



**Health Matters Newsletter  
September October 15, 2021  
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- Just Do It!
- Health Literacy Overview Webinar- Patients as Partners
- Island Health Information on COVID Response and the Underserved Community and More
- CVRD Asking Residents to Avoid Backyard Burning
- Tamarack Workshop Introduction to Using Theatre for Social Change



*This is the season for chasing waterfalls! The Bings Creek Trail won't disappoint*

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- ✓ **Next Admin Committee Meeting** December 2, 4:00 pm- zoom
  - ✓ **Next Our Cowichan Network Meeting** Location to be determined November 4, 5:30 pm
  - ✓ **Next EPIC Committee Meeting-** October 21, 1:30 pm-3:00 pm zoom call
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**Community Events- Meetings**

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**GET Vaccinated** Everyone in B.C. must register with the [Get Vaccinated provincial registration system](#) once.

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**Health Literacy Overview Webinar: Patients as Partners** There are 85 seats available. Registration, will be on a first come first serve basis for CCMI's upcoming Health Literacy Overview Webinar - 90 Minutes in Length. See details below.



Please be aware Island Health does not comment on individual cases of COVID-19 or confirm specific details of cases, or clusters out of respect for people's privacy. Every lab-confirmed case of COVID-19 is investigated by Public Health to identify potential close contacts, support isolation and perform COVID testing, as necessary. Early in the pandemic, health care jurisdictions throughout Canada, including in BC and in Island Health, identified vulnerable populations for COVID 19, including residents of long-term care, residents of rural and remote communities, and unsheltered individuals, those living in congregate settings (e.g. supportive housing and those with other unstable housing). The shared pandemic response planning involves extensive preparation to support these vulnerable populations, if and when cases were identified.

Island Health's health led and focused approach to supporting the underserved population and frontline service providers who work with this population involves three key steps:

1. Prevent – mitigate the spread
2. Test & Trace - identify and follow up with suspected/confirmed cases
3. Support - access to care and services that keep people safe

Vaccinations have been prioritized to vulnerable populations in our community and vaccines are being made available to underserved people, including those experiencing homelessness or precarious housing. Uptake in this cohort has been positive thanks to consistent messaging, role modeling and education. While vaccination has now been made available to the most vulnerable, now is not the time to let down our guard. Together, we must all continue to practice and role model the universal precautions of physical distancing, wearing a mask and frequently hand washing. The marathon has been long with winding curves – we continue to pace ourselves as the journey continues.

Click the links below for general information about virtual health visits:

- How to prepare for a virtual health visit:

<http://www.phsa.ca/health-professionals/professional-resources/office-of-virtual-health/covid-19-virtual-health-toolkit/zoom-for-healthcare/patient-resources>

- How to join a virtual health visit from a computer:

<http://www.phsa.ca/health-professionals-site/Documents/Office%20of%20Virtual%20Health/Zoom%20Patient%20Join%20VH%20Visit%20by%20Computer.pdf>

- How to join a virtual health visit from a mobile device:

<http://www.phsa.ca/health-professionals-site/Documents/Office%20of%20Virtual%20Health/Zoom%20Patient%20Join%20VH%20Visit%20by%20Mobile%20App.pdf>

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## **Tamarack Workshop Introduction to Using Theatre for Social Change**

Now, more than ever, we need to get creative and innovative in our processes for engaging with one another around the issues we care about. We are living in a time of great divide, where

communities and teams have been working in isolation. We need new tools and new voices to bring us together once again to face the challenges ahead.

In the upcoming workshop [Introduction to Using Theatre for Social Change](#) we will explore how using theatre in your community project can help you to build deep connections around the issue you're exploring and uncover unique insights into how to move forward together. We will introduce you to the concepts of applied theatre and dive deep into one of the most influential disciplines within the field – Theatre of the Oppressed. We will look at how you can apply these practices to your own work so that you can keep people engaged and make a greater impact on the issues you care about.

We will then of course – try it out!

This is the first workshop Tamarack has offered of this kind, you do not want to miss it. Spots are limited to keep the experience intimate. **Ten spots remain** – register today.

Register Now

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**The Cowichan Valley Regional District [is asking](#) residents to avoid backyard burning** as a way to keep the air cleaner and keep people healthier. Residents can bring organic materials to recycling centres or try “leaving the leaves” for the benefit of gardens and pollinators instead.

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## **City of Duncan Updating Official Community Plan- Invitation for Community Input**

In Spring 2021, the City of Duncan initiated [Small Town. Bright Future.](#), and [Small Town. Going Places.](#) processes to update the City's Official Community Plan (OCP) and create a Transportation and Mobility Strategy (TMS). Community information gathering and technical review and community understanding are underway. The first phase of public engagement occurred in late spring/early summer this year, and further public engagement opportunities will take place this fall.

We would like to invite you, or another representative from your organization, to share with us at our upcoming project workshops. These workshops will focus on several areas that may be of interest to the organization you represent – such as the economy, growth management and housing, climate change and the environment, parks, recreation and culture, and transportation and infrastructure.

These workshops will focus on [Small Town. Bright Future](#) (OCP) with participation from the [Small Town. Going Places](#) (TMS) team as these processes will inform one another. Ultimately, the OCP will map out

how we want to grow as a community. We want to hear from you – please join us! **You can choose ONE of the following as the content is the same for each.**



- **Workshop 1: Thursday, October 21, 2021 from 10:00am – 12:00pm**  
*(this in-person workshop will be held at the City of Duncan Fire Hall, 468 Duncan Street, Duncan BC, V9L 3X3)*

- **Workshop 2: Thursday, October 21, 2021 from 1:00pm – 3:00pm**  
*(this in-person workshop will be held at the City of Duncan Fire Hall, 468 Duncan Street, Duncan BC, V9L 3X3)*



- **Workshop 3 (Virtual): Thursday October 28, 2021 from 1:00pm – 3:00pm**  
*(this virtual workshop will be hosted online using Zoom)*

**We would ask that, if interested in participating with us, you RSVP by email to Beth Hurford, Community Consultant at [ehurford@urbansystems.ca](mailto:ehurford@urbansystems.ca) no later than 12:00pm on Monday, October 18, 2021. Please identify the workshop session you wish to join.**

We respectfully acknowledge that Duncan is located on the traditional, unceded territory of the Cowichan Tribes and are grateful for their participation in these projects.

We look forward to sharing and learning with you, the *Small Town. Bright Future.* and *Small Town. Going Places* team.

**Michelle Geneau MCIP, RPP**  
Manager of Planning

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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