



**Health Matters Newsletter
February 4, 2022
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- [Resources are stretched please be patient when seeking booster shot or testing](#)
- Coldest Night of the Year- Join the Event
- Woodsmoke and COVID -19
- Help Develop a CVRD Active Transportation Plan
- Food Systems, Climate and Resilience Dialogues
- Volunteer Counselling Training Opportunity
- Parenting Without Power Struggles



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- ✓ **Next Admin Committee Meeting** **March 3- 4:00 pm** zoom call
 - ✓ **Next Our Cowichan Network Meeting** **Postponed until further notice**
 - ✓ **Next EPIC Committee Meeting-** **February 17, 2022, 1:30 pm-3:00 pm** zoom call
 - ✓ **Cowichan CAT – February 24 2022, 10 am -noon** contact Leah Vance Leah Vance leahlvance@gmail.com for access
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Omicron Continues to Circulate Please GET Vaccinated

Resources are being pushed to the limit. Please be patient with accessing vaccination appointments and COVID testing.

In the event that there are no vaccine appointments showing on the booking site you can return to the site at a later time and more appointments will be opened up. (*Not all appointments are placed on the site daily and are done in increments*). Pharmacies may only post openings a few days in advance. More appointment openings are updated daily so please keep checking.

[B.C.'s response to COVID-19 - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca)

Everyone 18 years and older will be invited to get a booster dose of the COVID-19 vaccine, starting with people most at risk.

- [Learn about booster doses](#)



Saturday, Feb. 26: ❄️ [The Coldest Night of the Year,](#)

a national family-friendly fundraising walk to support unhoused and hungry people, will support the Canadian Mental Health Association's efforts to establish a space and support for youth without a home in the Cowichan region.



Wood Smoke and COVID-19

[According to information posted on CDC's website](#), if you are recovering from COVID-19, you may be at increased risk of health effects from exposure to residential wood smoke this heating season due to compromised heart and/or lung function related to COVID-19. In addition, exposure to wood smoke may make you more susceptible to respiratory infections, likely including COVID-19. Note that because particle pollution is the main component of wood smoke, most of our understanding of the potential health consequences of wood smoke exposure comes from examining research on the health effects of particle pollution.

There are various measures you can take to protect the health of yourself, your family and your neighbors from the potentially harmful effects of residential wood smoke, both indoors and out, this heating season:

- Know the [health risks](#) of wood smoke exposure, and [know the difference between symptoms of wood smoke exposure and COVID-19](#).

- Upgrade your old wood burning device to a cleaner, [more efficient appliance](#) (gas, heat pump, EPA-certified stove).
- Employ [best burn practices](#), including burning only dry, seasoned firewood (moisture content less than 20%) and maintain a hot fire.
- Have your wood burning appliance and chimney inspected by a [certified professional](#) chimney sweep.
- Install an [air cleaner or HVAC filter](#) to help reduce airborne contaminants in a building or small space -- including viruses and the fine particles in wood smoke.
- If smoke from a neighbor is entering your home, consider taking simple steps to [weatherize your home](#), and open windows for fresh air at times when smoke levels are lower.
- Contact your local government or air quality agency to determine wood burning restrictions or burn bans.



The graphic features a stylized illustration of a person's leg in a teal pant leg and a green sneaker with a white lightning bolt on the side, stepping on a bicycle pedal. The background is light blue with faint outlines of a bicycle wheel and some green foliage. The Cowichan Valley Regional District logo is in the top right corner. The main title 'human powered' is in a large, teal, sans-serif font with a yellow lightning bolt icon to the left. Below it, 'ACTIVE TRANSPORTATION PLAN' is written in white on a teal rectangular background. A short paragraph of text follows, and at the bottom, there is a teal banner with the website URL and a QR code.

 COWICHAN VALLEY REGIONAL DISTRICT

human powered

ACTIVE TRANSPORTATION PLAN

You are human powered and we want to help you use your power to get to where you need to go. **But we need your help also!**

Get actively involved and tell us what moves you...or what would move you to choose active modes to get around our region.

Head to planyourcowichan.ca





LUSH VALLEY



Comox Valley
Food Policy
Council

Food Systems, Climate and Resilience Dialogues

Part 1: February 17th at 1:00 pm via Zoom
*Emergency Planning & Food Resilience:
Strengthening our Food Supply*

Part 1: February 24th at 1:00 pm via Zoom
*Food Systems Advocacy in the Climate Crisis:
Food Policy and Climate Action*



VOLUNTEER COUNSELLOR TRAINING

**CFLA'S POWERFUL PERSON CENTERED, STRENGTH-BASED,
SOLUTION-FOCUSED BRIEF THERAPY COUNSELLING MODEL**

WHEN: Starts Feb 12, 2022

Saturdays and Sundays 9 am to 4:30

Feb 12/13, 26/27, March 12/13, 26/27,

Apr 9/10, 23/24, May 7/8

(alternating weekends)

HIGHLIGHTS

* Ethics & Counselling * Theory, Skills & Practice *
Cultural Diversity * Self Care & Counselling * Anxiety,
Depression, Grief & Loss * Respectful Communica-
tion

Facilitated by Ron Jorgenson, M.Ed, RCC

Application deadline: January 31, 2022

COST \$450

(\$1000 value) plus 100 volunteer hours

CONTACT

250-748-8281

COWICHAN FAMILY LIFE



Supporting
Cowichan Families
since 1970.

Our Mission:

To support individuals and
families to strengthen
relationships and reach
their full potential.

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WE are a non-profit charity operating in
the Cowichan Valley for almost 50 years that
provides social services for individuals, children
and families. The cornerstone of the agency is
our affordable peer counselling, peer
counselling training, and community groups
for adult participants.

*We acknowledge the financial assistance of
the Province of British Columbia.*




PARENTING WITHOUT POWER STRUGGLES

Tips, tools, and guidance to help you feel confident and capable to parent your teen with love and connection.

11 weeks (begins Feb 10) • Thursdays 7:00-8:30 • Virtual classes (Zoom)

No cost with BGC membership (\$24/year) • Fee waived as needed

To register: parentingprograms@bgccvi.com



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