



COVID-19 Community Update

On May 6, Premier John Horgan's announced the [BC Restart Plan](#), a strategy to slowly ease restrictions related to the COVID-19 pandemic. Later this month, we will begin to see the gradual reopening of some sectors of the province, spaced out in intervals of two to four weeks. People will be able to slowly expand their social circle to a few friends or extended family members, but will need to stay outside in gatherings of only two to six people while maintaining physical distancing.

The rescheduling of elective surgeries is now a priority and the resumption of such things as regular dental appointments, chiropractic and physiotherapy sessions, in-person counselling and the voluntary expansion of in-person schooling, all with safety measures in place.

Personal hygiene measures, such as frequent handwashing, no handshaking and physical distancing remain in effect. Those at higher risk, including people older than sixty and those with compromised immune systems, are being asked to take extra precautions and think through decisions around expanding interactions. Anyone who is showing symptoms of a cold, flu or COVID-19 should stay home and keep a safe distance from others.

GENERAL UPDATES AND INFORMATION

Regional District of Nanaimo, Parks and Recreation

Parks and Recreation has re-invented itself, adapting to how we are physical distancing. [REC Connect](#) has fitness videos, activities, community links and resources, as well as a place for the community to share random acts of recreation and ideas. The Golden Shoe Hunt is ongoing and the community participants are practicing safe physical distancing in the parks. <http://www.getinvolved.rdn.ca/golden-shoe?>

Responsive Neighbourhood Small Grants from Parksville Qualicum Community Foundation

PQCF is accepting applications for a program intended to assist communities in District 69 to ease isolation of residents, seniors and youth. To alleviate isolation challenges, local residents can apply for up to \$500 for projects that connect people socially, or share skills and talents. Projects must stay within guidelines for physical distancing. The end date will be determined based on public health orders and eligibility details and application is on the [PQCF website](#).

RDN Transit

Starting June 1, RDN Transit service will return to front door loading and the collection of fares. Temporary vinyl panels will be installed for operators and riders to support physical distancing in addition to enhanced cleaning on buses.

Keeping In Touch Program

Oceanside Community Safety offers a Keeping in Touch (KIT) program designed to assist seniors living alone with a daily check-in call. Details at www.oceansidecsv.org/content/keeping-touch

UPDATES FROM CITY OF PARKSVILLE

Survey Seeks Feedback on Public Engagement

The COVID-19 pandemic and physical distancing measures have changed how the City connects with residents. Because we are not able to meet in person, the City is seeking input from residents to determine whether there is an interest in engaging on regular non-COVID related business. The survey may be accessed from the City's website and here <https://www.surveymonkey.com/r/parksvilleengage>. The survey will close on June 7.

UPDATES FROM TOWN OF QUALICUM BEACH

The Town is pleased to support the Qualicum Beach Memorial Golf Club on their re-opening to members only on May 4. Please visit the club's website for more information at www.golfqualicum.ca.

HEALTH REMINDERS

Staying Well in Uncertain Times

This week, recognized by the Canadian Mental Health Association as Mental Health Week in BC, focusses on the importance of maintaining social connections and good mental health. COVID-19 has placed a significant amount of pressure on employees, employers and families. Isolation, fear for the well-being of loved ones and financial strain creates many challenges.

Expanded mental health supports, because of the pandemic, are available online and by phone. CMHA offers many online programs - peer support, mental health check in, community counselling, and such programs as Confident Parents – Thriving Kids, Bounce Back and more. CMHA provides strategies and tools you can use at home – health information, taking care of your health and well-being, what to do if feeling overwhelmed and suggestions for managing financial uncertainty. If you need immediate help, CMHA also offers a crisis line 1 800 784-2433. There are many resources available to help stay mentally healthy.

Canadian Mental Health Association resources

<https://cmha.bc.ca/covid-19/>

Managing COVID-19 stress, anxiety and depression

https://www2.gov.bc.ca/assets/gov/health-safety/covid19_stressmanagement_5_accessible.pdf

List of BC Mental Health supports

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/services-and-resources/services-by-need/mental-health-services>

Health Link BC resources

<https://www.healthlinkbc.ca/mental-health-substance-use/resources>

Society of Organized Services

The counselling referral program offered by SOS connects residents with professional counsellors online, a mental health support for residents. The essential services offered by SOS are listed here; please check the [SOS website](#) as work has begun to restart other programs.

- **Emergency Assistance and Advocacy** - support local residents with emergency assistance for things like food and medicine (vouchers).
- **Counselling Referral** - connect residents with professional counsellors online.
- **Oceanside Better at Home/BC211** - help seniors shop for their groceries.
- **Meals on Wheels** - deliver nutritious meals three times a week.
- **Seniors Advocacy Services** - answer questions over the phone and helping connect seniors with much needed government benefits.
- **Homeless Prevention Program** - supports homeless individuals with supplies and housing emergency assistance.

STAY INFORMED

We will keep you informed of any changes to how the [Town of Qualicum Beach](#) and the [City of Parksville](#) operate as this pandemic evolves. City staff and elected officials are practicing physical distance and sanitizing protocols and many services continue to be available by phone, email and online, please refer to your municipality for contact information.

Health-related information is available from:

[BC Centre for Disease Control](#)

[Island Health](#)

Medical COVID-19 information - 811

Canada Coronavirus info - 1 833 784-4397

[Public Health Agency of Canada](#)

[Senior Support Program](#) - 211

Non-medical COVID-19 information - 1 888 268-4319

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