



**Health Matters Newsletter
September October 22, 2021
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- Just Do It!
- CVRD Asking Residents to Avoid Backyard Burning
- Free Webinar Series - Home Energy Efficiency, Electric Vehicles, Heat Pumps and Rebates
- CMHA Winter Fair
- Health Literacy Overview Webinar- Patients as Partners
- Island Health Information on COVID Response and the Underserved Community and More
- Ending Poverty Pathways Course
- City of Duncan Updating Official Community Plan
- Job Postings-
 - Cowichan Intercultural Society
 - Cowichan Tribes



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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

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

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.

Free Webinar Series - Home Energy Efficiency, Electric Vehicles, Heat Pumps and Rebates

Learn how you can help protect your home and your community from the impacts of climate change.

The Cowichan Valley Regional District has partnered with the Regional District of Nanaimo to offer a **free webinar series**. The webinars run from October 27 to November 24 and cover home energy efficiency, electric vehicles, heat pump technology and available rebates.

This series will help you discover more about:

1. the numerous rebates and financial incentives available for a variety of energy-efficient renovations;
2. how to lower your home energy consumption;
3. the costs and benefits of electric vehicle ownership; and,
4. how to build a climate-resilient, comfortable new home.

For more information on the webinars and to register, visit: <https://www.rdn.bc.ca/2021-fall-webinar-series>

We hope to see you there!

CMHA Cowichan Valley Branch Hosts ‘Winter Wear Fair’ at Warmland House

Background:

It is estimated that there are well over 300 persons in the Cowichan Valley that are homeless or marginally housed (ie couch surfing, living in vehicles, etc). Some sleep rough on the street or in temporary outdoor camps, some use the Warmland House Shelter or the Women’s Shelter operated by CWAV, and others have found temporary shelter through the Cowichan Housing Association’s temporary hotel or tiny homes projects. To support these individuals, the CMHA Cowichan Valley Branch has spent the last several weeks collecting gently used coats,



You're Invited!
Winter-Wear Fair

Need Footwear, Coats?
Stop by for gently used coats, boots, shoes & socks & more

Also serving hotdogs

Free Haircuts too!

All Free!
Masks Required

WAMLAND COURTYARD
2579 LEWIS STREET

THURSDAY,
OCTOBER 21, 2021
10:30AM-1:30PM

Icons include: a blue jacket, a red boot, a pair of brown shoes, a pair of orange socks, a hotdog, a pair of green boots, a pair of scissors, and a pair of white sneakers.

boots, shoes, socks and other items to distribute at Warmland House Shelter (2579 Lewis St) on Thursday, October 21st.

With the help of community groups including the New Life Church, the Community Farm Store and JuiceFM, several collections were held leading up to this event. The generosity of the community is being demonstrated this week as the event now includes lunch - free hot dogs and warm drinks provided by the Knights of Columbus – as well as free haircuts being provided by a group of hairdressers from Hair at 60 Queens Studio. A grant from the the United Way Central and Northern Island will supply backpacks and other items. Regularly scheduled foot care is also being provided that day. Posters and leaflets (sample below) have been distributed by community outreach teams and have been shared with Lookout Society, the Cowichan Basket Society, CWAV Women’s Shelter, Cowichan Tribes, Cowichan Action Team Peers, and the Meals on the Ground. Gates will be open from 10:30am - 1:30pm. COVID precautions are in place. Masks and social distancing will be required, and only a few people will be permitted into the courtyard at one time. Items will be distributed and haircuts provided on a first come, first served basis.

CMHA - Cowichan Valley Branch

<http://www.cmhacowichanvalley.com/>

Food Infrastructure Grant

The application for the **Food Infrastructure Grant** is now open! For full details about the grant please visit our website <https://uwbc.ca/foodsecurity/>. Please note that this is a two-step application process - [register here](#) to receive the full application.

About the Food Infrastructure Grant

United Way British Columbia – working with communities in BC’s Interior, Lower Mainland and Central & Northern Vancouver Island and the Ministry of Health are looking to collaborate with community food-based organizations to address the unique food access and availability challenges of **rural, remote and Indigenous communities in BC**. This one-time funding is available to support the **development, implementation, or improvement of food infrastructure** that impacts year-round, long-term procurement, storage and distribution of fresh, traditional, and other food and enhances community well-being.

- Applications will be accepted **October 4th, 2021 – December 15th, 2021** via online form, phone or video interview (UWBC staff will be available to assist).
- \$5,000-\$20,000 can be applied for by a single applicant, OR \$5,000- \$30,000 can be applied for in a co-application between multiple groups.
- Available to any community food-based organization located in any rural, remote and/or Indigenous community of British Columbia OR; BC First Nations Band or Tribal Council.
- All funds must be expended – and activities completed – by March 31, 2022.

