



**Health Matters Newsletter
May 1, 2020
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Job Postings
- Work BC Are you Ready?
Seniors CAN- Direct Funding Support
for Seniors (Attached)
- Cowichan How Is COVID 19 Impacting
You and Your Family? Social Planning
Cowichan wants to hear from you.
Take the Surveys! (Share Broadly -
Attached)
- Cowichan Valley Hospice Society
Service Update
- Caregivers Support Society has Capacity to help caregivers
- Federal Homeless Funding Comes to Cowichan (Cowichan Valley Citizen)
- Update on Cowichan Women's Night Shelter
- Helpful Links During COVID Crisis



**For most up to date community services information go to
www.ourcchn.ca**

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- ✓ **Next Admin Committee Meeting May 7 4:30 pm Teleconference Call**
 - ✓ **Next Our Cowichan Network Meeting **Meetings on HOLD until further notice****
 - ✓ **Next EPIC Committee Meeting- **May 7 1:15 pm-2:15 pm Teleconference Call****
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Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) CANCELLED**

- **Community Action Team (CAT) Meeting 9:00 am May 28, 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 so line will be open 10 minutes early**

Job Postings

- Executive Director for Ladysmith Resources Association- (Attached)
- Healthiest Babies Possible In Reach Position (Attached)

Work BC Job Preparation- Are you Ready?

Don't Wait! For some people who are currently unemployed there is no certainty of returning to the positions once held. Being unemployed during COVID 19 is the time to update resume's and upgrading.

Seniors CAN- Direct Funding Support for Seniors (Attached)



**Cowichan
Family
Caregivers
Support
Society**

1843 Tzouhalem Road
Duncan, BC V9L 5R6
250-597-0886
sara@familycaregiverssupport.org
www.familycaregiverssupport.org

Do you know someone who is giving care and support to a family member or friend with a chronic illness, disability, or medical condition? Caregiving can be a lonely and isolating job that is especially challenging during a pandemic. The **Cowichan Family Caregivers Support Society's** services are free, and we are taking new referrals for caregivers in our community.

The **Cowichan Family Caregivers Support Society** offers caregivers one-on-one support to connect and share their feelings while receiving helpful information and resources for their specific situation. We are also running Caregiver Support Groups through phone or video, where people in similar situations have a chance to talk about the challenges of the journey and share strategies and helpful resources.

Please contact the Cowichan Family Caregivers Support Society at:

Phone: 250-597-0886

Email: sara@familycaregiverssupport.org

Website: <http://familycaregiverssupport.org/wp/>

Cowichan Hospice Service Update May 1, 2020

Cowichan Hospice staff and volunteers continue to offer compassionate support at this challenging time to people in the Cowichan region from the Malahat to Ladysmith.

Please call 250 -701-4242 or 1-800- 701-4242 (Ladysmith) email:

frontdesk@cowichanhospice.org for any of the following free and confidential services:

- One to one telephone support following a death or for those living with advancing illness and their family members
- Telephone support for seniors isolated as a result of COVID-19
- Bereavement support groups by video-conference (We can help you get started with the technology if needed.)
- Guided relaxation sessions by telephone
- Advance Care Planning: assistance to identify a decision-maker and to develop your plan for health care for when you might be unable to communicate your preferences.
- Help to establish virtual visits with family members with serious illness living in care facilities or hospital

May you and your loved ones stay well.

Gretchen Hartley, Executive Director

Cowichan Hospice

How Is COVID 19 Impacting You and Your Family? Social Planning Cowichan wants to hear from you. Take the Surveys!

As you may know, Social Planning Cowichan has a mandate to research, form partnerships, create strategies and inform the Cowichan public about social planning issues. Over the years, we have provided “snapshots” during a specific period, to look at what is working well in our community and identify what areas may require a more in-depth look. The findings of these snapshots have helped in planning for our community’s future vision and goals.

We are now undertaking a series of community surveys to determine the impacts of the COVID-19 crisis on households across the Cowichan Region.

These COVID-19 impact surveys will touch on four strategic areas:

1. [Food security and household activities](#)
2. [Work and household income](#)
3. [Personal and family well-being](#)
4. [Families with children, aging family members and/or with special needs/mobility challenges](#)

All four surveys are available through our [Covid-19 Surveys and Stories webpage](#) now, and we will also focus on promoting one survey a week, for four weeks to build momentum and hopefully create continuous participation.

The survey results will highlight what the COVID-19 pandemic is revealing about the constraints of our current systems as well as capture what encouraging innovations and evolving methods are being developed in response. The results will serve to answer the question, ***“What will be our community’s vision moving forward?”***

Please participate in and help us promote the first survey titled [Food security and household activities](#) with your staff, clients and other contacts by email and through social media, and encourage them to do the same. You can share posts from the Social Planning Cowichan [facebook](#) and [twitter](#) accounts or create your own using the sample posts that are included at the bottom of this email.

Each survey will take no more than 20 minutes to complete, and the respondent’s identities will remain anonymous.

Everyone is also welcome to share anecdotal stories about the impacts of Covid-19 social distancing, isolation etc. through our [Covid-19 Surveys and Stories webpage](#). There you will find links to all the surveys but also a place where you can write, post photos, audio or video of stories as well. With permission, we will share these individual stories through our social media channels.

Hardcopy versions of the surveys will also be distributed through various hampers and hot meals distributed across the region, thanks to our community partners on the Food Access Task Force!

If you can distribute and collect printed surveys, please be in touch.

We look forward to hearing from you, and finding solutions for our community together.

