



**Health Matters Newsletter**  
**October 7, 2022**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Warmland Service Day
- Warmland Thanksgiving Dinner
- Souper Seniors
- Thu it (Truth) Exhibition at Cowichan Community Centre
- Co-building cultural competency and Indigenous engagement Webinar
- Invitation to collaborate regarding a Family Connection Centre for the Cowichan



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### **Community Meetings**

- ✓ **Next Admin Committee Meeting** **October 13- 4:00 pm zoom call**
- ✓ **Next Our Cowichan Network Meeting** **November 10 Location to be determined**
- ✓ **Next EPIC Committee Meeting-** **October 20, 2022, 1:30 pm-3:00 pm zoom call** contact Cindy [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) for access
- ✓ **Cowichan CAT – October 27, 2022, 10 am -noon-** contact Leah Vance [leahlcvance@gmail.com](mailto:leahlcvance@gmail.com)

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## **Omicron Continues to Circulate Please GET Boosted**

Vaccination Clinics will be opening again at the Cowichan Community Centre for Flu and COVID Vaccines- Vaccine clinics are now open daily at the Cowichan Community Centre.

Omicron cases are increasing as we have moved indoors. Remember that the great habits we learned over the last two years are important to keep in mind. Wash your hands, keep your

distance, stay home when unwell and keep your vaccinations up to date. This helps with the spread of all communicable diseases including, colds, flus, chicken pox, hand foot and mouth and of course COVID. Stay well.

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### **Canadian Mental Health Association Warmland SERVICE DAY**

Twice each year, we host a Service Day at Warmland House Shelter. These events take place in October and May to help those less fortunate as they transition to colder and then warmer weather. Individuals that are unhoused and precariously housed are invited to browse through donations and select what they need. The BBQ will be on and hot dogs, chips, and cold drinks will be served - PLUS free haircuts will be available to anyone in need thanks to our friends at Hair On Queens.

In preparation for Service Day, we reach out to the community and ask for donations of gently used seasonally appropriate clothing. This year, we are grateful to St. Peter's Quamichan, New Life Church, the Malahat Legion and 49th Parallel at Berkey's for providing drop off locations for donations. These items will be collected in advance of our Service Day which will be held October 17th at Warmland House Shelter.



If you have items to donate, please consider dropping off at the Malahat Legion by Saturday, October 8th or at 49th Parallel Grocery at Berkey's on Saturday, October 8th or Sunday, October 9th.

Once donations are received at the shelter, our volunteers will take a few days to sort and organise before the 17th.

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### Donate a Thanksgiving Meal

Warmland House Shelter prepares approximately 130 meals daily (breakfast and dinner) for homeless and marginally housed clients - seven days a week, 365 days a year. Donations of nutritional food are always welcome to offset the associated costs, and individuals or groups of friends and/or co-workers are invited to '[Sponsor a Meal](#)'.

Sharing a meal at Thanksgiving with those that are less fortunate is a simple way to acknowledge gratitude for all that we have. In recognition of this support, individuals and groups will be (optionally) thanked on our social media channels.

Warmland House also provides a link to essential services like clean, dry clothing, warm showers and toiletries, medical care, but most of all companionship, community, hope and belonging.



**VOLUNTEER Cowichan**  
In collaboration with:  
**United Way Healthy Aging Social Prescribing**

**SOUPER SENIORS**  
*Give a Senior a hot meal*

**Some other non-perishable food items accepted (no glass containers, please check expiration dates)**

- Canned meat (Chicken, tuna)
- Canned vegetables
- Canned fruit
- Ensure/Boost
- Carnation instant breakfast
- Peanut butter/Jelly
- Low salt, nutritious items are preferred

**WHY?**  
Many of our seniors live at or below the poverty line and need some food security support. Seniors are hesitant to reach out and ask for help. They were often the volunteers at the heart of local organizations.  
*Soup is easy to prepare and serve*

**HOW IT WORK?**  
Start collecting and dropping off tins of soup Challenge your neighborhood and community organizations or schools.

**WHEN?**  
September 7th to October 30th

**DROP OFF SITES:**

- **Vancouver Island Regional Library:**
  - Cowichan: 2687 James Street, Duncan
  - South Cowichan: 2720 Mill Bay Rd #310
  - Lake Cowichan: 68 Renfrew Av.
- Canco Supermarket - 550 Cairnsmore St, Duncan
- Volunteer Cowichan - 149 Canada Ave #1, Duncan
- Galletto Market & Deli - 1602 Joan Ave, Crofton
- Pharmasave - 3055 Oak St #101B, Chemainus
- 50+ Activity Centre - 55 Coronation Street, Lake Cowichan

For those unable to drop off items in person, monetary contributions are accepted and appreciated to buy shelf-stable items and support seniors nutritional needs.  
To make a Donation or more information call  
Carol-Ann: 250-748-2133

**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 well-being. 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](#)

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### **Thu-it [Truth] Continues Until October 6th!**

Don't miss out on this unique multi-media opportunity at the Cowichan Valley Arts gallery. Indigenous Elders and youth flip the narrative on our colonial history in a multi-media exhibit that runs through until October 6th, including a Youth Art Exhibit.

Please spread the word! Huy ch q'u from the Quw'utsun' Cultural Connections team.

### **Join a 3-Hour Experiential Workshop**

This 3-hour immersive experiential workshop is based on the impactful Journey of our Generation workshop. You will explore life in Cowichan pre-contact and understand the systems that are in place that divide us. Inspired by Jann Derrick's work, the circle and the box, participants will move through the structures of western and Indigenous systems.

Choose from the following dates:

September 29th - 1 pm

October 1st - 9:30 am

October 3rd - 9 am

October 5th - 5 pm

Register for the workshop through [Tickit](#) - \$40 or pay what you can.

[Register Here](#)

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## October 25th, 2022 – Co-building cultural competency and Indigenous engagement in the Can-SOLVE CKD Network with Craig Settee and Catherine Turner



In this webinar, we will share an Indigenous engagement framework and cultural competency initiatives, which focus on patient-oriented research (POR) at the Can-SOLVE CKD Network. You will learn about the Indigenous Peoples’ Engagement and Research Council (IPERC) along with the Wabishki Bizhiko Skaanj Learning Pathway that are part of this pan-Canadian kidney research network

**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:** Tuesday, October 25th, 2022 ([PST](#))

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

**Where:** Free online via Zoom

[View system requirements](#)

**Registration:** required to participate

(We would strongly recommend signing up for this event if you are interested even if you can’t make the date and time so we can have your information to send you the video link after the webinar session)

[\*\*Register for  
Webinar\*\*](#)

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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