



Health Matters Newsletter
May 29, 2020
Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings
- Granting Opportunity for Vulnerable People
- 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)
- Physical Literacy in a COVID-19 Time Webinar
- National Health and Fitness Day June 5
- CanAssist- Technology for Those living with Disabilities (Attached)
- Webinar (pre-recorded) on The State of Seniors Care in BC
- Webinars from Tamarack
- 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- **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 June 25, 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**





United Way
Central & Northern
Vancouver Island

EMERGENCY COMMUNITY SUPPORT FUND (ECSF)

The COVID-19 outbreak is having a tremendous impact on many of our community members leaving them more at-risk than ever to economic insecurity and hunger and increased mental health vulnerabilities due to social **isolation**. **We're here to help.**

As part of Employment and Social Development Canada's Emergency Community Support Fund, United Way Central & Northern Vancouver Island is supporting local community service organizations to provide rapid, innovative emergency community support to vulnerable community members.

We call this local love.

UWCNVI has received \$904,527 to help front-line agencies support those who need it most in your community. The Fund aims to help charitable organizations adapt and increase their services for at-risk populations during COVID-19.

Individual organizations, or multi-agency collaborations, who are working to meet the needs of vulnerable people impacted by COVID-19 within the Central & Northern Vancouver Island region, are welcome to apply.

Applications open at 3:00 pm, May 19, 2020

Applications close at 12:00 pm noon on June 15, 2020

Local Love starts when we help one another

[APPLY NOW](#)

Applications are now open, click [here](#)

Emergency Community Support Fund
[must support people impacted by COVID-19 through:](#)
[must reach vulnerable populations, including:](#)
[supports the the following activities:](#)
[supports the following eligible program expenses:](#)

	Funding	Max Allocation
Nanaimo Regional District	\$360,000	\$50,000
Cowichan Valley Regional District	\$189,000	\$20,000
Comox Valley Regional District	\$153,000	\$20,000
Alberni-Clayoquot Regional District	\$76,527	\$10,000
Regional District of Mount Waddington	\$27,000	\$5,000
Strathcona Regional District	\$99,000	\$10,000
Total	\$904,527	

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_Hkjz1uMTASEwLMIsdfa8w
- 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.

Innovative Technology to support People Living with Disabilities (attached)

CanAssist at the University of Victoria is a grant-funded organization that develops innovative technologies and programs improving the independence and quality of life of people living with disabilities. CanAssist takes a client-focused approach to provide customized technologies and innovative programs where there are gaps in existing services. CanAssist's mission is to be a highly respected national resource collaborating with UVic researchers and students, as well as diverse external partners. CanAssist envisions a society where all people have the opportunity to participate, contribute and reach their full potential.

CanAssist has received multi-year funding from the Province of B.C. for the CanStayHome Initiative, which has enabled CanAssist to develop a suite of innovative technologies to support vulnerable B.C. seniors staying in their homes longer, enhancing their well-being and quality of life, while at the same time reducing pressure on the province's healthcare system.

The Wandering Redirect System and the Phone-in monitoring were two technologies that were developed and tested as part of this initiative. Unfortunately, we are no longer recruiting families to test either of these technologies.

CanAssist does however have two new technologies being developed and tested. These two devices are called the CanConnect Device and the Caregiver Intercom.

What is the CanConnect Device?

The CanConnect Device comprises two technologies being developed and tested as part of the CanStayHome Initiative. These include CanConnect and the Custom Case –allowing people with a wide range of barriers (conditions associated with aging, such as dementia and frailty, cognitive and physical disabilities) to communicate easily and securely with family, friends, caregivers and clinicians in real-time video over the Internet. Together, these features turn the iPad into a single-purpose device. CanConnect is a user-friendly, secure live video software application (app) that can be easily downloaded to Apple iOS and Android devices. In its simplest form, a screen will show the user a gallery of photos of selected family members and other care providers in their CanConnect network. When the user wants to contact someone, they simply touch that person’s photo and a call is initiated. Those who are involved in the care and support of the user can initiate and receive calls using the application installed on their device. The Custom Case enhances the ease of use and security of CanConnect. It restricts access to the broader functionality of the iPad and makes it possible for people with a wide range of barriers to reliably and independently access the app.

What is the Caregiver Intercom?

The Caregiver Intercom provides an easy way for families to connect with seniors who have difficulty using a standard home telephone. When calling the senior’s home, family members can connect to a live intercom, so their voice is heard in the home – the senior doesn’t have to answer the phone. The Caregiver Intercom requires a passcode and also detects if the phone has been left off the hook. No internet connection is required since the device uses a home phone line.

