



**Health Matters Newsletter
May 15, 2020
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Job Posting
- Help Name the Hamlets -time sensitive
- Your Doctor is IN!
- Cowichan How Is COVID 19 Impacting You and Your Family? Social Planning Cowichan wants to hear from you. Take the Surveys! (Share Broadly -Attached)
- City of Duncan Grant Opportunity
- Provincial Overdose Alert (Attached)
- COVID Outreach and Assessment Team -COAT (Attached)
- Meals on Wheels for Seniors Update
- 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 June 4 4:30 pm Teleconference Call
 - ✓ Next Our Cowichan Network Meeting **July 9 PENDING Health Advisory**
 - ✓ Next EPIC Committee Meeting- **May 21 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 May 28, 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**

Job Postings

- Cowichan Community Action Team Coordinator (CAT) Attached

Naming of the Hamlets Blocks (Seniors Residential Care Home)- time sensitive

Construction at The Hamlets at Duncan is currently on schedule and is expected to open for long-term care in September 2020. The tradition of The Hamlets is to solicit input directly from the community in naming the different areas of the interior of the building. In long-term care, there will be five (5) “hamlets”, which are essentially blocks of 16-18 suites. Each of these hamlets will require its own name, as will the main hall in Assisted Living, for a total of six (6) names.

The Hamlets takes a two-pronged approach to the names. First, they decide on a theme, and second, once a theme is decided, about 10-15 names associated with the theme are offered, with the prize going to the top six (6) nominations.

For the first part, here are some options for a theme:

1. Local mountains (e.g. Tzouhalem, Prevost)
2. Local lakes (e.g. Quamichan, Somenos)
3. Local bays (e.g. Chemainus, Osborne)
4. Islands (e.g. Saltspring, Thetis)
5. Fauna (e.g. Cougar, Raven)
6. Flora (e.g. arbutus, fern)
7. Places of First Nations significance (e.g. Koksilah, Chemainus)
8. Specific to Somenos Marsh (flora, fauna, lake) where the Hamlets is located
9. Totem Pole figures (Bear, Eagle, Thunderbird, Raven)
10. Local Community Heroes
11. Any other theme not mentioned.

Please pick your preferred theme and send your vote to cindylisecchn@shaw.ca or david.gutscher@thehamlets.ca **by end of day Friday, May 15th**. Thanks kindly for your participation!

YOUR DOCTOR IS IN

In response to the COVID-19 outbreak, local family physicians have adjusted their practices in ways that will allow them to continue to safely and effectively care for their patients, whether in person or virtually. Physical spaces and check-in processes have been modified to ensure appropriate social-distancing and safe interactions so we can continue to flatten the curve on this pandemic.

Your health is important to us. Whether or not you have a family doctor, there are community-based options available:

- 1. Have a family doctor?** This should be your first point of contact. If you have any health concerns be sure to call their office to book a virtual or in-person appointment. Remember, it is safe to see your family doctor. You can also check the Virtual Care Directory ahead of time to learn more about what virtual platform your doctor is using by visiting www.pathwaysbcvirtualcare.ca.
- 2. COVID concerns and no doctor?** Check out the Virtual COVID Assessment Clinic open 7 days a week. Learn more and book your virtual appointments by visiting www.divisionsbc.ca/cowichan-valley.
- 3. Non-COVID concerns and no doctor?** Walk-in clinics throughout the region are still open and are offering both in-person and virtual appointments. Check the Virtual Care Directory for information on the walk-in clinic closest to you, or to learn if there are any family physicians in your area currently accepting new patients.

Please remember to respect social-distancing, be kind and be patient. Everyone is working hard to meet your needs in a timely, safe, and efficient manner.

SEARCHING FOR LOCAL SERVICES & SUPPORTS?

Pathways Cowichan is a brand new community service directory that can help you easily find supports and services available in the Cowichan region.

www.pathwaysbc.ca/cowichan

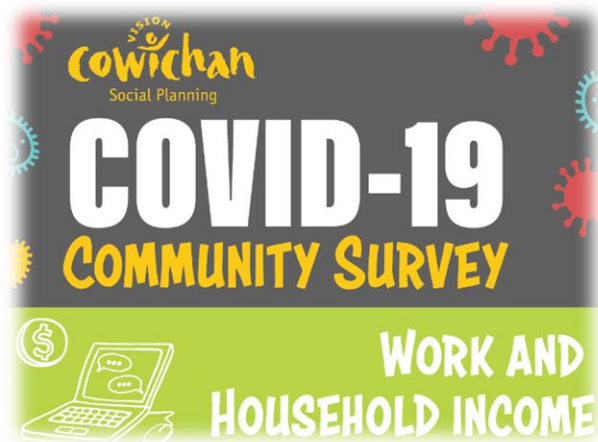
 Cowichan Valley
Division of Family Practice
A GPSC Initiative



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

This week's focus Work and Household Income

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 bottom of this email.

