



**Health Matters Newsletter  
April 17, 2020  
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- The Doctor is In- Information for those without a family physician
- Canadian Tire Supports Community Organizations
- Pathways Community Resource Directory Goes Live
- A Message from Cowichan Leaders
- BC Non-Profit COVID Impact Survey
- VIU Essential Work Skills Program (WEST)
- Helpful Links During COVID Crisis



For most up to date community services information go to [www.ourcchn.ca](http://www.ourcchn.ca) (latest update April 15)

*Take the path less travelled... social distancing is built into the environment.*

- 
- ✓ **Next Admin Committee Meeting- May 7, 4:30-6:30** CVRD Committee Room 2 TELECONFERENCE
  - ✓ **Next Our Cowichan Network Meeting Meetings on HOLD until further notice**
  - ✓ **Next EPIC Committee Meeting- April 23 1:15 pm-2:45 pm Teleconference Call**
- 

**Community Events- Meetings**

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) CANCELLED**
- **Community Action Team (CAT) Meeting 9:00 am April 23, 2020, TELECONFERENCE 1-844-445-4475 Access Code 4381 5922** Due to the large number of participants **Please send Email to Cindy if you are going to be on the call to assist with Moderation – technical difficulties may occur due to busy systems- keep trying to get on line so line will be open 10 minutes early**

- **EPIC-Community Steering Committee 1:00 pm-2:20 pm, April 23 1:15 pm TELECONFERENCE 1-844-445-4475 Access Code 4381 5922 – technical difficulties may occur due to busy systems- keep trying to get on line. Line will be open 10 minutes early**

---

### **The Doctor Is In- New Information re: Patients with or without a family Physician**

- Those without a physician – Attached

Cowichan Division of Family Practice post is now up on our newly created Facebook page: <https://www.facebook.com/CVDFP/posts/104437137887548>

---

### **Canadian Tire Supports Community Organizations- (attached)**

#### **VIU Workplace Essential Skills Training (WEST)**

Please help us spread the word far and wide throughout the community, especially to community members with developmental disabilities/cognitive barriers/learning disabilities...

**We are accepting applications for the Workplace Essential Skills Training (WEST) Program in Duncan and Nanaimo!** We are currently continuing to run classes online, and we will be starting a new cohort in September. If it is safe, we will be in the classroom/community, and if physical distancing is still required, then we will be starting a new cohort online. Whatever the situation, we will be running and we are looking for our future students!

WEST is a two-year full-time work experience and skills training program for neurodiverse adults (17+) with special needs, developmental disabilities or learning disabilities (can be self-diagnosed). There is full funding for tuition and books for low-income students/anyone on PWD. Find more info at [www.viu.ca/west](http://www.viu.ca/west) and contact Jo Lemay at [jo.lemay@viu.ca](mailto:jo.lemay@viu.ca). Application forms and brochure are attached. The application form can be emailed back to me.

Thank you for your help in connecting with our future students, and sharing about this amazing program with your contacts! I am very happy to chat and answer questions.

Take care, be safe, and thank you so much for the important work you are doing in our community,

Jo Lemay  
WEST Program Coordinator/Instructor  
Vancouver Island University, Cowichan Campus  
2011 University Way, Duncan, BC  
[jo.lemay@viu.ca](mailto:jo.lemay@viu.ca)  
[www.viu.ca/west](http://www.viu.ca/west)

---

**PATHWAYS on line Community Resource Guide is now live. (poster attached to distribute broadly)**

We are transitioning to the Pathways resource guide as discussed at the March Our Cowichan meeting. If you don't see your organization included in the resource contact Janice Schmidt [nanaimo@pathwaysbc.ca](mailto:nanaimo@pathwaysbc.ca)

As you know, the Pathways Cowichan community pages are up and running, and are under active review for additions/revisions to ensure the resource is current and relevant. We are starting to actively promote this resource to the community via our Facebook page and website (links below). We invite you to like/share our posts to help spread the word.

[CVDFP Facebook post](#)

[CVDFP website](#)

---

## A message from Cowichan Leaders (For Easter but it applies to all every day)

<https://www.youtube.com/watch?v=u6YgPS4phBI>

---

## 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>
- **Social Planning Cowichan Connecting Service Providers**  
[https://m.facebook.com/story.php?story\\_fbid=2716849235030455&id=660104927371573](https://m.facebook.com/story.php?story_fbid=2716849235030455&id=660104927371573)
- **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>
- **BC Housing Information for Homelessness Service Providers**  
<https://www.bchousing.org/COVID-19>
- **How COVID-19 puts people who use drugs at greater risk**  
<https://leaderpost.com/diseases-and-conditions/coronavirus/how-covid-19-puts-people-who-use-drugs-at-greater-risk/wcm/66c9b32f-bc4f-4684-a8c1-b9d0a485aeed/>
- **Calls to B.C. Crisis Centre double in response to COVID-19 outbreak**  
<https://www.citynews1130.com/2020/03/30/calls-to-b-c-crisis-centre-double-in-response-to-covid-19-outbreak/>
- **BC Will Prescribe Heroin Alternatives to Slow Overdoses and COVID-19 Exposure**

An emergency harm reduction strategy allows dependent drug users to take home medical replacements for fentanyl, meth, and other street drugs.

