



**Health Matters Newsletter
May 31, 2023
Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- Cowichan Schizophrenia Society Family Support Group
- Cowichan Hospice Annual General Meeting
- Fanfare Cool Community Partnership
- Honouring Community Grief
- Cowichan Housing Association Community Meeting
- Age Friendly Grants
- BC Speak Survey
- Tamarack Workshops



Community Meetings

- ✓ **Next Admin Committee Meeting**
- ✓ **Next Our Cowichan Network Meeting September 14 5:30 pm Location to be determined**
- ✓ **Next EPIC Committee Meeting- June 5, 2023, 10 am-11:30 pm in person Ts'its'uwatul Lelum**
- ✓ **Cowichan CAT – June 22 2023, 10 am-12:00** contact Johanne Kemmler
Johanne.f.kemmler@gmail.com



Cowichan BC Schizophrenia Society Our Family Support Group

meets Thursday, June 15th at the new place. The address is on the poster. (Attached) But if you are on Highway 1 it is the road just past the secondary school field. Hope to see you there. Call me if you need directions.

Thanks

Janet Simpson-Cooke

BCSS Cowichan Regional Educator and Family Support

cowichan@bcss.org 250-703-6525



Caring connection:

new, central service links people to mental health and substance use resources

People in the Island Health region can now call a single telephone number to access a broad array of community-based services focused on mental health and substance use.

The Mental Health and Substance Use (MHSU) Service Link launched at the end of January to help people connect to information and services in their community. People seeking information can phone **1-888-885-8824** seven days a week to speak directly with a call taker.

Health care plays a crucial role in connecting people who use substances with the resources they need to achieve better health outcomes. Service Link helps people navigate and connect to the right resources, including harm reduction services, drug-poisoning prevention, addiction medicine (opioid agonist therapy, prescribed safer supply and other medication options), withdrawal management, and treatment and recovery services.



You Are Invited

Cowichan Hospice Annual General Meeting

Tuesday, June 20 at 7pm
St. John's Anglican Church
486 Jubilee Street, Duncan

ALL ARE WELCOME

Join us as we reflect with gratitude on a year of reconnecting in person with clients, volunteers and donors.

Come hear how Cowichan Hospice is evolving to meet our community's growing needs.



After the meeting, we invite you to stay a little longer to join us in a round of "Speed Care Planning," a fun and interactive exercise to get you thinking about the care you want at the end of your life.

**Want to purchase or renew your membership?
Save time by doing so [online](#) or by phone at 250-701-4242.
*You need not be a member to attend (only to vote).***

[Renew or Purchase Your Membership Here!](#)

Whether you contribute as a volunteer, a donor or a friend of Hospice, your involvement touches the lives of many across the Cowichan region. Thank you.



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We want you to be in the know. You are receiving this email because you indicated to us that you would like to receive information and invitations to Cowichan Hospice events.

If this is no longer the case, please click the unsubscribe link below.



FAN FARE

A "COOL" Community Partnership



As temperatures increase outside, many homebound seniors and others struggle to keep cool without fans & air conditioning.

We are asking for donations of new or gently used (working) fans or portable AC units to help keep them cool and healthy.

From June 1-30th - drop off items to:

- EXPERIENCE CYCLING 482 Trans Canada Hwy Duncan
 - CHEMAINUS NEIGHBOURHOOD HOUSE 9806 Willow St Chemainus
 - GALLETTO MARKET & DELI 1602 Joan Avenue Crofton
 - 50+ ACTIVITY CENTRE 55 Coronation Street Lake Cowichan
 - WARMLAND HOUSE (Attn SEAN) 2579 Lewis St Duncan
- Or phone Carol-Ann at 250-746-8171 to arrange pick up

Money donations will also be greatly received by Canadian Mental Health Association - Cowichan Valley Branch



Thanks to Copycat Printing

Cheques are payable to: CMHA-CVB
552 Trunk Rd Duncan BC V9L 2R1
contact CMHA at 250-597-1372 to drop off monetary donations
E-transfers are accepted at: cmhacvb@cmha.bc.ca
Tax receipts issued for donations over \$20

2023 Age-friendly Grants open on June 1



[Read More](#)

On June 1, 2023, British Columbia communities can apply for funding aimed at helping seniors lead independent, active lives.

Local and Indigenous governments and communities can submit applications for 2023 grants to BCHC starting June 1, 2023, and closing July 28, 2023. These governments may apply for a Stream 1 grant for as much as \$25,000 for age-friendly assessments and action plans or a Stream

2 grant for as much as \$15,000 for age-friendly projects.



**COMMUNITY ENGAGEMENT
SESSION 2**

Building upon Session 1, together we will:

1. Review priorities identified during Session 1
2. Affirm our community vision
3. Discuss governance and shared responsibilities
4. Introduce Integrated Coordinated Access

DATE: Monday, June 12, 2023
TIME: 12:30 – 4:30 pm
LOCATION: Ramada Duncan Conference Centre

With facilitator Marcia Turner, Daxgedim Haanak' Nation Building

● ● ●

PLEASE JOIN US!

