, projects, plans and strategies must focus on one or more of TogetherBC's priority action areas, which include families, children and youth, education, housing, employment, income supports and social supports.

#### **Quick Facts:**

- In 2019, the B.C. government provided \$5 million to the UBCM to fund the Poverty Reduction Planning and Action Program.
- In 2020 and 2021, 75 local governments received more than \$1.9 million for 44 poverty-reduction plans and projects.
- The program includes two streams of funding:
  - as much as \$25,000 to develop or update poverty-reduction assessments or plans; and
  - as much as \$50,000 to undertake local poverty-reduction projects.
- Municipalities and regional districts can partner and apply with other local governments for regional grants.
  - For regional applications, the funding maximum for both streams is \$150,000.

#### **Learn More:**

TogetherBC, British Columbia's Poverty Reduction Strategy:

<https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/initiatives-plansstrategies/poverty-reduction-strategy/togetherbc.pdf>

Learn more about the UBCM Poverty Reduction Planning and Action Program grants:

<https://www.ubcm.ca/EN/main/funding/lgps/poverty-reduction.html>

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## Hand Sanitizer Available for Community Organizations

Clements Centre Society has extra supplies and has generously offered to share additional 500 ml bottles of hand sanitizer that their organization does not need. If you are in need of sanitizer, please contact Dianne Hinton [DHinton@clementscentre.org](mailto:DHinton@clementscentre.org)

**VOLUNTEER**  
**Cowichan**

**FREE ADMISSION**  
742126  
742126

**3RD ANNUAL  
AGING WELL SENIORS' EXPO  
2022**

Friday June 10th  
10 am - 3 pm  
Cowichan Community Centre  
Multipurpose Hall

**Information booths  
Table talks  
Prizes  
Coffee & snacks**

 **BC Association of  
Community Response  
Networks**  
*Stopping Adult Abuse and Neglect ...Together*

 *F.W. Wallace*  
CREMATION & BURIAL CENTRE



## New Island Health Program – Community Virtual Care

Community Health and Seniors Health are excited to announce a new regional service, [Community Virtual Care](#). You are receiving this email because we think this information will be of benefit to your organization's clients. If this email was sent to the wrong person, please feel free to forward it.

### What is Community Virtual Care?

Community Virtual Care (formerly known as *Home Health Monitoring*) is a free, innovative 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.

### Who is it for?

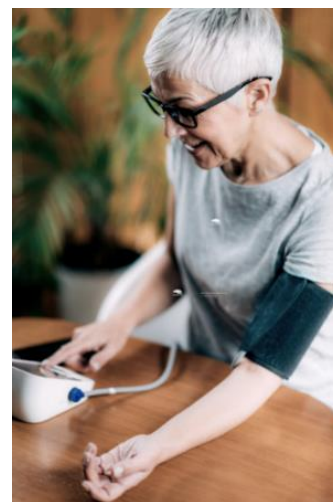
The Community Virtual Care team monitors vital signs and symptoms, as well as provides self-management coaching and education to clients with the following conditions:

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

### How does it work?

Clients are loaned, at no cost to them, 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.



### Community Virtual Care – Education Sessions

For more information about the program, join us for a one-hour information session (calendar invitations are attached and details below) on **May 26<sup>th</sup> at 10am, 1pm or 3pm**. Mark your calendars and encourage your staff to attend!

Join Zoom Meeting: <https://viha-ca.zoom.us/j/9307349942?pwd=YklVYlZaUXZhdUd3WkN2KzBPdmRUZz09> or call 1-833-955-1088 (Toll Free)

Meeting ID: 930 734 9942

Passcode: 748199

For referral options or to request posters or pamphlets:

Web: [www.islandhealth.ca/cvc](http://www.islandhealth.ca/cvc)

Email: [communityvirtualcare@islandhealth.ca](mailto:communityvirtualcare@islandhealth.ca)

Phone: 250.519.7700 x 11928

## Blog/Website

Does your organization have a blog or website we can promote this program on? If so, please contact Belinda at [Belinda.walle@islandhealth.ca](mailto:Belinda.walle@islandhealth.ca).

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## M'akola Housing Society, Ts'i'ts'uwatul' Lelum - Job Postings

Please share our job postings within your networks, we have the following:

- Second Cook, <https://makola.bamboohr.com/jobs/view.php?id=92&source=aWQ9OQ%3D%3D>
  - Front Desk, Dining Room, Housekeeping – Casual, <https://makola.bamboohr.com/jobs/view.php?id=90>
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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 Friday Newsletter