[https://www.vice.com/en\\_ca/article/v748q4/bc-will-prescribe-heroin-alternatives-to-slow-overdoses-and-covid-19-exposure](https://www.vice.com/en_ca/article/v748q4/bc-will-prescribe-heroin-alternatives-to-slow-overdoses-and-covid-19-exposure)

- 'Worst case scenario': Crisis workers seeing spike in domestic violence concerns during pandemic  
<https://bc.ctvnews.ca/worst-case-scenario-crisis-workers-seeing-spike-in-domestic-violence-concerns-during-pandemic-1.4875911>

---

## BC NON-Profit COVID Impact Survey

Nonprofits are doing their best to keep our communities together. Being on the front line, this makes them a crucial source of information on where and how funders should pay attention.

We have launched the BC Nonprofit Impact Survey to catch concrete, practical data on the state of BC's non-profit sector during the COVID-19 pandemic. If your organization wants to participate, please have a senior leader submit answers as a representative for the team.

Take the survey (Link: <https://www.surveymonkey.com/r/BCNonprofitSurveyCOVID2020>)

Results will be available to you as well as to funders and umbrella organizations to advocate for the needs and inclusion of the whole non-profit sector during and after the COVID-19 pandemic. It will also be used to support funders to identify meaningful funding and supports.

This BC Nonprofit Impact Survey will take about 15 minutes. Answers will be anonymously shared with Vancouver Foundation, City of Vancouver, and other government agencies interested in data on our sector.

The survey will remain open until April 20, 2020. However, answers submitted before the deadline will still be considered by funders as decisions are made in real-time — so **the sooner you let us know how you can be supported, the better.**

In recognition of your time, survey respondents can enter to win a \$50 London Drugs gift card. Instructions are available at the end of the survey.

Wishing you are keeping healthy and safe during these challenging times.

**Omar Dominguez** [he/his pronouns]

Director of Government Relations & Sector Development, Vantage Point  
1183 Melville St, Vancouver BC V6E 2X5

C: 778-829-6136 | e: [odominguez@thevantagepoint.ca](mailto:odominguez@thevantagepoint.ca) | [thevantagepoint.ca](http://thevantagepoint.ca)

---

# 10 WAYS TO SECURE ZOOM!



## 1 Use a Unique ID for Large or Public Zoom Calls



When you schedule a Zoom meeting, look for the Meeting ID options and choose Generate Automatically. Doing so plugs up one of the biggest holes that Zoom-bombers can exploit.

## 2 Require a Meeting Password



One way to protect the meeting is to require a password. You can give the password out only to those who have replied and seem credible. To password-protect a meeting, start by scheduling a meeting and checking the box next to Require meeting password.



## 3 Create a Waiting Room

When participants log into the call, they see a Waiting Room screen, the host, lets them in. You can let people in all at once or one at a time, which means if you see names you don't recognize in the Waiting Room, you don't have to let them in at all.

## 4 Only the Hosts Should Share Their Screen



Make sure your settings indicate that the only people allowed to share their screens are hosts. You can enable this setting in advance as well as during a call.

## 5 Create an Invite-Only Meeting



# 5

Only people who can join the call are those you invited, and they must sign in using the same email address you used to invite them.

# 6



## 6 Lock a Meeting Once It Starts

While the meeting is running, navigate to the bottom of the screen and click Manage Participants. The Participants panel will open. At the bottom, choose More > Lock Meeting.



## 7 Kick Someone Out or Put Them on Hold

During the call, go to the participants pane on the right. Hover over the name of the person you want to boot and when options appear, choose Remove.

## 8 Disable Someone's Camera



If someone is being rude or inappropriate on video, the host can open the Participants panel and click on the video camera icon next to the person's name.

## 9 Prevent Animated GIFs and Other Files in the Chat



In the chat area of a Zoom meeting, participants can share files, including images and animated GIFs—if you let them.

## 10 Disable Private Chat



Open Settings in the Zoom web app (it's not in the desktop app). On the left side, go to Personal > Settings. Then click In Meeting (Basic). Scroll until you see Private chat. When the button is gray, it's disabled.

## **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 weekly  
newsletter