

Thanksgiving weekend is upon us and we are all grateful for all the hard work and diligence that people have put in for us to get to the point where we can be grateful to be together. Those who have been vaccinated have consciously decided to be a part of the public health solution – they have taken the jab so that families can safely gather and celebrate all that we are grateful for.

We also know that this weekend health care workers across [Island Health](#) are working flat out to keep up with the demands of COVID, the drug poisoning crisis, and of course all the other health and care needs of our communities. They could really use some words of support and encouragement.

If you can, please take a moment to send in a note of thanks through Island Health's website: <https://thanks.islandhealth.ca/> . Alternatively, you can also send in kudos, thanks and words of support via email at thanks@islandhealth.ca

<https://www.cowichanvalleycitizen.com/.../opinion-this.../>

I wish you a very restful with your families and friends. Happy Thanksgiving!