

MIHCA UPDATE

April 1st 2022

COVID-19 Vaccination Clinics at the Health Centre: Two more clinics for 1st, 2nd and 3rd (and booster) doses of COVID-19 vaccine are scheduled for April 6th and May 4th from 12:30 pm to 4 pm at the Health Centre. To book an appointment for the April 6th, clinic, call 1.833.838.2323 or 250.544.2411. Booking for the May 4th clinic will be open later in April.

Provincial Health Officer Orders: On March 11th, Dr. Bonnie Henry (Provincial Health Officer) announced the lifting of several orders, including the requirement to wear face coverings in indoor public settings. Businesses and organizations may choose to continue to require mask-wearing on their premises and individuals may want to continue to wear masks when they're out in public. Masks are also still recommended on BC Ferries and public transit. And masks are still required on federally regulated travel and in all health care settings.

Further relaxation of public health orders is currently scheduled to take effect on April 8th. We expect to hear more about that from Dr. Henry at her briefing on Tuesday April 5th and we'll post the latest news on our website:
www.mayneislandhealth.ca

Education Events: In our last update, we mentioned our "Spring into Spring" education series, which we planned to start in March with a "Human Relationship to Nature" session (via Zoom) presented by Michael Dunn. We've postponed that event until later in April so we can hold it outside or in person in one of our local venues.

And while we haven't set a date for our Mindfulness Training yet, we should have one nailed down soon. (Mindfulness is a popular topic these days!) That session will be via ZOOM.

As soon as we've confirmed dates and locations for both those events, we'll post details on our website and Facebook page, as well as on the Mayne Island community Facebook pages.

In addition to our "Spring into Spring" series, we're planning to host another First Aid Training Program later in the summer – likely July or August. We'll include more information about that in our next update.

And here's a link to a FREE weekly on-line virtual fitness class hosted by TB Vets. Click on <https://tbvets.org/fitness-class/> to find out more about this 8-week "Get up and Breathe" program that starts on Wednesday April 6th at 10 am via ZOOM.

Donor Recognition: Thank you Bruce Roberts and an anonymous donor for your recent generous gifts to MIHCA.

Thank you for supporting our health care on Mayne!

Diana King on behalf of the Mayne Island Health Centre Association