



**Health Matters Newsletter**  
**September 12, 2023**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedule
  - Community Meetings
  - Our Health Our Community Survey Response Update -Seeking Your Support -Take the Survey Today!
  - Souper Seniors
  - Cowichan District Hospital Replacement Project Update
  - Reconciliation: Journey of our Generation
  - The Power of Indigenous Food Sovereignty Webinar Series
  - Tool Impact Feasibility Matrix - Attached
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**Community Meetings**

- ✓ **Next OCCHN Leadership Committee Meeting October 5, 4:30 pm**
  - ✓ **Next Our Cowichan Network Meeting September 14 in person- Ramada Silver Bridge Banquet Room**
  - ✓ **Next EPIC Committee Meeting- October 16th (moved forward one week due to holiday) location to be determined**
  - ✓ **Cowichan CAT – September 28 2023, 10 am -noon** contact Johanne Kemmler for access [Johanne.f.kemmler@gmail.com](mailto:Johanne.f.kemmler@gmail.com)
  - ✓ **HOLD the DATE- Cowichan Community Action Team Symposium October 12, 2023 (All day)**
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**Every Child Matters Walk**

**October 2<sup>nd</sup>**

**Walk Arrival 9:00 am- Walk Begins 9:30 am**  
**Si'em Lelum Soccer Fields River Road Duncan BC**  
**Wear Orange- Bring your Drums**

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## Our Health, Our Community Survey Update!

Hello partners,

Our Cowichan Communities Health Network (OCCHN) is excited to announce that the Our Health, Our Community (OHOC) survey has already obtained **2001** responses! Our community partners have driven a lot of traffic to the survey. On behalf of the survey team, we want to thank you for your support.

We still have some work to do to reach our goal of 4,500 survey participants, and we need your continued help. If you're looking for ways to support, here are a few ideas:

- Keep posting reminders online. We have uploaded graphics to the [OCCHN website](#) that you can download and share on Facebook and Instagram. Island Health is managing the survey's social media campaign. Look out for their handle @VanIslandHealth across Facebook, Instagram, Twitter, and LinkedIn, and please re-post their shares. Social media engagement is critical for this project's success.
- [Print our poster](#) and put it up in your office, break room, or community bulletin board. Or share it in your community newsletter with a reminder for all community members over 18 years of age to fill out the survey today!
- [Print our flyer](#) and bring it to your community meetings, events, and more.
- [Share our online calendar](#) of public outreach events. Our amazing team of field surveyors will host outreach booths across the region this August and September. Their role is to support community members to access information on the survey and to fill it out. If you know of any community member who needs support filling out the online survey, check out or share our outreach booth schedule.
- Challenge yourself to share the survey with 20 contacts this week.
- **Share the survey link:** [www.ourhealthourcommunity.ca](http://www.ourhealthourcommunity.ca)

If you have any questions about the survey or how to spread the word, please be in touch.

In gratitude,

OHOC Survey Team



*The following project update has been sent to all Cowichan staff, community partners and project subscribers on behalf of the Cowichan District Hospital Nutsa'maat Alliance.  
Please share with your community networks and interested parties.*



August 30, 2023

You don't need wings to fly through the new Cowichan District Hospital. Join us for an uplifting tour of the future Diagnostic & Treatment Centre, Patient Registration and lounge spaces, Emergency Department and inpatient unit, and get a sense of what the new facility will look like when it opens for patient care in 2027.




Construction teams continue to make amazing strides at the site on Bell McKinnon Road. We've started to come up and out of the ground as the crews work on the "slab on grade" portion of the Diagnostic and Treatment Centre. Read our [summer project update](#)

to catch up on the progress to date and meet some of the people who share a passion for creating a new hospital that works for patients, staff and the environment.

