



Health Matters Newsletter
October 23, 2020
Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings
- Unbelievable Rebates on Improving Heat Sources in Your Home- ACT Now- *video about why not to burn*
- Everything you Need to Know About the Flu and Flu Shot
- Dr Gabor Mate` Healing the Wounds of Trauma- great article
- United Way COVID Relief Grant
- Harm Reduction COVID Relief Grant Deadline Approaching
- The Effects of Sports Concussion on the Developing Brain



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- ✓ **Next Admin Committee Meeting **November 5, 4:30 pm- Location to be Determined****
 - ✓ **Next Our Cowichan Network Meeting **November 12 In Person Meeting to be determined****
 - ✓ **Next EPIC Committee Meeting- **November 19 1:30 pm-3:00 pm zoom call****
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Community Events- Meetings

- **Community Action Team (CAT) Meeting 9:00 am November 26, 2020, Contact Cindy for access**
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Help Cowichan Residents Breathe a Little Better and check out the [awesome video](#) for Clean The Air Cowichan.

Unbelievable Rebates! What a great time to replace fossil fuel (and baseboard and woodstove home heating appliances) for heat pumps! Let's make our valley more climate and air quality "friendly".

CVRD offers a \$2,000 incentive for replacing woodstoves with a heat pump

Until Dec 31, residents can: access [double the rebates](#) on select upgrades for home energy improvements through the CleanBC Better Homes and Home Renovation Rebate Programs when they register for a promo code by December 31 2020 and complete eligible upgrades by March 31 2021. Applies to baseboard and fossil fuel systems.

Work together with one or more homes, and get more money: Additional rebate offer that rewards groups of homeowners working together to reduce greenhouse gas emissions by switching from an oil, natural gas, or propane heating system to an air source heat pump.

<https://betterhomesbc.ca/rebates/gpr/>

Everything you Need to Know About the Flu and Flu Shots

Please Get your Flu Shot! *This article from [The Discourse](#)* gives you all the information you need. Given that it's flu season – during a pandemic, no less – I thought it might be helpful to make a flu shot guide. I hope this helps.

What is the flu?

Island Health [says](#) the flu, or influenza, is a contagious respiratory disease that can lead to serious illness, hospitalization and death. The BC Centre for Disease Control (BCCDC) [says](#) the virus is highly changeable and can put people at risk for other infections like bacterial pneumonia. Influenza symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness and cough, according to the BCCDC. Symptoms can begin about one to four days after a person is first exposed to the virus and can usually last seven to 10 days, with the cough and weakness lasting up to two more weeks. Children may also experience nausea, vomiting and diarrhea.

How does it spread?

The BCCDC [says](#) influenza “spreads easily from person to person through breathing, coughing and sneezing.” It can also spread when a person comes in contact with tiny droplets from coughs or sneezes on another object and then touches their own mouth or nose before washing their hands. Adults can spread the flu virus from about one day before to five days after symptoms start and children can spread the virus up to 21 days after symptoms start.

How to prevent the flu

Washing hands regularly, eating well, exercising and getting the flu shot are recommended to reduce the risk of catching or spreading influenza to others, the BCCDC [says](#).

This year in particular, Island Health [says](#) getting a flu shot is important not only for influenza prevention but to stay healthy while COVID-19 continues to circulate through communities.

Island Health says immunization is the best protection against the flu and that it is safe to get a flu shot during the pandemic, as providers are following COVID-19 protocols.

Canada's National Advisory Committee on Immunization recommends everyone six months of age and older should get a yearly flu shot, according to [Immunize BC](#). Young children, those who are pregnant, the elderly and those who have certain medical conditions are at high risk of serious illness from the flu and can get the flu shot for free in B.C. A full list of people who are eligible for a free flu shot can be found on the [HealthLink BC website](#).

Those who are not eligible for a free vaccine can still purchase one at most pharmacies and travel clinics. The cost is around \$25 to 30, [according to](#) reporting by CBC News.

Children between the ages of two and 17 who are eligible for a flu vaccine can receive a nasal spray version instead, according to Immunize BC. It will be available at health units, some pharmacies and some doctors' offices but people should call ahead to confirm. This year, adults who are 65 years of age and older living in long-term care and assisted living facilities can receive a high-dose vaccine for free.

What is the flu shot, and how does it work?

