

## **Mayne Island Health Centre Association (MIHCA) Update**

**June 1<sup>st</sup>, 2022**

Apologies for the length of this update but there's lots of news this month.

### **COVID-19 Vaccination Clinics**

These clinics are for 1st, 2nd, 3rd and booster doses. The next clinic is scheduled for June 22nd at the Health Centre from 12:30 to 3:30 pm. When you are eligible for your second booster, you will receive an invitation from the Get Vaccinated System to book an appointment. You will receive that invitation if you are 70+ (55+ if Indigenous) **AND** it's been at least 6 months since your first booster.

To book an appointment, call 1.833.838.2323. If you receive your invitation from the Get Vaccinated System and have any difficulty booking an appointment, please call 1.250.544.2411.

There will be additional clinics on July 20th, August 10th and September 14<sup>th</sup> but they aren't open for booking yet.

### **First Aid/CPR Level "A" Training Course on Saturday July 16<sup>th</sup> from 11:40 am to 3:40 pm at the Community Centre**

After a 3-year hiatus, we're delighted to bring back this 4-hour fast paced hands-on introduction and refresher course to Mayne. For more information about what you will learn and how to register, go to the Events and Education page on our website at [mayneislandhealth.ca](http://mayneislandhealth.ca)

MIHCA is sponsoring half the cost of this training program, so the registration fee for each participant is \$40. To register, email [info@mihcaboard.ca](mailto:info@mihcaboard.ca) and include your phone number. We'll reply with instructions about the next steps you need to take to confirm your participation. This course is very popular and limited to 21 participants, so register soon.

### **MIHCA's "Spring into Spring" Education Events**

The 2nd of our series was another winner! At this May 14<sup>th</sup> event, Dr. Allen Rowley talked about the six pillars of healthy living, focusing on the first: maintaining a predominately whole food plant-based pattern of eating. Dr. Rowley's presentation was lively, enlightening and inspiring.

Scheduled for Wednesday June 29th from 6:30 to 7:30 pm at the Community Centre, our 3<sup>rd</sup> free event of this series features a presentation on "Mental Health and Well Being for Youth" by educators Jess Willows and Kyla Cleator. Focusing on the social and emotional well-being of youth during the pandemic, Jess and Kyla will discuss current research as well as strategies for building resilience and managing anxiety. Check our [mayneislandhealth.ca](http://mayneislandhealth.ca) Events and Education page for more details. To register, please email [abbiehain@yahoo.com](mailto:abbiehain@yahoo.com) Everyone is welcome!

### **MIHCA's Annual General Meeting**

Please join us on Sunday July 10<sup>th</sup> at 1:30 pm at the Community Centre. We are looking for new directors to join our board so if you are interested, contact Alison Martin at [alison@allegria.ca](mailto:alison@allegria.ca) To find out more about what we're about and whether you think you might find a fit with us, go to our website at [mayneislandhealth.ca](http://mayneislandhealth.ca)

## **Rapid Antigen Test (RAT) Kits**

These kits are available at most pharmacies to anyone 18 or older. Each kit contains 5 tests and each individual is eligible to pick up 1 kit every 28 days. If you have COVID-19 symptoms and don't have a RAT kit on hand, call the Health Centre at 250.539.2312 and ask if they can provide you with a kit.

## **Donor Recognition**

Our sincere thanks to recent MIHCA donors Patricia Fitzgerald and Nicholas Cooke.

## **Travelling off island for medical appointments this summer**

Have a look at the Mayne Island Ferry Advisory Committee's Ferry Facts Updates in the May and June MayneLiners and on the Mayne FAC Facebook page @ <https://www.facebook.com/MayneFAC> for some suggestions on how to cope with ferry travel this summer – especially if you're travelling off island for medical appointments.

## **And one more thing in case you missed it...**

Here's the May 17<sup>th</sup> update about the presence of COVID-19 on Mayne from our Mayne Island Medical Team – Juliana Losier, MD CCFP and Leanne Rowand, DNP:

*You'll likely be aware that there are a number of cases of COVID-19 (COVID) on Mayne Island right now.*

*With several large community events and gatherings ahead, please be mindful of how easily COVID can spread, and take precautions to protect yourselves and others who might be more vulnerable.*

*If you feel at all ill, stay home. If you have symptoms of COVID and need a Rapid Antigen Test (RAT) kit to find out if you have COVID, call the Health Centre clinic at 250.539.2312 after you arrange for someone to pick up a kit for you.*

*If you test positive, please alert people with whom you've been in contact recently.*

*For more information about COVID symptoms, go to: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>*

*If you test positive for COVID, go to: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19> for help managing your way through your illness.*

*And here's a really easy to follow guide to what to do if you test positive: <http://www.bccdc.ca/Health-Info-Site/Documents/Tested-positive-COVID19.pdf>*

Thank you for supporting our health care on Mayne.

Submitted by Diana King on behalf of the MIHCA Board