



**Health Matters Newsletter**  
**September 29, 2022**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Souper Seniors
- September 30 Day of Truth and Reconciliation- Attached
- Advanced Care Planning – Attached
- Thu it (Truth) Exhibition at Cowichan Community Centre
- Resilient Homes Webinars
- Next Family Support Group- Attached



*September 30<sup>th</sup> is Truth and Reconciliation Day. Our road to Truth and Reconciliation lies within each of us and it is our time to learn, ask questions and change the narrative of the past. My journey began many years ago and continues to this day. In 2008 I was honoured to be invited to paddle in Tribal Journey's for my work with First Nations children and families through Success By 6 which continues now via Our Cowichan. Join me in walking together tomorrow.*

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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 [leahlvance@gmail.com](mailto:leahlvance@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- stay tuned

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**VOLUNTEER**  
**cowichan**

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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**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.



### 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.

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## 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](#)



## 2022 FALL OUTREACH SERIES: RESILIENT HOMES

### Fall Outreach Series

Join the Regional District of Nanaimo, the Cowichan Valley Regional District, and local energy advisors during our Fall Outreach Series, to learn how renters and homeowners can save money, reduce energy use, and make their homes more comfortable year-round.

With the theme of Resilient Homes, this years' series will include both virtual and in-person events where you can meet industry experts. Come learn about the benefits of upgrading your home's heating system and improving your home's efficiency, learn about resources that can help you get a better

result, and get some tips on the different federal, provincial and local rebates that are currently available to RDN residents.

Be sure to stay updated via Instagram, Facebook and Twitter, and register with the links down below. See you this fall!

**Please register for webinars by clicking the "Registration Link" below each webinar.**

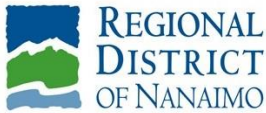
For more information, please contact 250-390-5422 or [sustainability@rdn.bc.ca](mailto:sustainability@rdn.bc.ca).

## Schedule of Events

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| <p>Thursday,<br/>October 6</p> <p>7:00 – 8:00 pm</p>                            | <p>Webinar:<br/>Considering a Heat Pump?</p> <p><a href="#">Registration Link</a></p>                               | <p>Heat pumps are the most efficient, and climate-friendly, heating and cooling system on the market today. Join the Regional District of Nanaimo (RDN), the Cowichan Valley Regional District (CVRD), and CleanBC Better Homes to learn what a heat pump is, the benefits of heat pumps, and what rebates and other financial supports are available to help you upgrade your heating system.</p> |
| <p>Wednesday,<br/>October 19</p> <p>7:00 – 8:00 pm</p>                          | <p>Webinar:<br/>Home Energy Efficiency How-to: Rebates and Renovations</p> <p><a href="#">Registration Link</a></p> | <p>Join the Regional District of Nanaimo to learn more about how you can improve your home's resilience and comfort while reducing energy bills, with solutions for every budget. An Energy Advisor will explain how an EnerGuide home evaluation can both help you understand how your home uses energy, and identify retrofits to help improve energy efficiency.</p>                            |
| <p>Friday, October 21</p> <p>1:00 – 6:00 pm</p> <p>Saturday,<br/>October 22</p> | <p>Nanaimo Home Show</p>  | <p>Still curious if a heat pump is right for your home? Visit local government staff at the Fall Home Show to see a heat pump demonstration model on display. We will also have information on sustainable home upgrades and how to access over \$5000 in rebates and financing offers.</p>  |

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| <p>9:30 am – 5:30 pm</p> <p>Sunday, October 23</p> <p>10:00 am – 4:00 pm</p> | <p>Address</p> <p><a href="#">Beban Park Social Centre Auditorium</a><br/>2300 Bowen Rd,<br/>Nanaimo, BC V9T 3K7</p> |   |
| <p>Wednesday, November 2</p> <p>12:00 – 1:00 pm</p>                          | <p>Webinar:</p> <p>Considering a Heat Pump?</p> <p><a href="#">Registration Link</a></p>                             | <p>Missed our first webinar? Join this lunch and learn session with the RDN, the CVRD, and CleanBC Better Homes to learn about the benefits of purchasing a heat pump, how to find a registered contractor and what rebates, and what financing offers and supports are available to help you upgrade your heating system. This webinar will provide another chance to ask questions directly and learn more about energy consumption, ownership, costs and savings for heat pumps.</p> |

**Series supported by**



**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