If you have any additional questions, please contact:

Alžběta Sabová (Food Security Initiative Manager) AlzbetaS@uwbc.ca or
Heather Escobar (Food Security Coordinator) HeatherE@uwbc.ca

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.

CCMI's Health Literacy (HL) offerings introduce participants to concepts that emphasize the importance of being able to support patients and communicate clearly so that patients and family members can truly participate in care. Participants will gain an understanding of HL concepts and learn practical skills for engaging with patients to ensure clear and effective communication. This level of training applies to a wide range of professionals and peer helpers and is a foundation for additional training.

When: November 3, 2021 09:00 AM PST

Please register in advance for this webinar through the following

URL:[https://us02web.zoom.us/meeting/register/tZ0sdumvrj0sGdG_dhwWDj86IFEWoJBzu2pu](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZ0sdumvrj0sGdG_dhwWDj86IFEWoJBzu2pu)

After registering, you will receive a confirmation email containing information about joining the webinar.

Deadline to self-register is November 1st @ 4:00pm

This training is funded by the Ministry of Health Patients as Partners

Program <http://www.patientsaspartners.ca>.

What questions do you have?

Val Burnett

Program Support

The Centre for Collaboration, Motivation and Innovation

CCMI Reception: 1 (855) 231-6946

PO Box 1343, Vernon, BC, V1T 6N6, Canada

PO Box 2093, Sumas, WA 98295, USA

Email: val.burnett@centrecmi.ca

www.centrecmi.ca



Island Health Information on COVID Response and the Underserved Community and More

As you are aware, COVID 19 continues to circulate in most communities on Vancouver Island and we are all working on processes to allow us to continue to serve our clients in an endemic phase of COVID. As a valued partner in our shared dedication to ensure all community members are safe and well cared for, I thought I would provide you with some information from Island Health to provide reassurance and clarity around Island Health's role in working alongside you to respond to COVID 19. We recognize people have questions and concerns about COVID and that conversations, discussions and rumours at times can be part of the fear and uncertainty. I invite and encourage you to seek out sources of truth and help promote those understandings to the larger community. Knowledge and truth is what will lead us to health, wellness and compassion. Sources of 'truth' include Island Health's website

(<https://www.islandhealth.ca/>), BC Centre For Disease Control (<http://www.bccdc.ca/Pages/default.aspx>) and the Province of BC (<https://www2.gov.bc.ca/gov/content/covid-19/info/response>).

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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The Tamarack Institute is pleased to launch [a new online course](#) to help multi-sector actors build their skill set to strategically end poverty in their communities.

You spoke, we listened

The [five-module course](#) has been modeled around the learnings that came out of The End of Poverty event you participated in from May 5 to 6, 2021.

The overwhelmingly positive response we received from participants inspired us to dig deeper into the different strategies that anti-poverty advocates can use to develop intersectoral plans that can help end poverty.

Drawn from professionals in the field

The content for this [five-module course](#) is built around the learnings from a national summit that Tamarack hosted in May 2021 with thought leaders in the anti-poverty field.

The overwhelmingly positive response we received from participants inspired us to dig deeper into the different strategies that anti-poverty advocates can use to develop intersectoral plans that can help end poverty.

Who is this course designed for?

The Ending Poverty Pathways course is designed for those working in the following areas to understand, advocate for, and advance high-impact pathways for ending poverty at the local level:

- Government
- Business
- Non-profit

Topics include:

- Ending Working Poverty
- Governments and Communities Ending Poverty Together
- Big Ideas for Ending Poverty

Course elements

- An interactive virtual learning platform
- A course workbook (PDF)
- Multimedia learning materials available online
- Small group learning sessions

Through five online modules, you will learn to:

- Use data and stories to make the case for the benefits of ending poverty
- Engage stakeholders in the government, business, and non-profit sectors, as well as Indigenous leaders and those with lived/living experience
- Prioritize high-impact activities, strategies, and policies for ending poverty
- Enact pathways using a collaborative and multi-sectoral approach

Learn More and Enroll

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 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 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

Executive Director Posting Cowichan Intercultural Society

Are you passionate about diversity and community? We are too – come join us! The Cowichan Intercultural Society’s Board of Directors is currently seeking a self-motivated and experienced Executive Director to strategically lead the organization.

About Us

The Cowichan Intercultural Society builds inclusive communities by helping newcomers to Canada successfully integrate into the Cowichan Valley, providing services and supports. We have been doing this since 1981. We initiate and support activities to create a more inclusive and equitable community.

