



**Health Matters Newsletter
November 20, 2020
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Workbooks to Help Children and Youth Stay Healthy During COVID
- Virtual Workshops for Youth
- You can Help Connect with Isolated Seniors
- Affordable Housing Project for Willow Street Chemainus
- Equity and Inclusion Task Force
- Cowichan Talks Tech
- Job Postings
- Sport for Life Summit 2021
- Tamarack Webinars
- Cowichan Caregivers Support Society Newsletter (Attached)- Fabulous resource!



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- ✓ Next Admin Committee Meeting November 26, 4:30 pm- zoom
 - ✓ Next Our Cowichan Network Meeting Special zoom meeting to be held on December 3 5:30 pm
 - ✓ Next EPIC Committee Meeting- December 17 1:30 pm-3:00 pm zoom call

Community Events- Meetings

- Community Action Team (CAT) Meeting 9:00 am November 26, 2020, Contact Cindy for access
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Workbooks to help children and youth stay healthy

[Dedicated Action for School Health](#) have produced a range of worksheets and activities to help children and youth stay healthy. It includes a [Coronavirus Anxiety Workbook](#), produced by the Wellness Foundation to help develop a Stress Resilience Action Plan.

Virtual workshops for youth

The Foundry have developed a series of virtual workshops and groups for youth and their caregivers across BC. The workshops include, Conversations on Substance Use during COVID-19, a drop-in session for Indigenous youth who identify as 2-Spirit or LGBTQIA+ and a Queer Café. To find out more, and to sign up, [visit the Foundry's website](#)

Help to connect with isolated seniors

Volunteer Cowichan is pairing up seniors with volunteers who are willing to **make a weekly friendly phone call**. Call 250-748-2133 to participate.

Upcoming Tamarack Webinar

[From 'For' People to 'With' People; Creating Equitable and Resilient Places](#)

Date: November 25, 2020

Speakers: Afsaneh Tafazzoli, Marveh Farhoodi, Shanna-Kay Smith and Negar Hashemi

Affordable housing project start-up in the works for Willow Street

Don Bodger

North Cowichan entering into 99-year lease with Community Land Trust Foundation

Another long-awaited project to fill a gaping hole in downtown Chemainus is moving forward.



The space next to the Chemainus Library has been earmarked as an affordable housing project for some time. The Municipality of North Cowichan has just given three readings for a housing agreement bylaw for 9800 Willow St. and is considering a 99-year lease to the Community Land Trust Foundation of B.C. that will administer the project.

Funding will come through BC Housing and the Canada Mortgage and Housing Corporation.

The Chemainus Fire Hall was previously located on the site of the library and the pending affordable housing building. “It was rezoned in 2017 for multi-family housing with this project in mind,” said Rob Conway, North Cowichan’s director of planning and building. “The project itself is 21 dwelling units in a four-storey building. It’s a mix of dwelling sizes – studio, one- and two-bedroom units.” Five of the units will be fully accessible for those with mobility issues. The location close to amenities makes it ideal housing for seniors. “There’s lots of interest in trying to encourage and promote affordable housing,” noted Conway.

The same arrangements are being made for a facility on Sherman Road in Duncan that will be much larger than Chemainus with a total of 92 residential units, including 19 accessible units and 14 reserved for women’s and family shelter housing.

Drilling was recently conducted at the Chemainus site to test the ground conditions before any construction begins. “It’s been designed to fit into the commercial core of Chemainus,” added Conway. “It’s got brick and wood exterior finishes and large amounts of glazing on the ground floor.”

There will also be canopies incorporated into the design in keeping with the library and other commercial buildings on Willow Street. Once permits for the project are processed, it looks good for work to commence in the spring of 2021. The company that will be managing construction of the project is TL Housing Solutions.

COWICHAN TALKS TECH!

HOW TO THRIVE IN A WORLD DISRUPTED?

