

# Denman COVID-19 Resilience Update, April 23

## 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 referred to the Comox Valley Hospital for a test. This will help protect the Denman population. Please do not hesitate to use the medical system at this time.

As of writing, there are no known cases of CV19 on Denman Island.

## Hornby and Denman Community Health Care Society

[lori@hornbydenmanhealth.com](mailto: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.

## 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).

## Two Roads Farm

[info@tworoadsfarm.ca](mailto:info@tworoadsfarm.ca)/250-218-7623

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

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!

## DICES—Community Programs

[dices.communityprograms@gmail.com](mailto: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.

## Hampers

We deliver food hampers every Wednesday. To sign up for a hamper visit [www.dices.ca](http://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.

## Donations

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

**Find videos of bedtime stories** by community members at [dices.ca](http://dices.ca); look under "Current Programs."

**Thank you** to Quality Foods and Two Roads Farm for their donations to the Food Bank!

## Help Accessing Resources

[laura.busheikin@gmail.com](mailto:laura.busheikin@gmail.com)/250-218-3216

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

## Ima's Kitchen—Bakery

[imaskitchenbc@gmail.com](mailto: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.

## 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 – 1:00.

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](mailto: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. Donna uses gloves and mask as she pre-packages.

Also, you can order bulk items in advance; select from the catalogue at <https://www.horizondistributors.com/>. Pricing: Full item add 20%; smaller quantities, add 30%.

**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.

## Grab N Go by Lee Andra

leeandra58@icloud.com/250-335-1802

Grab and go! 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.

## 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.

## Yoga Online with Josey Slater

[wildyogastream@gmail.com](mailto:wildyogastream@gmail.com)

Weekly yoga classes online via Zoom. Free. Contact Josey to register.

**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

## Help with Digital Tools

780-906-9198/somupaz@gmail.com

Working from home? Wanting to use video conferencing to stay in touch with family? Sonia Murillo can help you get set up with the right digital tools. By donation.

## Info About Financial Support

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

## Experiencing or concerned about domestic violence?

24-hr crisis line 250 338-1227/text 250-218-4043

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.

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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.

**To submit** information about your organization, business, initiative, or offering, **contact** Laura at 250-218-3216/[lbusheikin@islandstrust.bc.ca](mailto:lbusheikin@islandstrust.bc.ca)

**Deadline:** Mondays, 5:00 p.m.

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