Family Involvement

CanAssist at the University of Victoria is looking for family members of seniors to test the CanConnect Device. CanAssist will provide training and support for families testing the technology. The Device will be provided at no cost to eligible families, and can be kept for as long as it is useful. In return, CanAssist seeks families’ participation in an evaluation process. CanAssist, in partnership with a researcher from the university, will carry out a formal evaluation of the CanConnect Device. The format of the evaluation includes a series of questionnaires. Feedback from families, caregivers and seniors is used to determine the efficacy of the technology, how it is meeting the objectives of the CanStayHome Initiative and to gather user feedback on how to improve the technology.

Attached is our technology request form, for families interested in this opportunity. Testing for both these technologies is scheduled for early summer.

Please let us know if you have any questions.

Kindest regards,
CanAssist Team



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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.

Physical Literacy in a COVID-19 Time Webinar

COVID-19 has been the single biggest global disruption in the last 75 years. It has pushed many activities online, which has privileged some forms of human engagement (e.g. virtual meetings) over others (e.g. playing, sport, personal training, manual therapies like chiropractic, massage and physical rehabilitation) during this time. This has exposed many vulnerabilities to the way we do business in fields such as sport, recreation, exercise and



medicine. Those fields that can adapt, survive; while those that cannot, are in jeopardy. What does physical literacy practice look like in a COVID-19-disrupted world?

Can we adapt?

Date: Wednesday, June 3, 2020, 1:00 – 2:00 PM PST.

[>>Register here](#)

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 Families with children, aging family members and/or those with special needs/mobility challenges

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](#)

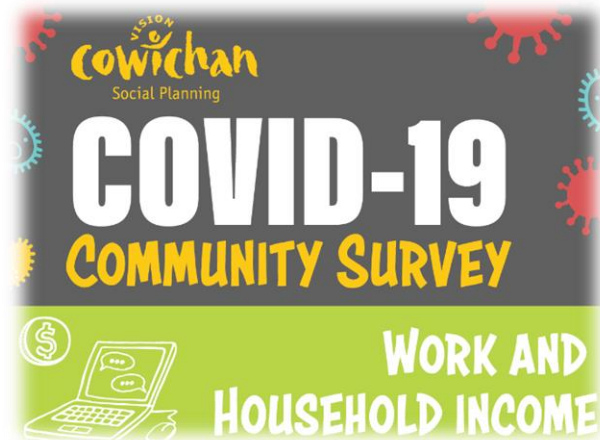
All four surveys are available through our [Covid-19 Surveys and Stories webpage](#) now, and we will also focus on promoting one survey a week, for four weeks to build momentum and hopefully create continuous participation.

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

National Health & Fitness Day

Get up, get out, get active!

Canadians may still be homebound as part of the COVID-19 pandemic, but that's not stopping them from getting moving. This year's seventh annual National Health and Fitness Day (NHFD) has gone virtual, and organizers are challenging everyone to find a fun and safe way to get some exercise on June 6.



[>>Read more](#)

Webinar- (Pre-recorded) on The State of Seniors Care in BC

For those who were not able to join or who would like to revisit the webinar we have put up [a recording and the slides here](#).

WEBINARS from Tamarack

[Tenacity, Humility, and Collaborative Leadership](#)

Date: June 2, 2020

Speakers: Tom Klaus and Liz Weaver

Collaboration means that changemakers have an opportunity to share in co-defining the issue and co-designing the solution. Join Tom Klaus and Liz Weaver as they explore the dynamic and shifting nature of collaborative leadership and systems change.

Creating a Culture of Equity and Reconciliation

Date: June 9, 2020

Speakers: Suzanne Methot and Pamela Teitelbaum

What does it look like to create a culture of equity and reconciliation in practice? How do we enable and support change at the individual, community, and systemic levels? Join author, educator, and community worker Suzanne Methot as she shares an Indigenous culture-based model that can be used as a tool for professional development, community building, and systems change.

At Home with Uncertainty: Practical Outcome Mapping Concepts and Tools

Date: June 18, 2020

Speakers: Heidi Schaeffer and Pamela Teitelbaum

Outcome Mapping was designed for use in complex contexts where the pathways to success are unpredictable and emergent. It can help us to see changes in our systems that are unexpected or unplanned and allows us to monitor and evaluate who specifically is changing, and in what ways the changes demonstrate significant patterns of progress. Join Heidi Schaeffer and Pamela Teitelbaum to learn more about this exciting approach to community change.

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-b9d0a485aeed/>

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