*The new hospital is being built on the unceded traditional territory of Cowichan Tribes*

**PROJECT UPDATE** **SUMMER 2023**



**Your new Cowichan District Hospital is on the horizon**

The grounds are prepped, the cranes are up and the foundation concrete pours are nearly complete at the site of the future Cowichan District Hospital (CDH). Construction on this much-anticipated community hospital replacement is well underway following the selection of EllisDon Corporation and Parkin Architects as successful proponents for this \$1.446 billion capital project.

The new CDH is slated to open in spring 2027 to replace the current facility which opened in 1967.

"The vision for the new hospital is to create the most welcoming place of healing and hope," says Alice Gelpke, executive director. "So many staff and community members - including patients - have had a hand in developing plans for their future hospital. It's exciting to share the renderings and see the changes taking shape at the site on Bell McKinnon Road."

The footprint will be three times larger than the current CDH with capacity for 204 beds and a commitment to culturally safe, person-centred health services and environmental sustainability.

"The new hospital is going to be an amazing space for patients and their families to come for care, and for health care staff and physicians as a place to work," notes Dr. Maki Ikemura, Interim Executive Medical Director and a local maternity physician.

"There is so much natural light in all care spaces and workspaces, a beautiful Indigenous healing garden and other outdoor-indoor integration, which we know is essential for recovery and rejuvenation. We're going to have state-of-the-art equipment and facilities, more beds, a bigger Intensive Care Unit, more operating rooms, a roomier Emergency Department, and so much more. It's exciting that, as staff and providers, and patient partners, we've been able to be involved from the beginning in making sure that the design of the new build really meets the needs of our population and our programs."


Despite its expanded size, the new CDH will be more environmentally friendly than the current facility, thanks to advancements in energy and water efficiency technology.

It will be B.C.'s first fully electric hospital and is being built to achieve or exceed LEED Gold® standards for environmental sustainability.







In keeping with the current hospital, parking and public WiFi will remain free of charge.


Site work will continue over the next several years. If you or someone you know would like to help build a community of care for a community that cares, there are job openings in health care and the skilled trades. Email the project team at [newcdh@islandhealth.ca](mailto:newcdh@islandhealth.ca) for more information.

In case you missed it, the team was pleased to present the renderings and host a Q&A earlier this year. The video recording is archived at: [www.islandhealth.ca/newcdh/news](http://www.islandhealth.ca/newcdh/news).



**VISIT [WWW.ISLANDHEALTH.CA/CRANE-CAM](http://WWW.ISLANDHEALTH.CA/CRANE-CAM) TO FOLLOW OUR PROGRESS. PHOTOS UPDATED WEEKLY!**



**Cowichan District Hospital**  
NUTSA'MAAT ALLIANCE

*Our Vision: To create the most welcoming place of healing and hope*  
*Our Values: Trust | Respect | Humility | Curiosity | Inclusivity*



**Thank you for reading!**



[www.islandhealth.ca/newcdh](http://www.islandhealth.ca/newcdh)

To subscribe, unsubscribe, submit feedback or questions, please email [newcdh@islandhealth.ca](mailto:newcdh@islandhealth.ca).

In collaboration with:



Food Security Task Force

#### 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.

Our seniors were often the volunteers at the heart of local organizations.

Soup is easy to prepare and serve.

#### How It Works?

Start collecting and dropping off tins of soup. Challenge your neighbourhood and community organizations or schools.

