

Denman COVID-19 Resilience Update

May 14 – May 28, 2020

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.

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.

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.

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).

Cloth Masks

At the General Store (depending on supply). Locally made and donated by the Denman Quilters Guild.

Info About Financial Support

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

DICES—Community Programs

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

The CAP-site in the school portable is open Weds 3:00 – 7:00 pm. and Fri 11:00 a.m. – 2:00 p.m. There you can access computers, Wi-Fi and printer, and the Seed Bank.

Food Hampers

Delivery every Wednesday. To sign up 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, at the General Store or by e-transfer to dices.director@gmail.com, via www.canadahelps.org.

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

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.

Denman Farmers Market

denmangpa.com/denmanmarket@gmail.com

Saturdays, 9:30 – 12:30 starting May 16. Produce, eggs, meat, and food-to-go, all fresh and local. Social distancing and health protocols in place. At the Old School field.

Ima's Kitchen—organic breads and vegan ice-cream

imaskitchenbc@gmail.com/250-650-8037

Baking for the General Store Tues and Fri (delivering at 2 p.m.). Vegan ice cream and ice cream sandwiches available at the General Store. Or call to place an order. Ima's will be back at the Farmers Market on May 23rd. Stay tuned for the reopening of the self-serve shop soon!

Graham Lake Swim Dock

Closed due to COVID-19 until further notice.

Two Roads Farm

info@tworoadsfarm.ca/250-218-7623

Spring greens and more are available at The General Store and at the Farmers Market on Saturdays from 9:30 a.m. – 12:30 p.m. The Farm Stand will be open soon! COVID-19 best practices are being used.

Advance orders taken; just call or email.

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, lumber, household 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. daily

Store with organic and non-organic baking supplies, dry & canned goods, juice, vegan and regular dairy, wellness products. Advance order by phone or email, or drop by. Also, you can order bulk items in advance; just ask.

Coffee bar now open. Hot drinks, fresh baking and food to go: soups, shepherds pie & lasagna every day; sushi Tues and Fri; pot pies Thurs.

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 adaptable, neighbourly, and generous!
Stay calm, stay kind, and shop locally!



Grab N Go by Lee Andra

leeandra58@icloud.com/250-335-1802

Samosas, gyozas, kale rolls, salads, almond shortbread, fruit fritters. Order by Weds to pick up prepackaged at the Farmers Market on Saturday.

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

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

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.