



**Health Matters Newsletter**  
**January 7, 2021**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- [Learn about Booster Doses](#)
- Self Injury -Parenting Learning Session
- Cowichan Valley Living Wage
- Primary Care Survey
- Skip the Gym – 3 Easy Activities
- Learn about the Impact of Woodburning Replace your Old Woodstove- Rebate Program



- 
- ✓ **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  
[leahcvance@gmail.com](mailto:leahcvance@gmail.com) for access

---

## **Omicron is Circulating Please GET Vaccinated**

Everyone in B.C. must register with the [Get Vaccinated provincial registration system](#) .

[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](#)



**Self-Injury:  
Parenting and  
Supporting  
Your  
Awesome  
Kid/Youth**

**Ashleigh Martinflatt,  
MSW, RSW, Ph.D.c**  
Thursday, January 20, 2022  
7:00 pm - 9:00 pm  
Zoom Online

**\$25**

All proceeds to Nanaimo Women Helping Women

**Trigger Warning: Discussion of self-injury and trauma.  
Not intended for younger children.**



# COWICHAN VALLEY REGIONAL LIVING WAGE

## 2021

### WHAT IS A LIVING WAGE?

**\$19.13**

**UP 5.4% since 2019**

A living wage is the hourly pay that a family of 4 would need to earn in order to cover basic, unavoidable costs required to live in our region.

It is a conservative estimate representing a "bare minimum" of what a family needs to earn in order to cover a very modest amount of expenses.

### 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.



## Primary Care Survey

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 first draw will take place on December 20, 2021. 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.

We will be doing a draw for a gift basket in December and another one in early 2022.

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

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



## Skip the Gym with These Three Active New Years Resolutions

The beginning of a new year is a perfect time to set goals and start forming healthier habits. When it comes to self-improvement, becoming or staying active should definitely be on your list.

Not surprisingly, regular physical activity benefits your [physical](#) and [mental](#) health, as well as social well-being. It can also help you accomplish your other goals, like being more productive, sleeping better or reducing screen time.

While all these perks are great, if you don't have easy access to a gym, or perhaps it's simply not for you, it may be tempting to think that your options to get active are limited.

But we're here to tell you that you don't actually have to go to a gym to reap the benefits of regular physical activity! There are many other ways to get active that may not have even crossed your mind. In the video and text below, you'll find three ideas for New Year's resolutions that don't involve hitting the gym:

### 1. Put your sedentary habit to bed



Sedentary behaviours like watching TV, gaming or listening to music while sitting, reclining or lying down may all sound relaxing and harmless, but the consequences of doing too much of them are actually scary! Among adults, sedentary behaviour has come out as a the fourth leading risk factor for chronic disease risk and premature death. In fact, being sedentary for extended time periods [can increase the risk of cardiovascular diseases, type 2 diabetes, obesity and some cancers](#). Despite all this, only [12% of adults in Canada](#) between the ages of 18 and 79 years limit sedentary time to the recommended max of eight hours a day.

Reducing sedentary time may lower the risks of the chronic diseases listed above, and when combined with moderate or high physical activity, [low sedentary behaviour is associated with life satisfaction, happiness and perceived health status](#). Not to mention, reducing or breaking up extended periods of inactive sedentary time may make us [more productive and focused](#).

Given all these perks, every half hour or so, take some time to move by either stretching, walking or wheeling around your space. If you work a desk job, consider buying a variable standing desk or asking your workplace for one. To help keep you on track, set reminders on your devices or alarm clock.

## 2. Get around with more active transportation



Active transportation is any form of human-powered transportation that gets you from point A to B. Currently, only 7% of adults in Canada use active travel like walking or bicycling to get to work (Statistics Canada, Census 2016), and just [39% of adults walk either part or all of the way to get to work or school or to get around generally](#).

It's a shame that so few adults use active transportation to get around because it offers so many benefits. For example, it can help you get the recommended [150 minutes of weekly moderate-to-vigorous physical activity and 7,500 total daily steps](#), provide fitness benefits and help keep diabetes in check. In fact, walking to and from public transit can help adults get [eight to 33 minutes more physical activity each day and accounts for 1,250 steps on average](#).

Not only is active transportation a great way to sneak in more physical activity into your day, it's also better for the environment, [offsetting air pollution from motorized vehicles and reducing CO2 emissions](#). So, next time you need to get somewhere, whether it's work, school, an appointment, the store or someone's home, consider walking, wheeling, cycling, in-line skating, skateboarding, scootering or even taking public transit instead of driving.

## 3. Do more LPA each day to keep the doctor away



Light physical activity (LPA) includes activities in your day-to-day life, such as casual walking, household chores or gardening. [Just over half of adults in Canada between the ages of 18 and 79 years get at least three hours of it a day](#).

According to new evidence, adding more LPA to your day, even in short bouts such as a few minutes at a time, is beneficial. In older adults, greater LPA is related to positive physical health and well-being. LPA also provides meaningful [improvements to depressive symptoms](#) and [benefits balance](#).

When it comes to health and wellness, all movement across the whole day matters. So, throughout the day, consider peppering in leisurely walks or light chores in and around your home or workplace. There's no need to sweat to reap the benefits of moving more!

To find out how adults fared in other areas and how they can improve, check out the [2021 ParticipACTION Report Card on Physical Activity for Adults](#). And for more motivation and tips, download the [free ParticipACTION app](#)



### **Coldest Night of the Year**

As many of you likely already know, every year thousands of people across Canada walk the Coldest Night of the Year, to raise money for local charities supporting people struggling with housing. For 2022, the Cowichan Valley branch of the Canadian Mental Health Association will be hosting Duncan's Coldest Night of the Year on February 26, 2022.

To view and sign up as a walker for the Cowichan CAT team's page, please follow this link:

<https://secure.e2rm.com/registrant/TeamFundraisingPage.aspx?teamID=970188>

Thank you for your consideration and hope to see you there!



### **Learn about the Impact of Wood Burning- Video with Cowichan's Medical Health Officer Dr Shannon Waters and Ministry of Environment Earle Plain**

<https://youtu.be/sOxtX9g6hZc>

**Replace your old, smoky, inefficient wood-burning appliance with a new, healthier, more efficient heating appliance and receive up to \$2,000 in rebates.**

- An \$1,850 rebate plus \$150 retailer discount is available to replace a wood-burning appliance **with a heat pump**
- A \$750 rebate plus \$50 retailer discount is available to replace an outdoor wood boiler with a **2020 EPA-certified pellet boiler**
- A \$300 rebate plus \$50 retailer discount is available to replace an old woodstove with a new, **2020 EPA-certified woodstove or pellet appliance**

Heat pumps do not only heat your home - they keep you and your loved ones cool during summer heat waves and filter indoor air that may be impacted by wildfire smoke. Heat pumps can also reduce home insurance costs and save you time hauling and chopping wood.

Read the [Program Guidelines](#) to find out more about the rebate requirements before [applying for a rebate](#). Don't forget to also check out other available rebate programs offered through [BetterHomesBC](#), you may qualify for more than one rebate!

Residents who heat their homes with woodstoves are encouraged to take the wood smoke education course to learn how to minimize negative health impacts from wood smoke: [https://www.fraserbasin.bc.ca/WoodSmokeCourse/story\\_html5.html](https://www.fraserbasin.bc.ca/WoodSmokeCourse/story_html5.html)



### **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