



**Health Matters Newsletter  
March 20, 2020  
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Some resources for COVID that may be helpful
- Ampersand Gin Helps Service Providers with Hand Sanitizer
- Cowichan Hospice Update on Services and More
- Cowichan Neighbourhood House Needs Your Support
- Safety Information for Frontline Staff
- Free Cultural Safety Training
- Please DON'T burn at this time



When the office assistant is in social isolation the sheep skin and the bear pillow become his best friend.

- 
- ✓ **Next Admin Committee Meeting- April 2, 4:30-6:30** CVRD Committee Room 2 TELECONFERENCE
  - ✓ **Next Our Cowichan Network Meeting at May 14, 2020, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm. (ON HOLD)

---

**Community Events- Meetings**

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) March 24** CANCELLED
- **Community Action Team (CAT) Meeting March 26, 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**
- **EPIC-Community Steering Committee March 26, 2020** 1:00-200 pm TELECONFERENCE 1-844-445-4475 Access Code 4381 5922 – **technical difficulties may occur due to busy systems- keep trying to get on line**

---

**Some Resources 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>
- **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>

## **Facebook post from Ampersand Distillery: Hand sanitizer update!**

We've got bulk sanitizer going out to community organizations who need it. If you'd like to be on that list please get in touch with us by emailing [sanitizer@ampersanddistilling.com](mailto:sanitizer@ampersanddistilling.com)

Sarah's Soap Garden was kind enough to donate some bottles so we are working on getting individual bottles packaged up and will keep you posted about how and when they'll be available.

If anyone else has bottles they don't need please let us know!

Thanks folks. Please stay safe and take care of yourselves.

#covid\_19 #CowichanValley @ Duncan, British Columbia

## **Cowichan Hospice – update on Services and More**

On behalf of the staff and volunteers at Cowichan Hospice, we want you to know that you are not alone during this unsettling time.

**We will get through this, together.**

Check on your neighbours, call your friends, reach out for help if you need it. And if you or someone you know is struggling with grief or an advancing illness, know that **Cowichan Hospice is here to help.**

For many in Cowichan, social isolation was a challenge prior to the COVID-19 outbreak. Thanks to your support, clients will continue to receive care even while we take while taking the necessary precautions to ensure the health and safety of everyone.

Since Tuesday, March 17th, we have made the following decisions regarding hospice services in Cowichan:

- We are offering all clients **support over the phone or by video-call.**
- We are **accepting new intakes by phone** and will connect new clients with supporting volunteers for phone support.
- We welcome those interested in using Hospice programs to contact us **by phone , email or fax (please see numbers below)** and will connect new clients with supporting volunteers for phone or video calls
- We have suspended all wellness sessions, at the Hospice office, in homes and in facilities, and have suspended all visits to patients in hospital.

This situation is evolving rapidly and we will work to continue providing support to individuals and families in our community while taking the necessary steps to keep clients, volunteers, and staff safe. If you or someone you know would like to use hospice services please get in touch with us by phone at:

250-701-4242 or 1-888-701-4242 (toll-free from Ladysmith)

Fax: 250 701-4243

or by email at: [frontdesk@cowichanhospice.org](mailto:frontdesk@cowichanhospice.org)

#### **Events:**

You may have heard that **Reel Alternatives fundraising films have been cancelled for March and April.** This is following the advice of our provincial government to cease all gatherings of 50 people or more.

Our **Annual General Meeting**, which usually takes place in early May, has been tentatively moved to June 9th.



Happily, construction on Cowichan Hospice House continues to be on schedule.

We will continue to monitor the situation and provide updates as they become available. Please check our [Facebook](#) and our [website](#) for up to date information.

The Cowichan community is strong, loving and compassionate, and we will get through this together. And remember, **wash your hands!**

Thank you for your continued support during this challenging time.

With love,  
Cowichan Hospice staff & volunteers

---

## Information on Cowichan Neighbourhood House in Chemainus

Cowichan Neighbourhood House is only open to hand out food to the general public from 1 to 2:30pm weekdays, except Friday hours are 11:30 to 1:30pm. We will also be supplying clothing, tents etc as needed on a individual request. We are setting up a delivery service to those senior shut ins. Please check our website for updates [cnha.ca](http://cnha.ca) or check out our facebook or email [cnhaoffice@gmail.com](mailto:cnhaoffice@gmail.com).

Here is what we need help with:

We need people who can lift 20 to 50-pound weighs (totes are heavy when filled with food)

Under 60 years of age (this is due to those over that age are more likely to have a serious result if they get the virus)

Flexible hours. (mostly during the day but also weekends)

Needed for pick ups at 49th (Zero food waste program and special orders)

Delivery (mostly apartments but may be a few homes)

Must have own transportation.

Help with prep in the kitchen, making sandwiches, bagging lunches, gleaming veggies. Must have food safe.

Must be willing to follow our rules (mostly strict hygiene and safety rules)

Donations needed Food for homeless, can openers, tents, sleeping bags and of course money. we are a registered charity and can issue tax receipts.

If you know anyone who can help then please let me know or get them to email [cnhaoffice@gmail.com](mailto:cnhaoffice@gmail.com) or call 250 246 3203, please leave a message as our hours have been cut and we are not always able to answer the phone immediately,

Thanks for caring about others

Arlene Robinson

---

## **While you are at home or self Isolating... you can take some on line training**

### **FREE Cultural Safety Training**

#### **Island Health**

The online Cultural Safety Training, “For the Next Seven Generations – for the Children”, developed by Island Health’s Aboriginal Health Program is now available for the public.

<https://www.islandhealth.ca/learn-about-health/aboriginal-health/aboriginal-health-cultural-safety>

#### **First Nations Health Authority**

You are invited to the First Nations Health Authority and BC Patient Safety & Quality Council cultural safety and cultural humility webinar action series! 12 webinar events have been captured to encourage participation, learning, self-reflection and positive change among BC's healthcare professionals.

<https://www.fnha.ca/wellness/cultural-humility/webinars>

---

## **PLEASE DON'T BURN AT THIS TIME**

I have been working with leaders in Island Health, our Medical Health Officer and other local health care providers as preparations are underway to address the COVID 19 Virus and their ability to respond. All preventative aspects of health care are currently being explored to reduce the need for health services and to open up all available, medications, health care providers and hospitals.

One recommendation that came forward was to ask that communities and residents DO NOT engage in backyard burning during the open burning window as there is a direct correlation between increased physician visits and respiratory medication use as a result of decreased air quality. Just as we are self isolating to protect others perhaps considering our impact from open burning on peoples’ health and thus the health system at this time will result in a reduction in medical needs so they can be available in a time of crisis.

While you are home and need a bit of exercise why not clean up yard and garden waste around your house and take it to the CVRD facilities. DONT BURN

This has 3 key benefits

1. substantially reduces the impacts of COVID 19 on your and the community
2. reduces your summer fire risk
3. allows you to do something positive while staying safe as we are ensuring social distancing in our facilities.

For more information on the impacts of burning go to <https://www.cvrld.bc.ca/2115/Air>

---

In the midst of craziness you can experience great joy while in social isolation and you are not able to be in public spaces. Make a point to seek them out and let them fill your spirits to sustain you over tough days ahead.



---

### 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