

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





- ✓ 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 leahlcvance@gmail.com for access



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)

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: Staturday, 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 <u>health risks</u> of wood smoke exposure, and <u>know the difference between symptoms of wood smoke exposure and COVID-19.</u>

- Upgrade your old wood burning device to a cleaner, <u>more efficient appliance</u> (gas, heat pump, EPA-certified stove).
- Employ <u>best burn practices</u>, 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 <u>certified professional</u> chimney sweep.
- Install an <u>air cleaner or HVAC filter</u> 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 <u>weatherize your</u> 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.





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 Communication

Facilitated by Ron Jorgenson, M.Ed, RCC Application deadline: January 31, 2022

COST \$450

(\$1000 value) plus 100 volunteer hours

CONTACT

250-748-8281



Supporting Cowichan Families since 1970.

Our Mission:

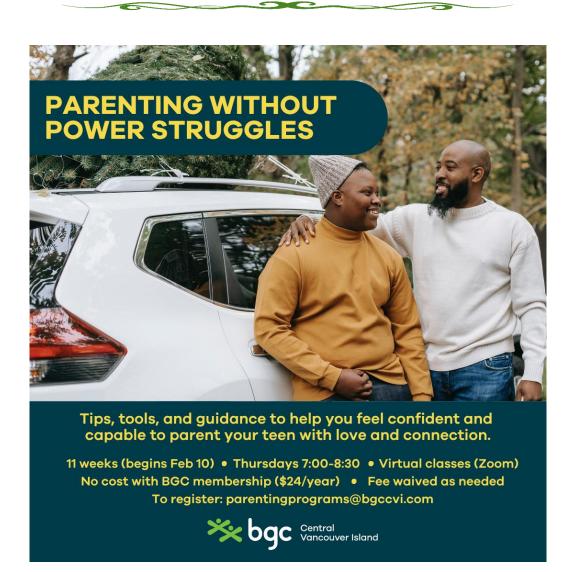
To support individuals and families to strengthen relationships and reach their full potential.

OFFICE

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WE are a non-profit charity operating in the Cowidran Valley for almost 50 years that provides social services for inchikkulas, chilchen and families. The comersione of the agency's our affordable peer counseling peer counseling training, and community groups for adult participants.

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





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