

MIHCA Update December 2021

What a year of vaccination clinics!

407 Islanders attended the recent annual Influenza vaccination clinic on the afternoon of Wednesday November 10th, breaking last year's record of 270 by a huge margin.

We had such a turn-out that the Saan Pen public health nurses ran out of vaccine just before the end of the day - - despite having brought over a large number of additional doses. But the medical team at the Health Centre vaccinated some of the people who missed out and others attended a special clinic on December 1st.

We've had a lot of practice helping to facilitate vaccination clinics this past year so we're all set for the community COVID-19 "booster" clinic in early January 2022. And we've had confirmation that vaccine will be available for 5-11 year-olds at that clinic too.

Once again, our thanks to Lesley Marsden and her team for coming over and to all the volunteers: MIHCA Board members (including Fran Wertman, who was one of the nurses administering vaccines), Sheila Dunnachie, Nigel and Irene Barrett, and Richard Edwards.

As always, our thanks to the Lions for their tents, the Community Centre for the space and to everyone who attended. We appreciated your patience and good humour!

On that note, MIHCA Board members pictured - Alison Martin (left) and Abbie Hain - had a great time chatting with attendees at the clinic.



Alison noted, "I love volunteering at these clinics. This one was especially enjoyable because we had a chance to ask people for their thoughts about educational topics that matter to them. And we were delighted that a number of attendees signed up to become MIHCA members."

Abbie agreed, adding, "What a pleasure to meet so many islanders and share a few laughs helping "tangled people" get back into their overcoats as they were leaving! It was wonderful to hear such an array of health and wellness learning ideas and we look forward to hosting some events in the New Year."

Health and Wellness Survey: please give us your feedback

A lot has changed in the five years since we last asked for your input on our community's health and wellness.

So MIHCA is about to launch a new survey to get a better handle on the changing demographics and dynamics on Mayne -- what they imply for the future -- and how we can align our goals with yours.

The survey will be available on December 6th 2021 on our website www.mayneislandhealth.ca and in paper format. You can pick up paper copies from the

black mailbox mounted outside the Health Centre and drop off completed surveys at the Post Office.

However you participate, please take a few minutes to share your thoughts. They matter!

Become a MIHCA member for a chance to win a First Aid Kit

Renew your MIHCA membership or become a new member before December 31st 2021 and your name will go into a draw to win one of **SIX First Aid Kits**.

As a member, you'll receive regular updates from MIHCA and our Mayne Island Medical Team, the latest COVID-19 news and links to other relevant health care information.

Your membership also adds depth to our community's voice when we advocate for new services or apply for grants to enhance our health services on Mayne.

Annual membership dues are only \$10/person or \$20/family. You can join MIHCA by e-transfer to treasurer@mihcaboard.ca or cheque mailed to MIHCA at #100-526 Felix Jack Road, Mayne Island V0N 2J2. Membership forms are in our brochures outside Tru value and on our website: www.mayneislandhealth.ca

Donor Recognition

We are very grateful for the recent generous gifts from Barbara Baker, Wesley Mulvin, and Kristine Webber and Peter Robinson.

Your support is an investment in our community's ongoing health and wellness

MIHCA makes every effort to ensure our medical team has the technology and equipment that is beneficial to health care delivery in rural communities like ours, but may not be funded by Island Health. Every dollar we invest stays in the Health Centre and through MIHCA, belongs to our community.

Please visit our website at www.mayneislandhealth.ca to find out more about what we do, why your support matters and how you can donate.

Thank you for supporting our health care on Mayne Island.

Submitted by Diana King on behalf of the MIHCA Board