



**Health Matters Newsletter
September 20, 2023
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Every Child Matters March
- Our Health Our Community Survey Response – We are getting there update. Take the Survey Today!
- Souper Seniors
- Seeking patients who had abnormal cells of the breast, cervix, bladder or prostate for a research study of a single telephone interview
- The Power of Indigenous Food Sovereignty Webinar Series
- Period Poverty Photo Voice Exhibition



Community Meetings

- ✓ **Next OCCHN Leadership Committee Meeting October 5, 4:30 pm**
- ✓ **Next Our Cowichan Network Meeting November 9 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
- ✓ **HOLD the DATE-** Cowichan Community Action Team Symposium October 12, 2023 (All day)

Every Child Matters Walk

October 2nd

Walk Arrival 9:00 am- Walk Begins 9:30 am

Si'em Lelum Soccer Fields River Road Duncan BC

Wear Orange- Bring your Drums

Survey Responses by Area- We are Getting Closer!

We all know people living in the Cowichan Region from many different communities and areas. We are SO close to meeting our targets for the survey in some areas, exceeding in some and still have work to do for others. Take a look at the numbers below and if you know someone who lives in the identified areas be sure to encourage them to take the survey! For example, Cowichan Valley Area E **only needs 19 more people! We can do it!**

Take a look at the list below and help your communities reach their targets!

Municipality	Target	Responses Received	Percentage of Target Received	Number of Responses to go
City of Duncan	167	509	304.1	Bonus you did it!
Area A -Mill Bay Malahat	399	106	26.6	293
Area B- Shawnigan Lake	670	117	17.5	553
Area C -Cobble Hill	432	158	36.6	174
Area D- Sahtlam/Glenora	107	109	101.7	Bonus you did it!
Area E- Cowichan Station	132	113	85.3	19 -So close
Area F- Cowichan Lake South	138	77	56.0	61- You can do it
Area G- Saltair/Gulf Islands	83	157	189.6	Bonus you did it!
Area H- North Oyster/Diamond	214	25	11.7	189
Area I -Youbou	106	59	55.7	47- You can do it
Municipality of North Cowichan	974	715	73.4	259
Town of Ladysmith	280	263	93.9	17 -Almost there
Town of Lake Cowichan	266	140	52.6	126





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 **2570** 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

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

In gratitude,

OHOC Survey Team



Seeking patients who had abnormal cells of the breast, cervix, bladder or prostate for a research study of a single telephone interview

Background:

Many people have tests and biopsies to confirm or rule out a cancer diagnosis. These tests and biopsies may show abnormal cells with a very low risk of ever turning into cancer that spreads. Many patients with these abnormal cells are unclear about whether or not they have cancer, which causes anxiety and reduces quality of life. Research is needed to improve communication about these abnormal cells so that patients can better understand their diagnosis and treatment options, and what it means for their long-term health.

Study purpose:

Identify ideal ways to name and discuss abnormal cells by asking patients and doctors about the names they prefer for abnormal cells of the **breast, cervix, bladder, or prostate**.

You can participate if you:

- Were 30 years of age or older when diagnosed with abnormal cells
- Live anywhere in Canada
- Can understand and speak English language
- Were **newly diagnosed (first time, no recurrence) in the last five years** with abnormal cells that your doctor may have referred to as low-risk, stage 0, or pre-cancer of any of the following types:
 - o **Breast** – ONLY ductal carcinoma in situ Stage 0 confirmed by biopsy. You may have been treated with surgery, and sometimes radiation therapy or hormone therapy
 - o **Cervix** – abnormal cells detected by Pap test or biopsy of two types: (1) mild dysplasia or LSIL (low-grade squamous intraepithelial lesion) managed by repeat testing, or (2) moderate dysplasia or HSIL (high grade squamous intraepithelial lesion) managed by removing the abnormal cells
 - o **Bladder** – referred to as Stage 0, detected by urine test, CT/MRI scan or internal test, and managed by removing the abnormal cells, sometimes along with other types of treatment
 - o **Prostate** – referred to as Grade Group 1, detected by rectal exam, ultrasound, or biopsy, managed by repeat tests to see if the abnormal cells change, or by removing the abnormal cells, sometimes along with other types of treatment

What you will be asked to do:

- Read and sign an online consent form
- Take part in a single telephone interview of about 20 minutes: we will ask for your opinion about the words used to name and describe abnormal cells in the breast, cervix, bladder or prostate

What we will give you:

- After you participate in the telephone interview, we will send you compensation
- When the study is done, we will send you a summary of the results

To express interest or ask questions:

The research study is being conducted by Dr. Anna Gagliardi from the University Health Network (UHN) in Toronto with funding from the Canadian Cancer Society. If you are interested in participating or wish to learn more about the study, please contact the study coordinator: Mavis.Lyons@uhn.ca. *Please note that information sent by email may be accessible by external parties and therefore not entirely secure. Please do not communicate personal sensitive information via e-mail.*



SOUPer SENIORS

Donate Now

In collaboration with:



Cowichan Green Community
Cultivating food, community, and resilience

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

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



What if they did grow on trees?

Period Poverty Cowichan *a photovoice exhibition*

October 24 - November 10

CVAC Studio - 2687 James Street, Duncan

Open weekdays 11:00 - 4:00

Saturdays 12:00 - 4:00

Launch Event 5:00 - 7:00 Tuesday, October 24

info: ed@cowichanwomenshealth.ca

<https://www.cowichanwomenshealth.org/>



Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island



**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](#)

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