



**Health Matters Newsletter  
May 8, 2020  
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Job Postings
- 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)
- Provincial Overdose Alert (Attached)
- Meals on Wheels for Seniors Update
- Caregivers Support Society has Capacity to help caregivers
- Oodles of Information from Tamarack (webinars and more)
- Helpful Links During COVID Crisis



***Thank you to Hailey my 5-year-old next-door neighbour for her daily delivery of art for my window!***

**For most up to date community services information go to [www.ourcchn.ca](http://www.ourcchn.ca)**

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- ✓ **Next Admin Committee Meeting June 4 4:30 pm Teleconference Call**
  - ✓ **Next Our Cowichan Network Meeting **Meetings on HOLD until further notice****
  - ✓ **Next EPIC Committee Meeting- **May 14 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**
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## **Job Postings**

- Executive Director for Ladysmith Resources Association- (Attached)
  - Healthiest Babies Possible in Reach Position (Attached)
  - Cowichan Community Action Team Coordinator (CAT) Attached
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# 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](http://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](http://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](http://www.pathwaysbc.ca/cowichan)



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

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

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## Welcome to Engage from Tamarack!

Each month, Engage! features new stories, tools, and resources designed to equip you for community change. This month, we're featuring stories of how Tamarack Institute and our members are navigating the COVID-19 outbreak, and how to plan and adapt during times of crisis.

We are continuing our [weekly webinar series](#) through May. A full list of what is to come can be found below, but to kick off May we will be hosting:

- **An Introduction to Collective Impact | May 11:** Join an interactive dialogue between The National Council of Social Service, Singapore and Tamarack Institute on Collective Impact
- **The Power of One: The Role of an Individual in Systems Change | May 12:** Join Cameron Norman and Liz Weaver as they explore the role of the individual changemaker in systems change
- **The Courage of Conviction: Activism and Change | May 20:** Join Moira Were and Liz Weaver as they discuss how to build activism into your changemaker role

## Collective Impact & The Crisis: Moving from Response to Resilience

BY: LIZ WEAVER



There is no doubt that we are in a time of deep disruption. The COVID-19 pandemic and sheltering in place has meant that our lives and our communities have had to radically adjust and respond. For the past six weeks the Tamarack team has been [collecting and sharing stories of how communities are connecting and supporting one another through this crisis](#). These communal actions and virtual gatherings act as lifelines to keep us together during a time of physical distancing.

While this crisis has already changed us individually, it has also uncovered some of the greatest fragilities and strengths in our systems. Laid bare are the inequities in our communities where those most vulnerable are least able to navigate and survive the pandemic. To answer this, I've published [Collective Impact Post-Pandemic: A Framework for Response, Recovery, and Resilience](#). This paper explores not only how Collective Impact efforts can respond to this crisis, but also begin to collectively explore tools and approaches that enhance how we work to affect change.

By engaging the wisdom that already exists in communities across Canada, and around the world, we can position ourselves to better understand and address the system's vulnerabilities and oversights. Collective Impact, in its most effective and evolved form, should be a responsive, adaptable, networked approach where leaders are simultaneously engaged and observant of systems and network changes as they are happening.

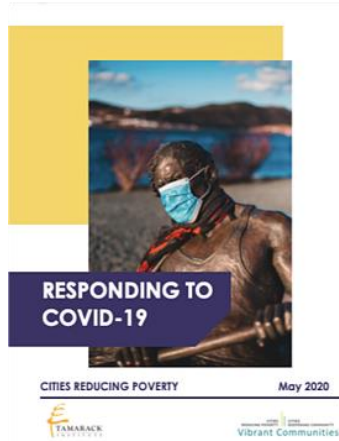
Together, we can push from response, to recovery, to resilience.

I hope this paper inspires you to think critically not only about how we are responding to this crisis, but also how we can emerge from this crisis better positioned to impact our communities at a greater scale.

