



**Health Matters Newsletter
September 25, 2020
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Our Cowichan Small Grants Open Sept 1, 2020- Last Week
- Equity and Inclusion Task Force Meeting
- Regional Transit Survey
- Information on Supported Housing
- Long Term Residential Care Survey
- Providing Care to those in Long Term Care During the Pandemic- a Managers Story
- Participaction- Get Moving and Win
- New Horizons for Seniors Grant Opportunity
- Helpful Links During COVID Crisis



*When you find "art"
in a back-road's
creek on the Marine
Circle Route. You
also find a mighty
big tree!*



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- ✓ Next Admin Committee Meeting **October 1, 4:30 pm- Location to be Determined**
 - ✓ Next Our Cowichan Network Meeting **November 12 In Person Meeting to be determined**
 - ✓ Next EPIC Committee Meeting- **October 15 1:30 pm-3:00 pm Teleconference Call**
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Community Events- Meetings

- **Community Action Team (CAT) Meeting 9:00 am October 22, 2020, Contact Cindy for access**

Calls for Proposals Small Grants Project

Cowichan Valley

Thank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of \$2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well-being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships. Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities' future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

Project focus:

OCCHN small grants are designed to meet a specific need or a specific project that would not otherwise be able to happen or would be significantly impacted without funding.

Through strategic planning OCCHN has identified 5 priority areas.

- **Children and their families aged 0-6** including prenatal care, maternal health, nutrition, early childhood development, role of fathers, social supports, physical literacy
- **Promotion of good health- all ages** including nutrition, physical activity, environment, social supports
- **Elderly** including home support, housing, caregiver support, mental health, healthy aging, social supports
- **Identifying causes and prevention of chronic illness- all ages** including mental health, alcohol consumption, substance use, smoking, vaping, respiratory, diabetes, circulatory/ heart disease
- **Poverty /Economic Status** including education, employment, living wage, poverty reduction

Projects addressing these priorities will be given first consideration.

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the 12 determinants of health will be accepted for review.

Application templates and supporting documents are available on our website www.ourcchn.ca or contact Cindy Lise at cindylisecchn@shaw.ca . Applications will be accepted up to noon on September 30, 2019. Funding announcements will be made by October 15, 2020 or sooner.

- 1 copy must be submitted by email to: cindylisecchn@shaw.ca and must be confirmed received by noon September 30.
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COWICHAN
INTERCULTURAL
SOCIETY

IMMIGRANT
WELCOME CENTRE
OF COWICHAN



BRITISH
COLUMBIA



EQUITY AND INCLUSION

task force meeting

**Monday,
September 28**

1:00 - 2:30 pm

In person or virtual

Please join us for our second Equity & Inclusion Task Force Meeting.

We work for racial justice and stand with all who seek it.

Join the conversation.

Take action.

Covid-prevention-friendly in-person meeting.

- To attend in person to the meeting, please RSVP at erin@cis-iwc.org
- To join this meeting online, [please register here](#).

Please contact Erin (250-748-3112 / erin@cis-iwc.org) for further details.

where cultures connect

Cowichan Valley Intercultural and Immigrant Aid Society
321 St. Julian Street | Duncan BC | V9L 3S5 | 250 748 3112 | www.cis-iwc.org

Supported Housing Information- Your community is asking- here are the facts to share broadly

Here is some information regarding upcoming **supported housing** for folks who want to learn more:

- [Let's Talk website \(Cowichan Valley\)](#) – A number of resource documents are available here.
- North Cowichan Drinkwater - [Fact Sheet](#)
- Duncan White Road materials - [Fact Sheet](#)
- Community Benefits - [Fact Sheet](#)
- Great example and video of the Parksville Project [Orca Place supportive housing](#).
- Information on application process (attached)

Providing Care in Long-Term Care and Assisted Living During the COVID Pandemic A Managers Thoughts and Struggles

Laura, the Administrator at Qualicum Manor, shares her thoughts and struggles about managing a LTC home during Covid.