For more information about us, please visit <https://cowichanintercultural.org/>

What we offer

This is a regular full-time position (37.5 hours per week) that requires a consistent in-person presence (COVID-19 prevention protocols are in place). The minimum starting salary is \$62,500/year. For candidates with extensive experience, we will consider compensation beyond this. Benefits include a modest personal health spending account, Professional Development funding, 2 cultural leave days per year, and 3 weeks paid vacation. This position will require some evening and weekend work.

Core Responsibilities

- Accountable for achieving organizational outcomes in alignment with our strategic plan, policies and priorities.
- Oversee the operations of the organization mindful of client and community needs, alongside provincial and national trends.
- Lead liaison and negotiator for Provincial and Federal contracts, including submitting funding proposals.
- Establishes an effective organizational structure that is focused on delivering the mission of CIS, reflective of operational needs and directed towards accomplishing the strategic objectives and service delivery focus of the organization.

The Role

As a future-orientated leader and strategic thinker, the successful candidate will demonstrate their proven record of strong leadership skills with an ability to work effectively and collaboratively using a community development lens with staff, a volunteer Board of Directors, as well as funders, community partners and local groups.

The ED must be an effective communicator, relationship builder, and collaborative decision maker. Core qualities we seek include integrity, compassion, lateral thinking, collaboration and the ability to advocate.

Key Responsibilities

Organizational Leadership

- Aligns and coordinates programs to reflect our Vision, Mission and Values
- Monitors and reports on strategic planning implementation
- Identifies priority areas of need and develops operational strategies to address them
- Addresses short-term, mid-term and long-term planning around services and sustainability
- Oversees the operations of the organization in a way that centres client needs, alongside community needs, and provincial and national trends
- Advocates within the public and private sectors for issues relevant to CIS, its services and constituencies
- Acts as a resource to Board members in Board development, recruitment and orientation
- Works closely with community partners and other stakeholders to develop and implement collaborative opportunities to optimize program service delivery
- Oversees adherence to relevant regulations and legislation including privacy legislation and the principles of the Earth Charter

Financial Oversight and Leadership

- Lead liaison and negotiator for Provincial and Federal contracts, including submitting funding proposals
- Identifies broader potential financial opportunities
- Oversees financial operations, budgeting and planning
- With the Finance Committee, completes year-end financial review
- With Board Treasurer and financial team, ensures that sound bookkeeping and accounting procedures are followed
- Ensures Development Team sources and applies for grants and other contributions

Team Leadership

- Establishes an effective organizational structure that is focused on delivering the mission of CIS, reflective of operational needs and directed towards accomplishing the strategic objectives and service delivery focus of the organization
- Provides strong, effective and visible leadership
- Oversees HR functions, including recruitment; these activities may be delegated to leadership within the team structure
- Ensures all team members are motivated to contribute fully to the organization to the realization of the mission, vision, goals and objectives defined in the strategic plan
- Fosters the development of a strong culture that focuses on teamwork, innovation, continuous improvement and service excellence
- Involves and recognizes team members for identifying innovative approaches to enhance organizational performance

- Supports the implementation of the annual performance review process
 - Supports training and development that motivates team members and ensures they have the necessary skills and abilities to fulfill their duties
 - Ensures the existence of an effective succession planning process
 - Ensures team members are focused on the organizational priorities and their delivery, in accordance with the organization’s Mission, Vision and Values
 - Ensures compliance with relevant workplace regulations and legislation
 - Fosters an environment of continuous improvement and appreciation
 - Maintain an equity-forward environment through a trauma-informed, gender+-based, decolonisation framework
- Qualifications & education of the ideal candidate:
- A minimum of three years of senior level management/leadership experience, ideally in a not for-profit environment.
 - Relevant undergraduate degree or higher; an equivalent combination of education and experience will be considered.
 - Strong strategic planning and implementation skills; must be able to connect vision, mission and strategic goals and develop work plans to achieve them.
 - Strong leadership and organizational development skills, broad knowledge and experience in community development initiatives and programs/services that promote integration and inclusion.
 - Outstanding verbal and written communication skills; the ability to write coherent proposals and reports; and the ability to articulate, reframe and present complex ideas and messages.
 - Experience in leading grant proposals and fund development.
 - Knowledge of additional languages and cultures will be considered a great asset, including understanding the complexities of the migration journey.
 - Must provide a criminal record check.

How to Apply:

Please apply via email and send your cover letter, resume, and names of 3 professional references in PDF format to career@cis-iwc.org. In the subject line of your email please type “Your Name – Executive Director”. Your cover letter should include a description of why you feel you are a good fit for the position.

Deadline to Apply: November 7, 2021 at 9am.

We thank all applicants for their interest and will contact applicants if considered for an interview.

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