## Take Your Learning Further

- Read [Collective Impact Post-Pandemic: A Framework for Response, Recovery, and Resilience](#)

## New Report: Cities Reducing Poverty Responds to COVID-19 BY: CITIES REDUCING POVERTY



Through the COVID-19 crisis, Vibrant Communities – Cities Reducing Poverty (VC-CRP) has responded to meet urgent community needs through a wide variety of mechanisms and partnerships. Our 81 members, representing 328 communities, have demonstrated creativity, commitment, and compassion as they support their communities’ most vulnerable.

Through 60 stories of innovation and resilience, *Cities Reducing Poverty: Responding to COVID-19* provides a point-in-time snapshot of how CRP member communities are responding to COVID-19 across Canada and the USA.

The report was written to acknowledge the innovative efforts of CRP member communities, and to provide members with fresh ideas and insights that they can use to build resilience and strengthen their own

responses.

CRP members are providing food and housing, supporting local businesses, improving access to transportation, expanding financial empowerment services, and fostering health and education. They are streamlining service delivery, coordinating information sharing, enhancing multi-sectoral partnerships, and initiating emergency response action teams. Members are also creating advocacy opportunities for fellow members to engage in key policy proposals such as Universal Basic Income.



Throughout this crisis, the ability of CRP members to mitigate the impact of COVID-19 has been evident. While COVID-19 has exacerbated social and economic inequalities, it has also built momentum for collaboration. Across Canada and the USA, multi-sectoral poverty reduction roundtables are partnering across sectors to adapt programming and to drive policy and system change in a way that ensures that nobody gets left behind.

In the coming months, as the CRP network’s focus shifts from emergency response to social recovery, our team remains committed to creating opportunities and space for members to learn and connect.

We would like to thank each of our members for sharing your stories of innovation and resilience, and for your ongoing contributions to our learning community.

**Learn More:**

- Read *Cities Reducing Poverty: Responding to COVID-19: Full Report* and [Executive Summary](#)
- Learn more about [Cities Reducing Poverty](#): Read the [2020 CRP membership brochure](#), and [sign up for our bi-monthly newsletter](#)

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**GUIDELINES FOR WORKING REMOTELY**

By: Tamarack Institute

[Access the Guide](#)

**BUILDING VIRTUAL COMMUNITIES OF PRACTICE**

By: Tamarack Institute

[Watch the Webinar](#)

**WHEN COMMUNITY BECOMES "UNESSENTIAL"**

By: Paul Born

[Read the Blog](#)

**BUILDING COMMUNITY RESILIENCE**

By: Vibrant Communities

[Read the Case Study](#)

**FACILITATING VIRTUAL CO-DESIGN**

By: Lisa Attygalle

[Read the Blog](#)

**VIRTUAL PEER INPUT PROCESS**

By: Tamarack Institute

[Access the Tool](#)

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**Upcoming Webinars**

**[An Introduction to Collective Impact](#)**

**Date:** May 11, 2020

**Speakers:** Paul Born and Whee Peng Chan

**[The Power of One: The Role of an Individual in Systems Change](#)**

**Date:** May 12, 2020

**Speakers:** Cameron Norman and Liz Weaver

**[The Courage of Conviction: Activism and Change](#)**

**Date:** May 20, 2020

**Speakers:** Moira Were and Liz Weaver

**[Theatre for Change: Using Theatre as a Tool for Community Change](#)**

**Date:** May 26, 2020

**Speakers:** David Diamond & Megan Wanless

**Living the Future, Today**

**Date:** May 28, 2020

**Speakers:** Glenda Eoyang and Liz Weaver

**Tenacity, Humility, and Collaborative Leadership**

**Date:** June 2, 2020

**Speakers:** Tom Klaus and Liz Weaver

**Creating a Culture of Equity and Reconciliation**

**Date:** June 9, 2020

**Speakers:** Suzanne Methot and Pamela Teitelbaum

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**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](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/>
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***Stay Strong Cowichan! Artwork by Hailey***

**Health Matters Newsletter**

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

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be  
included in the weekly newsletter