



**Health Matters Newsletter  
May 19, 2022  
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Newly Formatted OCCHN Website
- Sign up for Pathways
- 55+ Try It Event
- The New Face of Homelessness in Cowichan- Seniors
- Cowichan Seniors Expo
- New Community Resource- Learning Sessions About Virtual Care
- Tamarack Webinar People, Planning and Process

***Happy May Long Weekend!***



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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- June 16, 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) IN PERSON Cowichan Heritage Hall at Cowichan Community Centre

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**Omicron Continues to Circulate Please GET Boosted**

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**Don't forget to check out the newly formatted Our Cowichan Website**

[www.ourcchn.ca](http://www.ourcchn.ca) see how it works for you. While you are checking out websites be sure to go to the

Pathways Website <https://cowichan.pathwaysbc.ca/> and see if your organization is reflected within it. If not contact the admins with all of your details and become a part of something great!

## Seniors in Cowichan Impacted by Housing Crisis



[Low-income seniors are the new face of Cowichan's housing crisis \(thediscourse.ca\)](https://thediscourse.ca)

Thank you to the Discourse for this article.



**55+ Give It A Try Day**

Join us in partnership with the BC Seniors Games Society for this exciting event where participants ages 55+ will get the opportunity to try a variety of activities and see what they like! Activities will include Pickleball, Table Tennis, Archery, crib and more. Quality instruction will be provided for all activities. Lunch is included. The activities will follow the highest standards for safety and all Provincial Health Guidelines.

**An initiative of:**



For more information or to register please call:  
Cowichan Community Centre at 250.748.7529

**CVRDREC** [cvrd.ca](http://cvrd.ca)   

Thursday | May 26  
9:00 a.m. - 1:00 p.m.  
1/FREE | Code: 45030  
Cowichan  
Community Centre

We gratefully acknowledge the financial support of the British Columbia Recreation and Parks Association and the Government of Canada for this project.

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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)

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

*F.W. Wallace*  
CREMATION & BURIAL CENTRE

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## 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?

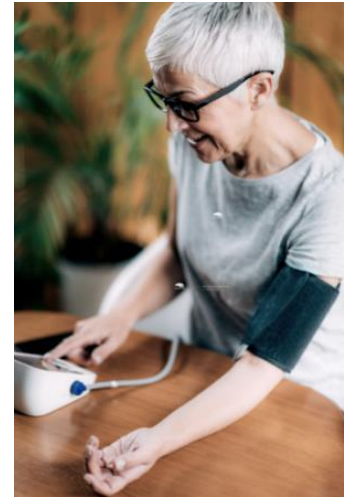
The Community Virtual Care team monitors vital signs and symptoms, as well as provides self-management coaching and education to clients with the following conditions:

- 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=YkIVYlZaUXZhdUd3WkN2KzBPdmRUZz09> 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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### **Tamarack Webinar- People, Planning and Process- Building Collaborative Leaders**

I would like to welcome you to join us on a webinar about [People, Planning and Process – Building Collaborative Leaders](#). Speakers Annie Martinie, Danville Regional Foundation, Tim Schwantes, [Healthy Places by Design](#) and Liz Weaver, Tamarack will be joined together on May 25.

In September 2020, the [Danville Regional Foundation](#) launched Collaboration Lab, a 10-session collaborative leadership development experience. Collaboration Lab is a partnership between Danville Regional Foundation, Tamarack Institute, and [Healthy Places by Design](#).

Join Annie Martinie, Tim Schwantes and Liz Weaver as they discuss how to build a culture of collaboration across a region, curriculum design, and lessons learned when engaging collaborative leaders during a pandemic. They will also discuss their unique collaborative partnership which developed to design the [Collaboration Lab](#). Learn more and register below:

#### **People, Planning and Process – Building Collaborative Leaders**

May 25, 2022 | 1:00 - 2:00 pm ET

[Learn More & Register](#)

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### **Health Matters Newsletter**

**Do you have a resource, event or information you would like to share?**

Send it to [cindyliccchn@shaw.ca](mailto:cindyliccchn@shaw.ca) and it will be included in the Friday Newsletter