The inactivated influenza vaccine is made of killed flu viruses, according to [HealthLink BC](#). It is usually given by injection in one dose. Common reactions include soreness, redness and swelling where the vaccine was given. Other symptoms can include fever, headache, aching muscles, and fatigue that can last one to two days. Fewer than one in 20 people may have oculo-respiratory syndrome which can cause red eyes, a cough, a sore throat and hoarseness. HealthLink BC says you cannot get the flu from the inactivated influenza vaccine because it contains killed flu viruses that can't cause infection.

Here's a helpful [video from Ted-Ed](#) explaining more about the flu shot and why people should get one every year.

Does it work?

Flu vaccines aren't completely effective, but they do dramatically reduce the risk of getting sick and passing on illness to others. [One study](#) found last year's vaccine was nearly 60 per cent effective at preventing the flu in Canada.

On an individual level, the vaccine can prevent illness and maybe [reduce the severity](#) if you get sick. On a population level, getting the vaccine reduces the transmission of disease through the community, protecting those around you and relieving stress on the healthcare system. That's the main reason Immunize BC and others [say](#) it's particularly important to get a flu shot this year, as COVID-19 case numbers continue to rise in the province.

How can I get a flu shot?

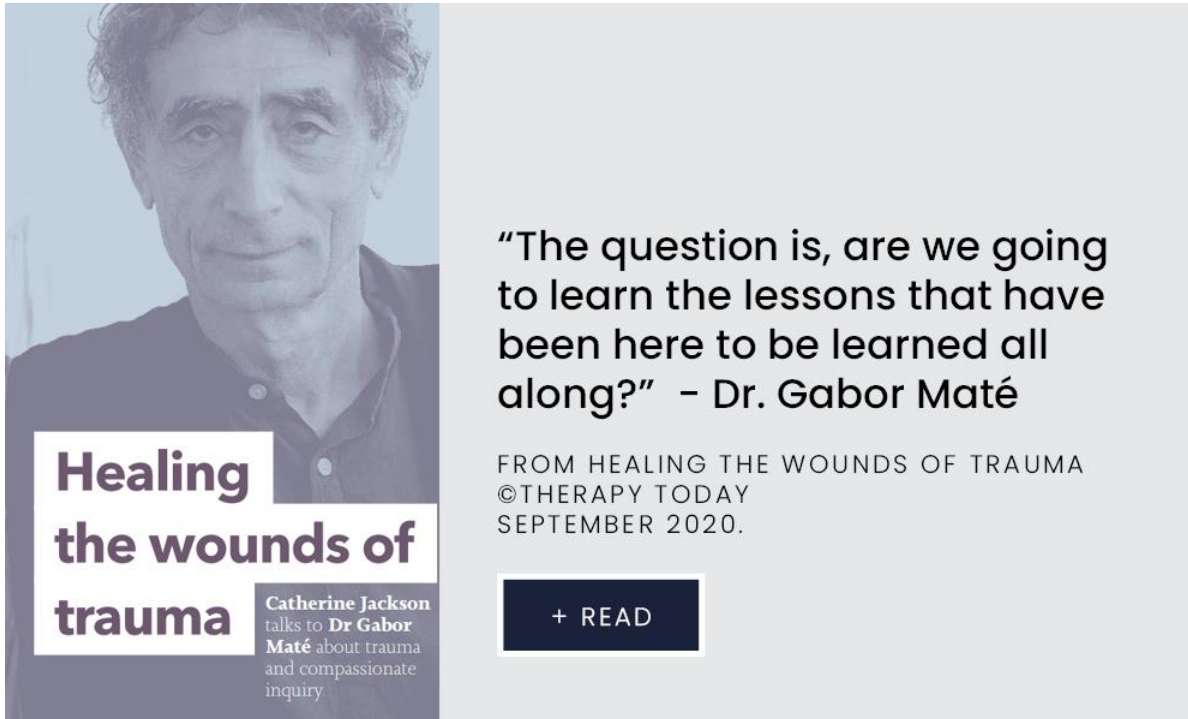
Island Health [says](#) flu shots are available from pharmacists for ages two and up, at primary care providers and at public health clinics. You can find public health clinics and book an appointment for a flu shot by visiting islandhealth.ca/flu. Or, use this [map](#) where you can find a flu clinic in your community, including clinics at pharmacies.

