

MIHCA Update May 1st, 2022

COVID-19 Vaccination Clinic May 4th at the Health Centre: between 12:30 and 4:00 pm: There's still time to book an appointment at the COVID Vaccination Clinic on May 4th. Second COVID-19 Booster Vaccinations are available for Mayne Island Seniors 70+ and Indigenous residents 55+ who had their first shots on or before November 4th 2021. If you are among either of those groups **and** you have received an invitation to book your second booster, please call 1.250.544.2411 to book your appointment. There will be additional clinics on Mayne as more people become eligible when they reach their six-month marks. Anyone else wanting a first or second dose or 1st booster may also attend the clinic at the Health Centre on May 4th. Booking is now open. Call 1.833.838.2323 or 1.250.544.2411.

Spring into Spring Education Events: On April 21st, Michael Dunn (Executive Director, Mayne Island Conservancy Society) presented "Be Outside – it's Your Nature" through a virtual walk down memory lane to remind us of the inherent connections to nature we had as children, and a real walk along a forest path to help rekindle those memories. On May 14th at 2 pm at the Community Centre, Dr. Allen Rowley (UBC Faculty of Medicine Professor Emeritus) will present a session on The Six Pillars of Wellness. These MIHCA-sponsored events are free and there's no need to register. We have one more presentation slated for June.

First Aid Training: After a three-year gap (due to COVID), we're delighted to be able to offer First Aid training again this summer. We'll provide more details shortly.

Preliminary Results from our MIHCA Survey: We are working on completing our MIHCA Health and Wellness Survey report in the coming weeks. We had a great response from about 1/3 of the island population who completed the survey. Thank you for taking the time to have your say!

We built the survey sections on a sample of targeted interviews across varied island residents and groups – from retirees to young parents and youth. We also included questions from our 2016 MIHCA health survey for comparison and added a lot of opportunity for written, qualitative input.

Our main focus was on what health and wellness means to you. We included sections on your experience with COVID-19, your access to and experience with health services, as well as your top health service priorities for Mayne Island in the coming years.

Of those who completed the survey, 82% were full time residents, 17% part time and 1% were visitors. As well, 8% of the respondents have children under 18 living at home, 20% are employed full time, 7% part time, 20% are self-employed and 53% retired. 86% of respondents felt they had enough social support in the community and 89% felt a sense of belonging.

We look forward to sharing the rest of our survey findings as well as incorporating them into our upcoming MIHCA strategic plan. Our island is growing, primary healthcare access is a challenge throughout British Columbia and Canada, and we want to be prepared for what's ahead and creative about how health care is delivered. Your survey responses will help

carve our future, as will the Canadian Census demographic we've posted on our website <https://mayneislandhealth.ca/2022/04/2021-census-age-characteristics-sqi/>

It's a joy to see that for the first time in recent memory, we have more residents under the age of 65 than we have who are over 65!

And we have 85 kids under the age of 14! Wow. It's interesting to see the changing demographics on Mayne – and the trend to younger families.

Distribution of the Rapid Antigen Tests at the Health Centre on Friday April 28th:

Thanks to those of you who took time to pop by the Health Centre between 12 and 2 pm on Friday April 28th. Nice to be able to arm more residents with Rapid Antigen Test kits!

Reaching you when it matters: We've made a point of using every avenue we can to keep you informed about health care on Mayne – especially during these trying COVID times when we've had important or time-sensitive information to share.

Despite the posters we put up around the island, social media (community Facebook pages and our own MIHCA Facebook page) and our MIHCA website -- we don't reach everyone unless they're MIHCA members.

So if you don't use Social Media and don't check our website on a frequent basis, but you do use email, become a MIHCA member and you'll get the latest news we have when we have it.

To join MIHCA or renew an existing membership, just e-transfer an annual fee of \$10/person or \$20/family to treasurer@mihcaboard.ca and in the comment box, indicate that you are joining MIHCA or renewing an existing membership. If you'd prefer to send a cheque, go to the Donate page on our website www.mayneislandhealth.ca for details about how to do that. Or pick up a MIHCA brochure from the rack outside Tru Value.



A lovely Mayne Island story: In 1975, Margaret Shugg and two friends purchased a cabin on Arbutus Drive. They soon became acquainted with their neighbours -- Cameron and Roberta Hay. Fast forward to 2022: Margaret recently helped dispose of one of her friend's estate and came across a winter landscape painting by Cameron Hay. Knowing that he was a founding member and president of our Mayne Island Health Centre Association in 1976, Margaret kindly offered to donate the painting to MIHCA and the Health Centre.

Pictured left: Margaret Shugg with her nephew Ian Colvin and the painting by Cameron Hay.

Submitted by Diana King on behalf of the Mayne Island Health Centre Association (MIHCA)