



**Health Matters Newsletter  
January 14, 2021  
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- [Resources are stretched please be patient when seeking booster shot or testing](#)
- Make February a 5-2-1-0 Month
- Red Cross Supports Community Organizations with COVID Screening Resources
- BC Seniors Transportation Survey and Grant Opportunity
- Provincial Virtual HOLDING HOPE Support Group for Families Living with Substance Use
- Landmark Federal Child Welfare Agreement
- Cowichan Valley Living Wage
- Primary Care Survey is Still Open- \$100 prize



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- ✓ **Next Admin Committee Meeting** February 3- 4:00 pm zoom call
  - ✓ **Next Our Cowichan Network Meeting** [Postponed until further notice](#)
  - ✓ **Next EPIC Committee Meeting-** January 20, 2022, 1:30 pm-3:00 pm zoom call
  - ✓ **Cowichan CAT –** January 27 2022, 10 am -noon contact Leah Vance Leah Vance [leahlvance@gmail.com](mailto:leahlvance@gmail.com) for access
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# Omicron is Circulating 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](#)



**Let's Make February a 5-2-1-0 Month!** Here are the guidelines to Implement with Children and Youth. A month of repeating an activity can make this a healthy lifelong habit.

**5** Enjoy- FIVE or more vegetables & fruits every day

**2** Power down- no more than TWO hours of screen time a day

**1** Play actively- at least ONE hour each day

**0** Choose healthy- ZERO sugar-sweetened drinks

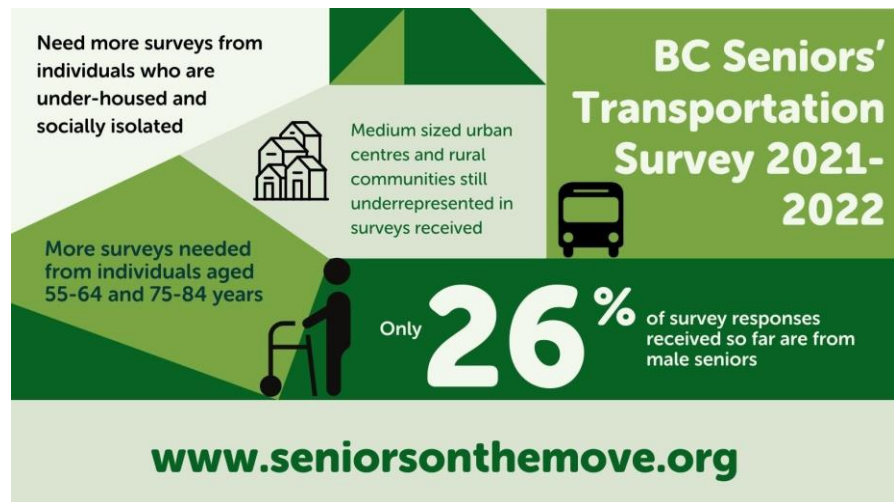


## Free COVID 19 Tests and Screening Resources

The Canadian Red Cross is helping to keep organizations and communities safer through the [Stop the Spread and Stay Safe! program: COVID-19 Screening for Community Organizations](#). Non-profits, charities, and Indigenous community organizations with frontline workers in British Columbia may be eligible. [You can learn more and apply for the program here.](#)

We are reaching out with two things: an update on the BC Seniors' Transportation Survey, and news about F.A.S.T. Track, a new, high-profile initiative that focuses on seniors' transportation across Canada that includes a \$5,000 award.

### 1. Survey Update



**Thank you** for helping us distribute the BC Seniors' Transportation Survey to older adults through your networks, whether by emailing the link or handing out (and collecting!) paper copies. We couldn't do this important work without you. Despite the extreme weather, the continuing pandemic and the holiday season, we are happy to report that **almost 1,100 people 55+ have completed the survey to date**. Even so, we are short on survey respondents in some key categories.

Please help us make this very first Seniors' Transportation Survey in BC as strong as possible and, if you possibly can, reach out to those who are 55+ *and fall into the following categories*, and urge them to [complete the survey](#):

- **Men!** (less than ¼ of the respondents at this point are men)
- **Residents of medium-sized urban centres and rural areas**
- **Homeless and socially-isolated individuals**
- **'Young' seniors 55 to 64 years of age**
- **'Older' seniors, 75 and over**

As we begin to process the data from the paper surveys, we will continue to keep the online survey open until a **hard deadline of January 21**.

To share the survey, please use this link: [Online Seniors' Transportation Survey](#) (Note: Best to complete the survey on your desktop or laptop computers.)

### 2. F.A.S.T. Track

The large non-profit [HelpAGE](#) is joining *Seniors on the Move* with its focus on BC to improve seniors' mobility across Canada. We are very pleased to see just how closely their [F.A.S.T. Track initiative](#) aligns with our own efforts to increase seniors' options for getting around. Note that completing a description of your organization's seniors' transportation-related activities – click on [Community Profile](#) – will connect you to the [F.A.S.T. Track grant application](#).