Alternatively, call your family doctor, a pharmacy or 811 to book an appointment.

Regardless of where you're getting the flu shot, it's best to call ahead to make an appointment and ensure they have the vaccine in stock. Island Health says to bring a non-medical mask or face covering to your appointment as well as your BC Services Card or other government identification. Remember to wear a short-sleeved shirt, too.

Island Health says it distributes flu vaccine orders to pharmacies and primary care providers on an ongoing basis. While some providers may use their supply quickly compared to others, the health authority says it is ensuring they receive new supply as orders are submitted

Dr Gabor Maté` Healing the Wounds of Trauma- great article



“The question is, are we going to learn the lessons that have been here to be learned all along?” – Dr. Gabor Maté

FROM HEALING THE WOUNDS OF TRAUMA
©THERAPY TODAY
SEPTEMBER 2020.

+ READ

Emergency Community Support Fund (ECSF)

COVID-19 is having a disproportionate impact on vulnerable populations in Canada. We're here to help.

The Government of Canada's \$350 million Emergency Community Support Fund (ECSF) aims to help charitable organizations adapt and increase frontline services for vulnerable populations during COVID-19. Together, the Canadian Red Cross, Community Foundations of Canada and United Way Centraide Canada are collaborating with the Government of Canada to flow ECSF support to those who need it most right now.

We call this local love.

Since the COVID-19 pandemic was declared, community-based charities and agencies have been working tirelessly to provide emergency support of all kinds—in particular, to individuals and communities experiencing continued or heightened vulnerability. Demand for their services has increased dramatically. The Fund is designed to help these organizations carry out their vital work to ensure no one is left behind. United Way Central & Northern Vancouver Island is pleased to support this vital investment by the Government of Canada in critical services for vulnerable people in our community.

Of the \$350 million, UWCNVI has received \$1.64M to help front-line service agencies in our region support your vulnerable neighbours.

Individual charitable organizations, or multi-agency collaborations, who are working to meet the needs of vulnerable people within the identified below streams are welcome to apply for a grant.

Local Love starts when we help one another.

Emergency Community Support Fund: Round 2

APPLY NOW

Applications close at 12:00 pm noon on October 30, 2020.

Late submissions will not be accepted to ensure the funding gets distributed in a timely manner.

1. Initiatives to support those at-risk or experiencing homelessness in Mt. Waddington, Comox Valley, Campbell River and Port Alberni areas.

Mt. Waddington Region - Max grant- \$20,000

Port Alberni Region - Max grant - \$20,000

Strathcona Region - Max grant - \$40,000

Comox Valley Region - Max grant - \$40,000

Organizations, Networks and Coalitions are encouraged to work together and submit one proposal per region. Only one application per region will be approved.

2. Agencies throughout UWCNVI's geographic area that have seen an increase in demand for their mental health and wellness services as a result of COVID-19.

Max grant \$20,000

APPLY NOW

To discuss your organization's eligibility for funding please contact cioni@uwcnavi.ca

Si vous avez des questions ou souhaitez présenter une demande de financement au Fonds d'urgence pour l'appui communautaire en français, veuillez communiquer avec nous à FUAC-demande@centraide.ca.

Funded by the Government of Canada

Canada 

The size of the rebate a participant can access depends on the size of the group using the same GPR Code.

Size of Group	Each Participant Receives
2-4 homes	\$200
5-9 homes	\$275
10-14 homes	\$350
15-19 homes	\$425
20-30 homes	\$500

Harm Reduction Services Granting Opportunity

The Provincial Health Services Authority (PHSA) is offering one-time funding to community-based organizations (CBOs) in British Columbia to support their response to COVID-19. This is the second and final round of Relief Funding, the [first](#) of which was offered in June 2020. The PHSA acknowledges that CBOs face various challenges to offering programming and services during a pandemic. The total amount of funds available is \$150,000. The maximum that will be awarded per application is \$10,000.

In this second round, funding for Indigenous-led and Indigenous serving organizations will be prioritized. Organizations who were successful in the first round of funding may re-apply, however, priority will be given to first-time applicants. Each organization is limited to one submission.

Some examples of relief fund expenses that were funded last round include a new outreach vehicle, handwashing stations, increases to food programs, general health and sanitation supplies, contraception, safer smoking supplies, and personal protective equipment.