<https://www.canadian-nurse.com/en/articles/issues/2020/september-2020/long-term-care-manager-struggles-to-balance-residents-quality-and-quantity-of-life>

Long Term Care and Residential Care Survey

We want to hear ***your story*** in ***your words*** about the impact of living with the visit restrictions in long-term care and assisted living that have been required in response to the COVID-19 pandemic.

We invite you to take our survey online at www.carehomevisits.ca. The survey is available until September 30, 2020.

You can also call our office at 1-877-952-3181 if you would like to schedule a time to have a surveyor call you to complete the survey over the phone or if you would like a printed copy mailed to you (with postage paid).

- [Click here to access a copy of the visitor's survey](#) that you can print off and mail to us.
- [Click here to access a copy of the resident's survey](#) that you can print off and mail to us.
- [Click here to access a copy of the general public survey](#) that you can print off and mail to us. This version is intended for people who do not visit a care home but would like to offer their views.

Your experiences and insights are very important. This is **your** lived experience and hearing directly from residents and family members will help us better understand the overall impact of the COVID-19 pandemic on residents living in long-term care and assisted living and the people who love them.

Get active, get exploring and get winning with ParticipACTION's Great Big Move! From October 1st – 31st, Canadians can get active while virtually exploring the country as a team with their friends, family or colleagues through the [free ParticipACTION app](#). As you and your team get active (by simply going for a bike ride, walk or hike), milestones are unlocked, increasing your chances at winning **up to \$20,000 in awesome prizes!** Learn more about the challenge and how to reap the benefits of getting active outdoors in our latest blog.

[READ THE BLOG](#)

Get Active. Get Exploring. Get Winning. Be sure to download the [free ParticipACTION app](#) to participate in the Great Big Move for a shot at up to \$20,000 in prizes!

New Horizons for Seniors Granting OPEN

I am pleased to share that applications for the [New Horizons for Seniors Program \(NHSP\) 2020-2021](#) are now being accepted. This is a great opportunity to advance the age-friendly initiatives in your community!

This year's funding will support programs that offer specific COVID-19 relief or recovery activities for older adults. The deadline to submit applications is October 20, 2020 at 3:00 pm EST.

To learn more about this funding opportunity, please review the links provided below.

Kind regards,
Lisa

—
Lisa Brancaccio
Age-Friendly Communities Knowledge Broker
brancacl@providencecare.ca

Regional Transit Survey for Services from Duncan to Nanaimo

I would like to update you with regards to a new transit initiative we are working on - Interregional Transit between Regional District of Nanaimo and the Cowichan Valley Regional District.

We currently have an ONLINE survey available as well as dedicated website for information and input. The survey is available between September 18, 2020 - October 16, 2020.

For your reference, please see below link to the website and survey and feel free to distribute to your contacts.

<http://engage.bctransit.com/cvrd-rdn/>

Thank you and take care!

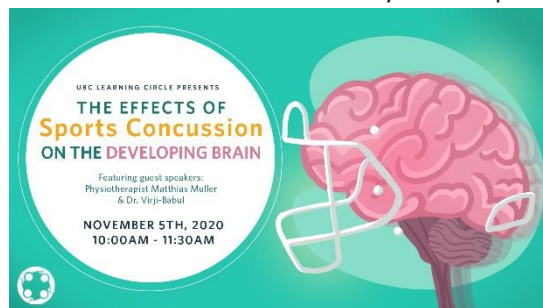
If you have any questions, or require additional information, please let me know.

Thanks
Rachelle

Rachelle Rondeau, rpp
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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**

Some Information that may be helpful during the COVID 19 Crisis

- **If you feel sick**, isolate yourself and use B.C.'s online [self-assessment tool](#).
- **BC Centre for Disease Control**
<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care>
- BC Housing provides great information <https://www.bchousing.org/COVID-19>
- **How to support your clients or residents**
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/vulnerable-populations-covid-19.html>
- **Self isolating in the home or co-living setting**
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-cases-contacts.html#app1>

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