#### When?

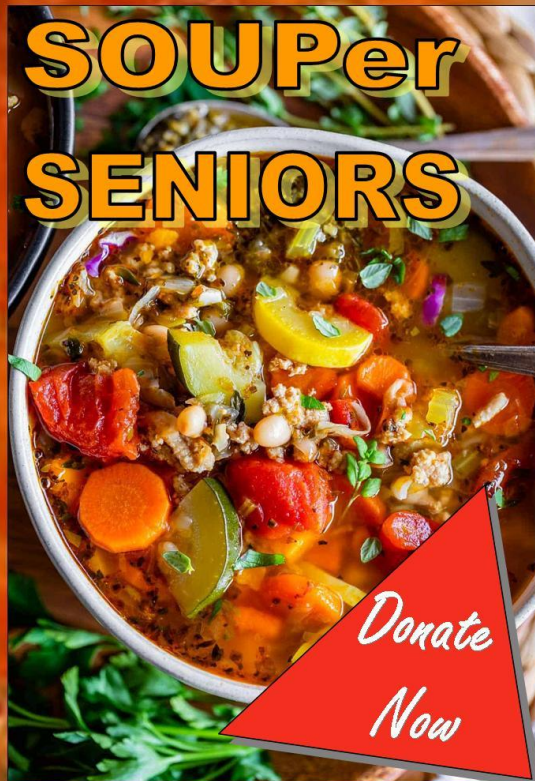
September 7th to October 20th, 2023

*Items collected will be distributed to seniors in community and/or shared with local food baskets.*

**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/ Jellies or Jams
- Low salt, nutritious items are preferred

# SOUPer SENIORS



Donate  
Now

#### DROP OFF SITES:

- \* Vancouver Island Regional Libraries
  - Cowichan - 2687 James St, Duncan
  - South Cowichan - 2720 Mill Bay Road, #310
  - Chemainus - 9796 Willow St, Chemainus
- \* Canco Supermarket - 550 Cairnsmore St, Duncan
- \* 50+ Activity Centre - 55 Coronation St, Lake Cowichan
- \* Expedia Cruises - 155 Canada Avenue, Duncan
- \* Galletto Market & Deli - 1602 Joan Avenue, Crofton

For those unable to drop off items in person, monetary contributions are accepted & appreciated to buy shelf-stable items and support seniors nutritional needs.

To make a Donation or for more information please call

**Carol-Ann at 250-746-8171**

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**In advance of the National Day for Truth and Reconciliation,  
please join us for our upcoming workshop September 28th:**

**RECONCILIATION: JOURNEY OF OUR GENERATION**



*"This was one of the most powerful and impactful workshops I have ever attended. I was humbled by the courage and honesty of the Elders to share and educate. The information is offered in a way that does not blame but asks 'How can we heal this?'"*

**September 28th - Duncan - Comiaken Room, Quw'utsun' Cultural & Conference Centre**

Since 2006 here in Cowichan, Elders have been sharing their stories, their history and their healing following the values of nuts'amaat shqaluwun, people working together with one heart, one mind, one spirit. As Tousilum reminds us, the longest journey is from our head to our hearts. We each have much to learn along the way as we learn forgiveness, and practice the values found in kindness, expressed through love and guided by respect.

Join Quw'utsun' Elders who will take you on a journey through time with stories of pre-contact village life, the arrival of settlers, the development of colonies and policies of colonization. Sit inside western systems and Indigenous ways of being, to experience the impacts, effects and changes brought about by colonization. Explore the questions of where and how we go from here and join thousands of people who have participated and are committed to walking the road of Q'shintul - walking this journey together.

**Registration:** Register through [EventBrite](#) or email: [gccsociety@gmail.com](mailto:gccsociety@gmail.com).

**Cost:** \$65 (includes lunch, snacks, coffee and tea). *No one will be turned away due to insufficient funds.*

**Please share widely and encourage friends and colleagues to attend!**

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**September 21st, 2023 – The Power of Indigenous Food Sovereignty Series:  
Dietitian perspectives and stories about the Impacts of Colonization on  
Indigenous health and food systems With Gerry Kasten, Michael Wesley,  
Seamus Damstrom and Tatyana Daniels**



In this first part of “The Power of Indigenous Food Sovereignty Series” Gerry Kasten, Michael Wesley, Seamus Damstrom and Tatyana Daniels will be sharing their journey with Indigenous food system and sharing the impacts of colonization. This webinar will emphasize the importance of recognizing Canada’s/BC’s colonial history, acknowledging Indigenous Peoples’ resilience and exploring the role that dietitians have in reconciliation.

[Learn about this session](#)

[Register for the 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