Register by June 1 @ <https://forms.gle/Rjf74325s9GDDigz9>



COMMUNITY ENGAGEMENT SESSION 3

Save the Date: October 16, 2023

Join us for a deep dive into Integrated Coordinated Access for Cowichan.



Tamarack Workshops

We know summer is busy, but that doesn't mean you can't carve out a few hours to sharpen your skills and knowledge. Check out one of the 3.5-hour workshops we're offering over the coming months or sign up for a 1-hour webinar!



[Community Engagement: From Debate to Dialogue](#)

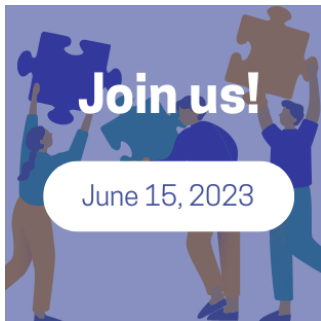
Format: Virtual Workshop

Date: June 22, 2023

Join Consulting Director of Community Engagement [Lisa Attygalle](#) to sharpen and update your skills at moving your community engagement efforts from creating debate to creating dialogue.

We'll be highlighting techniques to **reduce polarization**, **build empathy between people with diverse perspectives**, and **increase the chances of healthy conversation** between community groups. This session includes a post-workshop coaching session to deepen your understanding of workshop content and to offer personalized support to translate your knowledge into action.

[Learn More & Register](#)



[Collective Impact 3.0: Designing a Movement for Change](#)

Format: Virtual Workshop

Date: June 15, 2023

Join our Consulting Director of Collective Impact [Sylvia Cheuy](#) for a workshop on leveraging the diverse perspectives in your community to co-generate systems-level solutions. She'll be **walking participants through the five phases of Collective Impact** and **helping them increase their capacity** for engaging in this work.

This session includes a post-workshop coaching session to deepen your understanding of workshop content and to offer personalized support to translate your knowledge into action.

[Learn More & Register](#)





Turf, Trust and Virtual Collaboration

Format: Virtual Workshop

Date: July 20 & August 17, 2023

Join co-CEO Liz Weaver and Associate Director Natasha Pei as they walk participants through the core leadership competency of building trust.

Participants in the workshop will come away with ideas, tools and approaches to **effectively engage diverse community partners and intentionally build trusting relationships** and collaborative impact. This session includes a post-workshop coaching session to deepen your understanding of workshop content and to offer personalized support to translate your knowledge into action.

Learn More & Register



Honouring Community Grief

We invite you to join Kwun'atsustul Counselling, Cowichan Hospice Society, and community partners on June 14-15 for a FREE 2-day workshop to acknowledge and explore our grief and strengthen our capacity to support one another on our sacred journey. Lunch will be provided. June 16 will be a drop-in day of Honouring Grief open to everyone desiring individual support from counsellors, hospice volunteers, Elders, and wellness practitioners.

sq'uq'aptul' kws lha'wuthut tst
(gathered together for our healing)

June 14-16.
9:30am - 3:00pm
Quw'utsun Cultural Centre



Scan QR code to preregister or email cowichancares@gmail.com
For more info contact Mellissa Craghtten at 250-732-1602.





BC SPEAK Survey

Island Health would like your support to promote the third round of the **B.C. SPEAK Survey**, B.C.'s largest population health survey.

We are asking Island Health residents to take the survey and tell us about their physical and mental health, as well as their social and economic well-being. We encourage you to invite your organization's clients, partners and/or employees to participate in the B.C. SPEAK Survey. Their responses will provide valuable information about what's needed to support them and their communities over the coming years.

Attached you will find templates you can adapt for your newsletters and social media.

Please contact Island Health's Population Health Assessment and Epidemiology team at pophealthsurvepi@islandhealth.ca if you would like printed promotional materials sent to your office or organization.

The survey is currently open to all British Columbia residents aged 18 years and older. You can take the survey at: bccdc.ca/SpeakSurvey

In May 2020, over 400,000 British Columbians participated in the first survey and in May 2021, nearly 200,000 people participated in the second survey. Some key findings from the SPEAK surveys include:

- Families with children were struggling the most and had significant concerns about their children's overall well-being and reduced social connections.
- Young adults were disproportionately affected by the pandemic in relation to employment, financial insecurity and disruption to significant life goals.
- Monitoring and reporting on the societal consequences of the pandemic helped us understand how COVID-19 response measures affected individuals and communities in British Columbia.
- There has been a significant impact on mental health and a deterioration in resiliency and social connectedness. This informed policy and programming priorities, such as funding community grants to launch initiatives aimed at improving mental wellness in children and youth.

We hope you and others in your organization will lend your voices to this important survey. We appreciate your support. It will provide valuable insights into the work needed to promote health and well-being in our communities.

We are grateful to the BCCDC Foundation for Public Health for its financial support of this survey.



The Island Health SPEAK Survey Team

Survey on Patient Experience, Action and Knowledge

Population Health Assessment and Epidemiology

pophealthsurvepi@islandhealth.ca



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 Friday Newsletter