

Denman COVID-19 Resilience Update

Now fortnightly, April 30 – May 14 — so stick this on your fridge!

Denman Medical Clinic

250-335-2260

Open Monday – Friday 9:30 – 4:30. Call in advance. Most visits conducted entirely over the phone. One patient in the clinic at a time. Patients are asked to wait in their cars after they've checked in until called.

If you are showing symptoms of COVID-19, please call the clinic for an assessment. You may be tested at the clinic or referred to the Comox Valley Hospital for a test. This will help protect the Denman population.

Going to the Hospital

The Comox Valley hospital does not want COVID-19 to be a deterrent for anyone who feels they need assessment there. The emergency ward is set up to keep any potential COVID-19 cases separate. Questions? Please don't hesitate to call the Clinic or the after-hours doctor.

COVID-19 on Denman

As of writing, there are no known cases of COVID-19 on Denman Island, as confirmed by Dr Wilson.

Hornby & Denman Health Care Society

lori@hornbydenmanhealth.com/250-898-0248

Home Care: this program continues but service has been modified to reduce direct contact when possible and to increase other supports. Call 250-792-5889.

Child, Youth and Family Services: Meredith, Mike and Sara are available to assist parents and youth with phone and online services. Call 250-898-0247 or check their Facebook page.

Masks

at the General Store

The quilters guild have kindly made and donated cloth masks for those who don't have one to wear when out and about, including going to town. Please read the instructions! By donation (to go to the local food bank.)

Help Accessing Resources

laura.busheikin@gmail.com/250-218-3216

Need help understanding and applying for government funding and other COVID-19 resources? Get in touch! This is a new program sponsored by DenmanWORKS. Confidential. No charge.

Info About Financial Support

<https://denmanworks.wordpress.com/>

DICES—Community Programs

dices.communityprograms@gmail.com/250-335-2058

Computer & Internet Access: Contact DICES if you

- Need a computer or tablet
- Need financial assistance to access internet
- Have a computer or tablet to donate
- Can offer technical support to reset computers

The CAP-site in the school portable is open Weds and Saturday 3:00 – 7:00 pm. There you can access computers, Wi-Fi and printer, and the Seed Bank.

Hampers

We deliver food hampers every Wednesday. To sign up for a hamper visit www.dices.ca or fill out a form outside the portable next to the school.

Food Bank

The food bank is located in the portable next to the school and is open for clients and food donors on Thurs 3:00 – 7:00 p.m. To get a delivery from the food bank contact Community Programs by 7:00 p.m. on Weds.

You can donate to DICES' COVID-19 response efforts, including the food bank, by e-transfer to dices.director@gmail.com, via www.canadahelps.org or at the General Store.

Find videos of bedtime stories by community members at dices.ca; look under "Current Programs."

Delivery Service

Renee at 250-335-0171 or via Facebook message

Volunteer delivery from local stores and/or the food bank. Tips appreciated but not mandatory.

Public Showers

The Guesthouse is offering showers. \$5.00/person. 9:00 a.m. – 5:00 p.m. **Vouchers for free showers** are available at the portable during Food Bank and CAP-site hours (see DICES info in next column).

Ima's Kitchen—Bakery

imaskitchenbc@gmail.com/250-650-8037

Ima's is keeping the Denman Island General Store stocked with their breads (delivery Tues, Thurs, and Fri) and are happy to take orders for pick-up or delivery.

Graham Lake Swim Dock

Closed due to COVID-19 until further notice.

Two Roads Farm

info@tworoadsfarm.ca/250-218-7623

The Farm Stand is closed; however, spring greens and more are available at The General Store and at the Old School on Saturdays from 9:30 a.m. – 12:30 p.m.

COVID-19 best practices: presanitized greens; hand washing station; one person at a time per tent at Old School. Contact Two Roads to order.

If money's tight and you need fresh food, you can use the Pay-it-Forward system. Just ask!

Denman Hardware Store

denmanhardware@gmail.com/250-335-2400

Open Monday to Friday 9:00 a.m. – 1:00 p.m. and Saturday 10:00 a.m. – 1:00 p.m.

Hardware items, lumber, and gardening supplies. No customers allowed in the store. Customers are asked to please maintain 2-metre/6-ft. distancing from one another, and from staff. Payment by card only, by tap through the glass. Email orders are encouraged.

Earth Club Factory Store

store.earthclubfactory@gmail.com/250-335-2688

Open 8:00 a.m. – 2:00 p.m. Mon – Sat

Organic and non-organic baking supplies, dry & canned goods, juice, vegan and regular dairy, wellness products. Advance order by phone or email for pick-up, or drop by. Gloves and hand sanitizer available. Norie's Sushi available on Fridays. **Pay** by cash, debit or e-transfer.

Also, you can order bulk items in advance; select from the catalogue at <https://www.horizon distributors.com/>.

Outdoor coffee cart now open. Hot drinks and food.

Corlan Vineyard

250-335-9132/text 250-650-3534

Winery is open. Phone to arrange pick-up or delivery. Also available: some organic eggs; herbs, shrubs, trees and vines. Social distancing is being practiced.

The Shack N Wagon take-out

250-335-2278

Open Fri, Sat and Sun, noon – 7:00 p.m. Call ahead to place your order. Menu is on-line on the Shack N Wagon Facebook Page. Cash only; exact change required. Physical distancing is being practiced.

Thank you, Denman Islanders, for being neighbourly, kind, adaptable and generous!



Grab N Go by Lee Andra

leeandra58@icloud.com/250-335-1802

Samosas, gyozas, kale rolls, salads, almond shortbread, fruit fritters. Order in advance by Weds. Pick up prepackaged at Recycling on Saturday morning. Payment options: cash, cheque or e-transfer.

Yoga Online with Josey Slater

wildyogastream@gmail.com

Weekly yoga classes via Zoom. Free.

Tuesdays 10:00 a.m.: Yoga for Strength and Balance

Wednesdays 6:30 p.m.: In Depth Yoga

Thursdays 11:45 a.m.: Gentle Somatic Yoga

Experiencing or concerned about domestic violence?

24-hr crisis line 250 338-1227/text 250-218-4034

Run by Comox Valley Transition Society, which also runs Lilli House, a Comox Valley shelter for women and their children experiencing violence. Call anytime for support, safety planning or help getting to the shelter.

Also available: counselling programs for women and children by phone or video @ 250-897-0511.

Anxious or depressed?

Are you or a loved one struggling during these stressful times? Help is available. **If you're an adult:**

If you're in immediate distress, contact the Vancouver Island Crisis Line 24/7 at 1-888-494-3888.

If in situational distress or needing a brief action plan, call Island Health at 250-331-8524 (Mon – Fri: 9 - 11 a.m. and 1 – 3 p.m., except Weds 1 – 2 p.m.) and speak to the assigned drop-in nurse.

If not urgent, call Island Health at 250-331-8524, tell them you are from Denman and ask to set up a phone call with Christine Knights, the intake nurse assigned to Denman.

If you are a child, youth or parent, see the info under the Hornby & Denman Community Health Care Society.

The Denman COVID-19 Resilience Update

is a free service offered by *The Grapevine*. It is not a complete list for the Island. We do our best to verify all information but in these changing times can't ensure 100% accuracy. Published fortnightly.

To submit information about your organization, business, or offering, **contact Laura at 250-218-3216 / ibusheikin@islandstrust.bc.ca**

Deadline: Mondays, 5:00 p.m.