November 26 & 27, 2020 | VIRTUAL

in partnership with...

cowichan
Economic Development Cowichan

INNOVATION ISLAND
Technology happens here

News release attached

EQUITY + INCLUSION
TASK FORCE

The Equity & Inclusion Task Force (E&I Task Force) is focussed on building a safer and more inclusive community for everyone in the Quw'utsun' Territory/Cowichan Valley, in the province known as British Columbia.

UPCOMING MEETING + PRESENTATION

The task force is organized by the Cowichan Intercultural Society and funded by Resilience BC.

**JOIN THE CONVERSATION.
HAVE YOUR VOICE HEARD.**

RSVP at: www.equityandinclusion.cis-iwc.org/events

FIGHT RACISM

When: November 25, 2020 at 1:00 pm
Where: Zoom

The event is open to the public and is featuring a presentation from special guest, Dr. Charuka Maheswaran.



Guest speaker:

Our meeting will feature guest speaker, Dr. Charuka Maheswaran, who is a daughter, mother, physician and advocate and proud woman of colour.

"I was born in Sri Lanka when the bombs started. The civil war between the Singhalese and Tamils was escalating. We were lucky enough to flee.

I was born of a love between a Singhalese and Tamil. I know what it is to be part of two worlds and navigate the connections between." [Read more](#)

Outline of the Task Force attached

JOB Postings

- 1) Island Health, Public Health team is seeking to fill the new position of **Overdose Response Coordinator**. This position will work closely with the Overdose Response Manager, Harm Reduction team, and Mental Health and Substance Use partners. In addition, the role will support the continued activities and efforts of local Community Action Teams as well as advancing key strategic priorities and projects aimed at addressing the enduring and escalating toxic drug poisoning crisis. Please see the following link for more information and application details. <https://islandhealth.hua.hrsmart.com/hr/ats/Posting/view/133096>

- 2) Island Health has recently created a new **Executive Director Role for Public Health**. Please circulate widely: <https://jd.viha.ca/JD4656.pdf>
- 3) The Public Health Harm Reduction team at Island Health is excited to be recruiting for two additional **Regional Harm Reduction Coordinators** to join our team; one for North VI and a second for South VI. The Regional Harm Reduction Coordinator provides leadership across the designated geography in the education, planning, implementation, delivery and evaluation of harm reduction services. The postings can be found at these links, please share throughout your networks and feel free to connect with any questions.

South Island (Victoria based) <https://islandhealth.hua.hrsmart.com/hr/ats/Posting/view/133472>

North Island (Comox, Courtenay or Campbell River based)
<https://islandhealth.hua.hrsmart.com/hr/ats/Posting/view/133141>

Dr. Véronique Richard set to deliver keynote address during 2021 Virtual Sport for Life Canadian Summit

Dr. Véronique Richard will deliver a keynote address on January 27 at the **2021 Virtual Sport for Life Canadian Summit**, sharing scientific insights into movement creativity and its related influence on performance and optimal psychological states. As an associate researcher at the National Circus School and a mental performance expert for Cirque du Soleil and national team sports, she has a wealth of knowledge to share with the delegates coming together online.

“We were fortunate to have Dr. Richard on one of our recent webinars and wow, the positive energy and information about the role of creativity in sport was incredible. We have received many positive responses from participants. How could we not have her back as our keynote speaker?” said Carolyn Trono, Sport for Life’s Director of Quality Sport Development.

“As a keynote speaker, Dr. Richard will share cutting edge research that has implications for all sectors, sharing her personal experiences working in a variety of professional settings. I’m excited to see the impact of her testimony on those in attendance. She’s just the first in an exciting lineup of world-leading specialists who will be coming together to mobilize awareness around the latest trends in the physical literacy and quality sport landscape.”

[>>View the Summit program](#)

[>>Register here](#)

The Summit will be held virtually from Jan. 26 to 29 and Feb. 2 to 4, 2021. This year’s theme is Pathway to Policy.

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