Municipalities and community groups submit their ideas for innovative transportation solutions through *F.A.S.T Track*, which are then evaluated by a national network of transportation and aging experts. Winners are rewarded with a \$5000 grant, national exposure, and industry recognition - fast-tracking their concept launch and promoting sustainability! Creating a [Community Profile](#) is the first step to applying for a grant through F.A.S.T Track. The process is simple:

1. Tell them your observations, thoughts and concerns around the challenges you face in making sure older people get around and stay connected within your community, and your solutions. This is an opportunity to get creative!
2. Once your Community Profile is submitted, you will receive a link to complete the Award Submission Form. Please see the [Awards instructions](#) for further details.
3. A panel of experts in aging and transportation will assess each submission for viability, innovation and capacity to positively impact seniors.
4. Winners will be announced at the **virtual [National Conversation on Transportation Solutions for Seniors in Canada](#) on April 21, 2022!**

*\*Please note: The F.A.S.T Track and grant application deadline is **January 21, 2022**.*

Thank you for joining Seniors on the Move and for your efforts in building a future with better mobility options for BC seniors! Please do not hesitate to reach out if you have any questions.



## Landmark federal child welfare agreement

Last week, the federal government released early details about [the landmark \\$40 billion First Nations child welfare agreement-in-principle to compensate young people harmed by Canada's discriminatory child welfare practices and reform the on-reserve child welfare system](#). The agreement still needs sign-off from Canadian Human Rights Tribunal and Federal Court, but if approved, the financial settlement would be the largest of its kind in Canadian history. Some of the newly negotiated deals within the \$40 billion First Nations child welfare agreement will make significant changes and address long-standing practices of discrimination. Here is a breakdown of what you need to know—[from what's in the agreements to what still needs to be done \(written by a lawyer who represented the First Nations Child and Family Caring Society in its human rights case\)](#)



**BC FAMILIES**

DO YOU LIVE IN A RURAL AREA WITH LIMITED RESOURCES AND ARE SUPPORTING A LOVED ONE WITH PROBLEMATIC SUBSTANCE USE?



**PLEASE JOIN OUR PROVINCIAL VIRTUAL  
HOLDING HOPE SUPPORT GROUP**

OFFERED BY MOMS STOP THE HARM

SUPPORTING, CONNECTING, SHARING WITHOUT STIGMA

**FOR FURTHER INFORMATION AND REGISTRATION CONTACT**  
canadaholdinghopenational@gmail.com  
www.holdinghopecanada.org

<https://us02web.zoom.us/j/84126420984?pwd=cFNKOVowMnRRSnAreTJWYmNlBms1UT09>

### **BC Stronger Together Project**

Moms Stop the Harm

[strongertogether@momsstoptheharm.com](mailto:strongertogether@momsstoptheharm.com)

[momsstoptheharm.com](http://momsstoptheharm.com)

### **Primary Care Survey Is Still Open**

Got a minute? We want to hear from you!

***"Everyone who completes the survey and who provides their email address will be entered in a draw to win a gift basket (estimated value of \$100). The next draw will happen on January 31, 2022."***

The Cowichan Primary Care Network is launching a survey to better understand whether the healthcare needs and preferences of the people who live in the Cowichan Valley are being supported. Your feedback will help us understand what's missing and how we might make it better. All your answers on the survey will remain confidential and anonymous.

If you have any questions about the survey, please do not hesitate to contact Deborah Rutman or Carol Hubberstey at: [notabenegroup@shaw.ca](mailto:notabenegroup@shaw.ca).

Please find the link to the survey here: <https://survey.alchemer-ca.com/s3/50135829/Patient-Experience-Survey-Online-version>



COWICHAN LIVING WAGE | 2021

## COWICHAN VALLEY REGIONAL LIVING WAGE 2021

### WHAT IS A LIVING WAGE?

\$19.13

UP  
5.4%  
since  
2019

WHY IS CALCULATING A LIVING WAGE IMPORTANT?

While the figure varies from region to region based on local situations and costs of living, the determination of a living wage is consistent in encouraging local employers to offer rates of pay significantly higher than the provincially mandated minimum wage to provide for greater financial stability and a way to

avoid the cycle of living paycheque-to-paycheque. Ensuring individuals can meet their core living expenses supports peace of mind, including mental, physical and emotional well-being.

### MEET THE LIVING WAGE FAMILY

- 2 parents, each working 37.5 hours weekly
- 7 year-old in before-and-after school care
- 4 year old in daycare
- Rents a 3-bedroom apartment
- Operates two vehicles
- One parent is upgrading their education

### MONTHLY EXPENSES

Food.....	\$963.72
Clothing/Footwear.....	\$172.66
Housing/Communication....	\$1769.59
Transportation .....	\$856.83
Childcare.....	\$1343.00
Health Care.....	\$188.00
Parent Education.....	\$113.42
Other Expenses.....	\$856.83

### LOCAL EMPLOYERS

who provide a Living Wage benefit through lower absenteeism and employee turnover, and increased retention and productivity, resulting in savings on rehiring and retraining. Employers providing a Living Wage also receive public recognition and become more attractive to consumers and the broader community. Interested in becoming a certified Cowichan Region Living Wage employer? Email us at [livingwagecowichan@gmail.com](mailto:livingwagecowichan@gmail.com)

*Please note: The information provided is accurate as of the date of this publication, and on the BC Living Wage formula substituting 1 vehicle and 1 bus pass for 2 vehicles to provide a more accurate reflection of our region. The living wage is updated annually.*



## **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