



**Health Matters Newsletter  
November 18, 2022  
Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- Invitation to Region Wide Community Engagement on Resiliency- Attached
- Gambling Services and Information for Sharing- Attached
- Cowichan Living Wage
- Capsize the Canoe Food Drive
- Region Wide Invitation to Series of Workshops Regarding Community Resiliency
- Job Fair
- Invitation to Evening with Sharon Gregson re: \$10 a Day Child Care



*This is the time of year where there is an increase in wood burning that when combined with atmospheric conditions poses negative impact on our health.*

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### **Community Meetings**

- ✓ **Next Admin Committee Meeting** November 3- 4:00 pm zoom call
  - ✓ **Next Our Cowichan Network Meeting** November 10 Cowichan Board Room – IN PERSON
  - ✓ **Next EPIC Committee Meeting-** November 17, 2022, 1:30 pm-3:00 pm zoom call contact Cindy [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) for access
  - ✓ **Cowichan CAT –** November 24, 2022, 10 am -noon- contact Leah Vance [leahlvance@gmail.com](mailto:leahlvance@gmail.com)
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## **Omicron Continues to Circulate Please GET Boosted**

Vaccination Clinics are open again at the Cowichan Community Centre for Flu and COVID Vaccines.



Social Planning Cowichan has calculated Living Wage for the Cowichan Region for 2022, which has risen to an unprecedented \$23.53; a 20.6 per cent increase over our 2021 calculation.

Living Wage figures have similarly risen sharply across all regions of British Columbia, as the cost of essentials such as housing and food continue to soar at alarming rates.

Please find our full press release attached, along with some infographics. Further information can be found on our website



2022 marks the highest yearly increase since SPC began calculations in 2014. This is attributed to a combination of factors including the high costs of housing, food, and current rate of inflation.



A living wage is the hourly pay that a family of 4 would need to earn in order to cover basic, unavoidable costs required to live in our region. It is a conservative estimate representing a "bare minimum" of what a family needs to earn in order to cover a very modest amount of expenses.

While the figure varies from region to region based on local situations and costs of living, the determination of a living wage is consistent in encouraging local employers to offer rates of pay significantly higher than the provincially mandated minimum wage to provide for greater financial stability and a way to avoid the cycle of living paycheque-to-paycheque. Ensuring individuals can meet their core living expenses supports peace of mind, including mental, physical and emotional well-being.



- 2 parents, each working 37.5 hours weekly
- 7 year-old in before-and-after school care
- 4 year old in daycare
- Rents a 3-bedroom home
- Operate 2 vehicles
- 1 parent is upgrading their education

*Please note: The information provided is accurate as of the date of this publication, and on the BC Living Wage formula. The living wage is updated annually.*

### LOCAL EMPLOYERS

benefit through lower absenteeism and employee turnover, and increased retention and productivity, resulting in savings on rehiring and retraining. Employers providing a Living Wage also receive public recognition and become more attractive to consumers and the broader community. Interested in becoming a certified Living Wage employer in the Cowichan Region? Visit <https://www.livingwageforfamilies.ca/> to find out how!

### MONTHLY COSTS:

Food.....	\$1205.83
Clothing/Footwear.....	\$173.83
Housing/Telecom.....	\$2162.48
Transportation .....	\$942.55
Childcare.....	\$1344.66
Health Care.....	\$225.00
Parent Education.....	\$122.52
Other Expenses.....	\$1040.27



(<https://www.socialplanningcowichan.org/living-wage>), where our full Living Wage report will be published in the coming days.

More about the provincial Living Wage for Families campaign website can be found [here](#).

Please share widely, and join us in encouraging all Cowichan businesses and organizations to help address local affordability by adopting a Living Wage policy.

Please don't hesitate to reach out if you have any thoughts or questions!

Thank you,

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Ryan Watson  
Administrative Assistant,  
Social Planning Cowichan  
250.815.0609

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### **Capsize the Canoe Food Drive**

Please join the RCMP Aboriginal Policing department and M'akola Housing Society with a food drive, all proceeds will be donated to the Cowichan Basket Society.

Date: November 27, 2022

Time: 10:00 am to 3:00 pm

Location: The Real Canadian Superstore 291 Cowichan Way, Duncan

Donations accepted: Nonperishable foods, toiletries, children's Christmas gifts, winter wear (gloves, toques, socks)

Questions: please contact Audrey George, Ts'i'ts'uwatul' Lelum at 250-597-2252 or email [ageorge@makola.bc.ca](mailto:ageorge@makola.bc.ca)

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### **Our Health, Our Community – A Health & Wellness Survey for the Cowichan Valley**

The [Our Cowichan Communities Health Network](#) and [Island Health](#) are excited to announce that we have secured funding for a much-anticipated Cowichan Valley-region health and wellness survey.

Entitled the [Our Health, Our Community survey project](#), our partners will collaboratively design and host a survey that will capture local data on the health and well-being of Cowichan Valley region residents. The data collected will inform improvements to future health and community programs and services.

The survey will launch (online and in print) in the spring of 2023 and will be open to all residents of the Cowichan Valley region who identify as 18 years and older. We aspire to recruit over 4,500 survey respondents who can anticipate being asked questions about their health, access to services, lifestyle choices, community involvement, and neighbourhood characteristics. We plan to share the survey's results in August 2023.

As a collaborative project, our survey team will soon ask for the community's input. Specifically, we will engage the region's governments, First Nations, Métis, and Inuit communities, and non-governmental, health, and business sectors to help us prioritize the survey questions.

Stay tuned to find out how your organization can get involved: <http://www.ourcchn.ca/survey>

Or contact our survey Project Manager, Vanessa Daether, at [vanessa@daether.ca](mailto:vanessa@daether.ca)



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## Region Wide Invitation to Series of Workshops Regarding Community

**Resiliency- (Note that session 1 has been completed)** Session 2 is an all-day workshop on February 28<sup>th</sup>.

We would like to invite you to participate in a series of workshops to explore and define hazards, risks, vulnerabilities and resiliencies across the Cowichan. We are looking for people from all backgrounds – local government, non-government, community representatives, support groups, responders – to help inform the project. Please see the attached invite for details.

The first workshop is on November 15 at 9 a.m. Please register at <https://CowichanHRVAEngagementSessions.eventbrite.com> If you are unable to participate please consider sharing this invite with someone else from your organization/department/society who may be able to lend their time and thoughts.

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We gratefully acknowledge this job fair is being held on the traditional territory of Cowichan Tribes.



# JOB FAIR 2022

**HELP SHAPE YOUR COMMUNITY**  
**OPPORTUNITIES IN CONSTRUCTION & HEALTH CARE**



SUNDAY,  
NOVEMBER 27, 2022



RAMADA HOTEL  
140 TRANS-CANADA HWY  
DUNCAN, BC



HOURS:  
9:00 AM - 2:30 PM

## MEET WITH HIRING EMPLOYERS

CAREER & TRAINING OPPORTUNITIES FOR: ADMINISTRATION, CONSTRUCTION, CONSTRUCTION MANAGEMENT, DESIGNERS, DRYWALLERS, ELECTRICIANS, HEALTH CARE, LANDSCAPING & MORE!

FOR MORE INFO:  
[newcdh@islandhealth.ca](mailto:newcdh@islandhealth.ca)

Family-friendly event. Children are welcome to attend with their parent or guardian.

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## 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 Friday Newsletter