

Health Matters Newsletter October 21, 2022 Today's Health Matters Includes:

- OCCHN Meeting Schedule
- Community Meetings
- Open Burning Still Banned -Know the Rules
- Souper Seniors- One More Week
- New Horizons for Seniors Granting Opportunity
- Cowichan Neighbourhood House Change of Email and Seeking Volunteers
- Child and Family Centres Community Meeting for Service Providers for Children and Youth with Diverse Needs (Attached)
- Impact of Air Pollution- From the Lancet

I found this decorated guy a few years ago on a beautiful October day. He wanted to say hello again. You never know what you find when out in nature so there is no better time to go exploring than this weekend!



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 for access
- ✓ Cowichan CAT October 27, 2022, 10 am -noon- contact Leah Vance leahlcvance@gmail.com

Omicron Continues to Circulate Please GET Boosted

Vaccination Clinics will be opening again at the Cowichan Community Centre for Flu and COVID Vaccines- stay tuned

It's Halloween and the Leaves are on the Ground and the Desire to Burn is Great. We have been under extreme drought so please KNOW the rules- **All open Burning is banned at this time.**

https://www2.gov.bc.ca/gov/content/safety/wildfire-status/fire-bans-and-restrictions/coastal-fire-centre-bans



New Horizons for Seniors Program Granting Opportunity is a federal grant that supports community-based projects that are designed by seniors for seniors. This program funds projects that empower seniors in their communities and contribute to improving their health and wellbeing. Eligible organizations can apply for up to \$25,000 for projects that are led by seniors and are volunteer based. Deadline Nov 1, 2022.

New Horizons for Seniors Program - Community-based projects (up to \$25,000) - Canada.ca

Cowichan Neighbourhood House is Seeking Volunteers- Contact the Office for more information. Please note the main office email will be changing from cnhaoffice@gmail.com to info@cnha.ca. I'll send from the postings my new email chris@cnha.ca, so if you see that it's actually from us at Neighbourhood House.

The Impact of Air Pollution

https://www.theguardian.com/science/2022/sep/10/cancer-breakthrough-is-a-wake-up-call-on-danger-of-air-pollution?CMP=Share iOSApp Other

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