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

Everyone is also welcome to share anecdotal stories about the impacts 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

City of Duncan Grant Opportunity

The City of Duncan [is accepting applications](#) for grants up to \$10,000 for organizations to support people through the coronavirus pandemic or develop recovery programs.

News & Updates in Child Care

We hope this email finds you well. With all the changes we thought it best to put the current news and updates in one email to you.

Canadian Child Care Federation (CCCF)

CCCF asks child care providers across Canada to [complete this survey](#)

The survey's purpose is to collect information about the impact of the COVID-19 crisis on the ELCC sector. The data will contribute to informed decisions about how the child care situation can be improved, to supporting the child care sector, and to public information. The survey is being carried out by the Canadian Child Care Federation, the Childcare Resource and Research Unit and Child Care Now.

The questionnaire is to be completed online by:

- A director/manager/owner/supervisor of ONE licensed/regulated full or part day centre;
- A family child care provider of ONE child care home that is licensed/regulated by a province/territory or part of a licensed/regulated agency.

Ministry Of Children and Family Development

Newsletter 2

This is the [second newsletter published](#) May 7 in an effort to keep child care providers up to date with the changing information.

BC Restart Plan

[COVID-19 Technical Implementation Guidelines for Child Care Providers May 8 2020](#)

Child Care Federation Plan - Endorsed by ECEBC

By Emily Gawlick - ECEBC Executive Director

As an affiliate member of the Canadian Child Care Federation, ECEBC has endorsed the

Plan<<https://ecebc.us14.list-manage.com/track/click?u=4c34511c45d9d0d48d5208f1d&id=b55de52ff8&e=1a66a29cdf>>

This plan was developed on April 14, 2020 by Canada's three national early childhood education and child care organizations: Canadian Child Care Federation, Child Care Now and Childcare Resource and Research Unit. Please take some time to read the plan—it's two pages.

Also, consider adding your support for the plan, both individually and as organizations, which can be done via this link: <https://childcareforall.ca/<https://ecebc.us14.list-manage.com/track/click?u=4c34511c45d9d0d48d5208f1d&id=9a85f52921&e=1a66a29cdf>

Rural Health Care Providers Webinar Opportunities

In supporting our rural healthcare professionals and communities, RCCbc is offering a free RHC Webinar series with the first one starting May 13th (next Wednesday). Details and registration link below. Please feel free to share with any relevant colleagues.

We hope you can join us online. Also please save the date for our postponed conference in [Penticton on May 28-30, 2021](#).

[BC Rural Health Conference: Webinar Series](#)

<https://ubccpd.ca/courses/rhcwebinars>

May 13, 20, 27 | Wednesdays @ 7:00pm–8:30pm PDT | Online via Zoom

Target audience: rural physicians, family physicians, emergency physicians, nurse practitioners, nurses, paramedics, residents & students

Up to 1.5 Mainpro+ credits per webinar

Register: <https://events.eply.com/rhcwebinars>

MAY 13: [Acute Respiratory Distress: Approach and Management in the Suspected COVID-19 Patient](#)

This panel discussion webinar will cover the approach and management of patients presenting to the ER with acute respiratory distress and suspected COVID-19. Please join our faculty experts for a case-based discussion of the management of these patients from a respiratory care standpoint. Audience participation is encouraged during the presentation with dedicated time for Q&A.

MAY 20: [Delivering Culturally Safe Care During a Pandemic - Rural BC Success Stories](#)

Join us for this timely and Elder-led overview of why cultural safety is an important issue during a pandemic. We will examine historic considerations pertinent to Indigenous people during pandemics and how those factors can activate trauma. We plan to highlight a practitioner and patient who are using virtually enhanced patient care to ensure continuity continues even in remote areas. And lastly, we will review some of the good work being done by FNHA, RCCbc, UBC CPD, etc. all around the province to help provide the best care for BC First Nations during this time.

MAY 27: [Ask Anything: Rural Emergency Topics during COVID-19](#)

Our panel of emergency medicine experts will be tackling all your hottest questions concerning rural emergencies during the COVID-19 pandemic. Help develop the direction of this session by submitting your top questions and issues during registration.

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-b9d0a485aead/>
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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 and it will be included in the weekly newsletter