



**Health Matters Newsletter
May 22, 2020
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Job Posting –(Attached)
- Granting Opportunity for Vulnerable People
- OVERDOSE Alert Continues (Attached)
- New Lifeguard Ap to Prevent Overdose Deaths
- Provincial COVID Survey
- Local Survey How Is COVID 19 Impacting You and Your Family? Social Planning Cowichan wants to hear from you. Take the Surveys! (Share Broadly)
- Webinar: Does one size fit all for seniors' housing? The major barriers and fears of LGBT populations related to seniors' housing options in Canada
- Helpful Links During COVID Crisis



Natures treble clef – music to my eyes

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- **June 4 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 Hospice Community-Based Palliative Coordinator

Granting Opportunity for Vulnerable People

The Government of Canada's \$350 million [Emergency Community Support Fund](#) is now open. The Emergency Community Support Fund supports community organizations helping vulnerable people during the COVID-19 crisis. Community organizations may seek funds to undertake a wide range of activities and to serve a wide range of vulnerable groups.

Community organizations may apply for funds through either the Canadian Red Cross, Community Foundations of Canada or the United Way Centraide network. The right place to apply depends on the community organization's type:

- **Non-profit organizations** may apply to the Canadian Red Cross' national portal [here](#).
- **Registered charities and other qualified donees** may apply to Community Foundations of Canada's national portal [here](#) or to their local United Way Centraide (check the United Way Centraide Canada's website [here](#) for information on how to apply).

Community organizations of both types can apply to the Canadian Red Cross for training and equipment to help their staff and volunteers prevent disease transmission.

You can find more information on the Emergency Community Support Fund's [website](#). If you would like to learn still more, you can register here to join one of three webinars. We will hold the webinars at:

- 2:00 pm EDT, May 21, 2020. **English.**
https://communityfoundations.zoom.us/webinar/register/WN_Hkiz1uMTASEwLMlswfa8w
- 11:00 am EDT, May 22, 2020. **French.**
https://communityfoundations.zoom.us/webinar/register/WN_zzo6zvfERYS-f30Ay_nv7g
- 11:00 am EDT, May 25, 2020. **English.**
https://communityfoundations.zoom.us/webinar/register/WN_4DzFxlNAS1SnYXizRhOfzA

Thank you for your commitment to vulnerable people during this time.

New *Lifeguard* app launched to help prevent overdose deaths

People in the Island Health region will now have access to *Lifeguard App*, a new tool in the response to the overdose crisis. The app was developed in partnership with the Provincial Health Services Authority (PHSA), regional health authorities and Lifeguard Digital Health to help save more lives and ensure people who use drugs alone have access to the supports they need.

[Read the news release](#)

The App is activated by the individual before they take their dose. After 50 seconds the App will sound an alarm. If the individual doesn't hit a button to stop the alarm, indicating they are fine, the alarm grows louder. After 75 seconds a text-to-voice call will go straight to 9-1-1, alerting emergency medical dispatchers of a potential overdose.

This is one more tool available to prevent overdose deaths, particularly in the context of the dual public health emergency. For those who can't buddy up or connect with an overdose prevention or supervised consumption service, *Lifeguard App* may help.

Please share and recommend to people that may benefit from *Lifeguard App*.

[Available for iPhone and Android phones. Download on Google Play or Apple Store](#)

[User guide and troubleshooting guide: https://lifeguarddh.com/resources/how-to-guides/](https://lifeguarddh.com/resources/how-to-guides/)

The *Lifeguard App* is now being added to the list of essential health and social sector interventions as part of the Overdose Emergency Response Centre's comprehensive response to the sustained and widespread overdose activity in BC.

Island Health has worked closely with PHSA, BC Emergency Health Services, Vancouver Coastal Health, the Overdose Emergency Response Centre, other regional health authorities and Lifeguard Health during the past two years to test and pilot the App in controlled environments.

The Lifeguard App is an integral part of *A Pathway to Hope*, B.C.'s roadmap for making mental health and addictions care better for people in British Columbia. Implementing *A Pathway to Hope* is a shared B.C. government priority with the BC Green Party caucus and is part of the Confidence and Supply Agreement.

Webinar: Does one size fit all for seniors' housing? The major barriers and fears of LGBT populations related to seniors' housing options in Canada

Wednesday, May 27, 2020

4:00 pm - 5:00 pm ADT (3:00 pm - 4:00 pm ET)

[Register on Zoom](#)

Holly Blackmore will present on her new research that aims to determine major barriers and fears of LGBT populations related to seniors' housing options in Canada. This research discusses the viability of "one size fits all" housing models for LGBT seniors and provides an overview of the implications for planning regarding LGBT seniors' housing. Methods include a thematic analysis of open-ended survey questions which were gathered from LGBT senior populations and housing service providers across Canada. Evidence from the thematic analysis show numerous barriers and fears of LGBT senior populations related to housing, as well as opportunities to create inclusive living environments. Holly Blackmore will present her recommendations for social planning and policy related to housing for LGBT seniors from the findings of the thematic analysis. She will discuss her findings in terms of informing the creation of a LGBT seniors' housing development in Canada.

This session is for Housing service providers, health care providers, planners, and those interested in creating inclusive housing accommodations and services which meet the needs of all seniors. The session will feature a 20 min presentation followed by a Q&A.

About Holly Blackmore

Holly recently completed her undergraduate degree in Community Design and Sustainability with Honours in Environmental Planning at Dalhousie University. Her main interests are in environmental protection and the connection between cities and wellbeing. In September, she will be continuing her education in the Master of Resource and Environmental Management program. For her Planning Honours thesis and as part of a larger study, Holly conducted research on barriers related to LGBT seniors' housing and opportunities for creating inclusive accommodations. She hopes that her findings will be beneficial in helping to make Canadian communities more accepting and enjoyable for all.

YOUR STORY, OUR FUTURE- Provincial COVID Survey

As our government plans to ease restrictions they want to hear from you. Feedback will help guide & strengthen BC's action plan. How has COVID-19 impacted you? Takes 10 - 15 minutes:

https://ubc.ca1.qualtrics.com/jfe/form/SV_8vkf3PnHeyHha3r

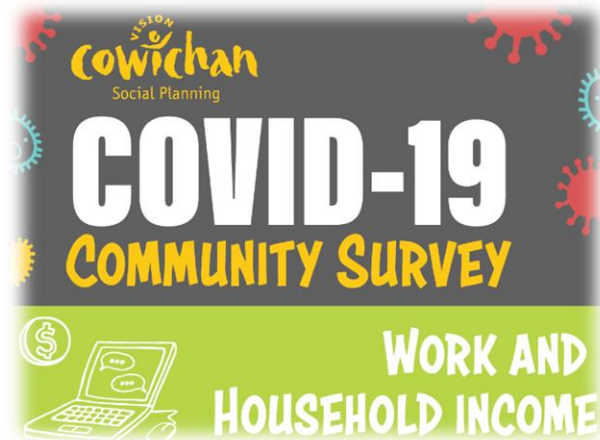
To complete the survey by phone, please call 1-833-707-1900, seven days a week between 8:30 a.m. – 4:30 p.m.



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

Everyone is also welcome to share anecdotal stories about the impacts bottom of this email.

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

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

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

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/>

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