Hope you are doing well! The second round of the COVID-19 Relief Funding is now live, all details are posted here: <https://pacificaidsnetwork.org/2020/09/30/phsa-covid-19-relief-funding-for-cbos-round-two/>

The application deadline is Friday, October 30th.

Please feel free to share the opportunity with your networks as you see fit. So far it has been shared through the following channels:

- FNHA enews (going out next Wednesday)
- BC Association of Aboriginal Friendship Centres (to be sent to their members via email)
- PAN Newsletter (going out next Tuesday)
- PHSA Collective Impact Network (email sent out today)
- BCCDC Chee Mamuk Team (shared with them today)

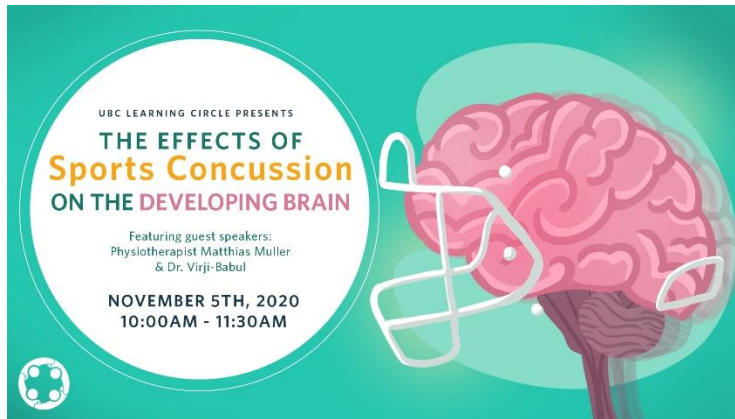
Due to the blackout period during the election, we will not be able to share through our social media.

Karmen Olson

Operations Coordinator, Harm Reduction Services

604-707-2556

November 5th, 2020 – The Effects of Sports Concussion on the Developing Brain with Matthias Muller and Dr. Virji-Babul



PRESENTATION OVERVIEW

Physiotherapist Matthias Muller and Dr. Virji-Babul will be joining us in circle to discuss the effects of sports concussion on our young Indigenous athletes competing in a variety of sports. Matthias will discuss his clinical impressions regarding concussions and appropriate management. Topics will include: what defines a concussion, and our current clinical understanding on management and rehabilitation. Matthias will also discuss Post Concussion Syndrome, common myths/misconceptions, and the importance of baseline testing.

Dr. Virji-Babul will be focusing on the changes that occur in the brain after a concussion, describing both the changes in brain structure and function. She will also discuss the effects of these changes on brain development and recovery.

We would like to reiterate that everyone is welcome to our UBCLC sessions.

Our events aim to embody a safe space for everyone of all different backgrounds to have their opinions and voices equally heard.

Date: Thursday, November 5th, 2020 ([PST](#))

Time: 10 a.m. to 11:30 am

Where: Videoconference OR internet webinar.

[View system requirements](#)

Registration: required to participate

**Register for
Webinar**

About the Presenters:



Matthias Muller is a practicing Physiotherapist in Prince George, BC. He earned his Masters in Physiotherapy in Saskatoon at the University of Saskatchewan. Matthias grew up in Terrace and moved to Prince George with his wife upon graduation. He currently works at Physio North Sports and Wellness Centre and specializes in Concussion Rehabilitation. Outside the clinic Matthias loves spending his time rock climbing, backcountry skiing and biking around northern BC.



Naznin Virji-Babul, P.T. PhD

Dr. Virji-Babul is a Neuroscientist and a physical therapist. She is currently an Associate Professor in the Dept. of Physical Therapy, UBC. Her laboratory is based at the Djavad Mowafaghian Centre for Brain Health. Her research addresses fundamental aspects of brain-behavior relationships in typical and atypical development. Over the past decade, she has adopted a cognitive neuroscience framework using a variety of neuroimaging tools, from magnetoencephalography (MEG) and high-density electroencephalography (EEG), to diffusion tensor imaging (DTI) and *functional magnetic resonance imaging (fMRI)*, to unravel and examine the structural and functional brain networks underlying perception and action. This work has resulted in over 60 peer-reviewed papers in the area of neuroimaging, brain dynamics and perceptual-motor function in typical development, atypical development and in adolescents with concussion/mild traumatic brain injury

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