Many thanks for all your work and support in this initiative!

Rosalie and the SPC team

Federal homeless funding heading to Cowichan

Funding of \$291,450 in 2020-21 and \$463,953 per year until 2023-2024

- [ANDREA RONDEAU](#)

Apr. 23, 2020

The federal government announced Thursday morning that they will be providing significant funding to address homelessness in the Cowichan Valley until 2024.

“Every Canadian deserves a safe and affordable place to call home,” Employment and Social Development Canada said in a press release. “The COVID-19 pandemic in Canada is having real, tangible public health and safety impacts on all Canadians. It is necessary to ensure that the homeless-serving sector has all the tools and interventions they need to prepare, prevent and manage this disease.”

To that end, the Honourable Ahmed Hussen, minister for Families, Children and Social Development, announced that the Government of Canada designated Cowichan Valley as one of the six new communities selected to receive funding of \$291,450 in 2020-21 and \$463,953 per year until 2023-2024 to prevent and reduce homelessness under the Designated Communities stream of Reaching Home: Canada’s Homelessness Strategy.

“Local communities play a big role in helping Canadians experiencing homelessness,” said Hussen. “We are proud to include Cowichan Valley as a Designated Community under Reaching Home so that they can better serve vulnerable groups, while we work together to reduce chronic homelessness in Canada.”

“The announcement great news. This is the kind of help we’ve been asking for from senior governments for over a year now, and it’s good to see the federal government stepping up with this funding,” said North Cowichan Mayor Al Siebring. “We are, of course, still awaiting more provincial dollars, both in the context of helping out on this file during the COVID situation, and also more broadly as we seek to build an integrated strategy around this issue; a strategy that will provide not just ‘housing’, but also the necessary wrap around services (addictions counseling, life skills coaching, etc), that we’ve been pushing for.

“I am hopeful, though, that now that the federal government has recognized and acted upon our needs, that this will prompt some additional funding from Victoria.”

Reaching Home provides long-term stable funding to communities that face challenges with homelessness. Funding is provided to a single body, that distributes funding to support local priorities identified in the community’s homelessness plan.

Duncan Mayor Michelle Staples said the designation will allow Cowichan to implement responses to current COVID-19 related priorities, and the multi-year support allows the region to support local priorities that will develop and provide longer term, more permanent solutions.

In Spring 2019, the Department launched a two-step application process to identify new Designated Communities. To select new communities, the Department considered their demonstrated need for homelessness funding as well as their capacity to effectively manage federal investments and improve their local chronic homelessness by 50 per cent by fiscal year 2027-2028.

HOMELESS

Update on Cowichan Women's Night Shelter

Mid-March the Cowichan Women Against Violence (CWAV) Women's Night Shelter had to close their doors due to COVID-19 mandates and therefore reduction in staffing. (We have had no cases of COVID-19) Many of our women have been sleeping outside in the rain during this time. BC Housing and CWAV have been working together to find a solution for our women. It was decided to do a tenting community that would allow for CWAV to work with reduced staff and still meet the provincial and federal COVID-19 mandates for our staff and women.

The School Board was approached to see if CWAV could place the tents outside of the shelter area. The decision came back 'no'. The CVRD stepped up to the provincial mandate given to all municipal governments and offered this current space due to the ease of access to the shelter building where CWAV staff cook the meals for clients.

CWAV is committed to working with our women to provide them a safe space during this challenging time as well as to be good neighbors. CWAV community tent residents are required to let any males in their acquaintance know that they cannot be within 100 metres of the tent community. We currently have 8 tents for specific women who will keep their tent each night. Our staff will stagger their shifts to cover 12-16 hours per day and are working with Black Bird Security during the rest of the hours. The RCMP are also aware of our site and support as they are able.

CWAV is committed to be a good neighbor. We welcome any helpful, kind and realistic concern to be reported to exec.dir@cwav.org. Keep in mind that during this time, CWAV is doing increased hours rather than decreased with less staff. Therefore, we will get to your concern as soon as we are able to.

CONCERNS?

Site location concerns go to the School Board 79 and the CVRD.

Operational concerns go to CWAV – see above for details

Emergency concerns – call 911 or police non-emergency.

Some Information 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>

- BC Housing provides great information <https://www.bchousing.org/COVID-19>
 - **Social Planning Cowichan Connecting Service Providers**
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>
 - **How COVID-19 puts people who use drugs at greater risk**
<https://leaderpost.com/diseases-and-conditions/coronavirus/how-covid-19-puts-people-who-use-drugs-at-greater-risk/wcm/66c9b32f-bc4f-4684-a8c1-b9d0a485aeed/>
 - **Calls to B.C. Crisis Centre double in response to COVID-19 outbreak**
<https://www.citynews1130.com/2020/03/30/calls-to-b-c-crisis-centre-double-in-response-to-covid-19-outbreak/>
 - **BC Will Prescribe Heroin Alternatives to Slow Overdoses and COVID-19 Exposure**
An emergency harm reduction strategy allows dependent drug users to take home medical replacements for fentanyl, meth, and other street drugs.
https://www.vice.com/en_ca/article/v748q4/bc-will-prescribe-heroin-alternatives-to-slow-overdoses-and-covid-19-exposure
 - **'Worst case scenario': Crisis workers seeing spike in domestic violence concerns during pandemic**
<https://bc.ctvnews.ca/worst-case-scenario-crisis-workers-seeing-spike-in-domestic-violence-concerns-during-pandemic-1.4875911>
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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 weekly newsletter