



**Health Matters Newsletter
September 16, 2022
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Souper Seniors Meal Project
- Indigenous Day of Learning Invitation- Attached
- September 30 Day of Truth and Reconciliation- Attached



If you look closely at this photo, you will see who joined me on my sunset walk.

Community Meetings

- ✓ **Next Admin Committee Meeting** **October 6- 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 for access
- ✓ **Cowichan CAT – September 22, 2022, 10 am -noon-** **Heritage Hall Cowichan Community Centre** contact Leah Vance leahlvance@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



In collaboration with:



Social Prescribing

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

SOUPER SENIORS



Give a Senior a hot meal

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

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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