



OUR PLACE

Community of Hope

JULY 2020 NEWSLETTER

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JULY BIRTHDAYS

Happy Birthday to all of our friends born in July!

Patricia R - July 2

Gloria L - July 5

Kenny C - July 14

Sandra S - July 15

Susan G - July 16

Shirley M - July 18

Ryan M - July 21

Semion D - July 24

Bob G - July 28



**** If you want us to celebrate with you, please let us know your birthday!**

Famous July Birthdays

Princess Diana – July 1, 1961

Lindsay Lohan – July 2, 1986

Tom Cruise – July 3, 1962

Sylvester Stallone – July 6, 1946

50 Cent – July 6, 1975

George W Bush – July 6, 1946

Kevin Bacon – July 8, 1958

Tom Hanks - July 9, 1956



Julius Caesar – July 12, 100 BC

Will Ferrell – July 16, 1967

Nelson Mandela – July 18, 1918

Alexander the Great – July 20, 356 BC

Ernest Hemingway – July 21, 1899

Amelia Earhart – July 24, 1897

Jennifer Lopez – July 24 - 1969

OUR PLACE PANDEMIC HOURS

In order to keep everyone safe, all programming in the centre is canceled until further notice. We will keep the Our Place website (www.ourplacecommunityofhope.com) and Facebook page updated and hope to re-open as soon as it is safe for everyone.

In the meantime, we will continue with the following services:

Take-away Meals: Tuesday-Friday, between 2:00 and 5:00pm.

UPDATE: *Starting after the long weekend in August (August 4th), we will be serving meals on Mondays as well!* So you can come for your meals 5 days a week!

Friendly Check-Ins: Sign up for once a week phone calls, Zoom calls or emails from staff. This will give you a chance to let us know what services you need and for us to provide you with support, information and referrals. If you would like to schedule a Zoom video call, please call the office or email Kristel at kristel@ourplacecommunityofhope.com

Referrals & Assistance: If you need assistance filling out forms, requesting a shelter bed, finding housing, etc., call the office and we will do our best to help you.

Phone the Office: Staff will be available by phone Tuesday-Friday, between 1:00 and 5:00pm. Call at **(416) 598-2919** if you need support.

Reopening: The most common question we get lately is when Our Place will be reopening and we wish we had an answer for you! We have to follow the guidelines set out by Public Health and ensure that we are doing our best to keep everyone healthy.

We will let you know, when we know, and we will celebrate together when we are able to re-open!

When we do re-open, there will be changes to the way we used to do things before COVID-19. Although we can't say exactly what it will look like, we do know the following will need to take place:

- Screening before entering the building (temperature, symptom questionnaire). Only one person will be able to enter at a time.
- Anyone with symptoms will not be allowed to enter and will be sent home.
- You will need to put hand sanitizer on before entering the building.
- No volunteers in the kitchen – staff only.
- We will ask that you sanitize the member computer before and after each use.
- No groups in the small rooms to ensure physical distancing.
- Staff will be wearing masks. Members will be encouraged to wear them as well.
- We ask that you maintain physical distancing (6 ft).
- Large bags and buggies will not be allowed in the building.
- No donations will be accepted.

New Program: Anger Management

St. Michael's Homes is offering an extensive Anger Management course to anyone who is interested. It is free of charge and will be offered virtually (on Zoom).

The training utilizes Cognitive-Behavioural tools and techniques to help individuals navigate tough situations. With topics such as Communication, The Cycle of Violence, and Learning from Mistakes, participants can dive deeper into the root of their anger and learn more about themselves in the process.

There are also many opportunities for individuals to connect the lessons with their past and/or current experiences, as open discussion is encouraged. This group operates from a trauma-informed perspective, and aims to provide a safe, open, and non – judgemental space for individuals to explore their emotions and find new ways to grow.

Due to the sensitive nature of the topics being discussed, we feel that it is best to keep the groups gender-specific. This means that there is a group available for women and a separate group for men. These groups are currently being offered virtually so please inquire for information on how to access them.

When: Every Thursday, starting on July 9th. The Women's Group will meet at 2:30pm and Men's Group at 3:30pm.

Where: Zoom (through your phone or computer. *Must have Internet access.*)

To Sign Up: Please email info@ourplacecommunityofhope.com or call the Our Place office- (416) 598-2919. To complete your registration, the group facilitator will call you to introduce themselves and have a quick chat with you.

Mental Health & Crisis Resources

1. Call **911** if you are in immediate danger or need urgent medical support.
2. Text **WELLNESS** to 741741 to access the Crisis Text Line. Provides immediate support.
3. Wellness Together: **1-866-0445** (24/7). Provides free counseling and support.
4. Gerstein Crisis Centre: **(416) 929-5200** (24/7). This is a community-based crisis service for adults age 16+ in Toronto who are dealing with mental health issues and/or substance use issues and are currently in crisis. Also offers online face-to-face support, wellness groups, short term follow-up support, and referrals to other services.
5. Crisis Services Canada: **1-833-456-4566** (24/7) or text **START to 45645** (4pm-midnight). This is support for people who are thinking about suicide.
6. Distress Centre of Greater Toronto: **(416)-408-4357** (42/7). They provide emotional and crisis support.
7. St. Michael's Homes: **(416) 926-8267 ext. 110**. Addictions Services for men.
8. Assaulted Women's Hotline: **(416) 863-0511 or 1-866-863-0511** (24/7 crisis line)

If you or someone you know is in immediate danger, call **911**.

RESOURCES OPEN DURING PANDEMIC

****For a full list of Drop-Ins and meals, please go to the Toronto Drop-In Network website <https://www.tdin.ca/> or call the Our Place office (416) 598-2919****

WiFi Access

Parkdale Activity-Recreation Centre (1499 Queen St. W. – open to homeless individuals only) Mon to Thurs 9am to 1pm, Fri 12:30 to 4:30pm, Sat & Sun 11am to 3pm

West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm

Sanctuary (25 Charles St. E. – 5 people at a time in the drop-in) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm

All Saints Church Community Centre (315 Dundas St. E.) Mon to Thurs 8am to 3pm – Computers available

Church of St. Stephens In-the-fields: Safe Space Drop-in (103 Bellevue Ave) Fri 6pm to 10pm

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave.) Mon to Fri 8 am to 11:30 am, Sun 8 to 11:30am

*WiFi has been reported to work outside of several places it was previously publicly available, including Toronto Public Libraries, TTC subways, some cafe/restaurant chains (Tim Hortons, McDonalds, etc.)

Public Washrooms

◆ **Sunnyside Park: 755 Lakeshore Blvd W** ◆ **Little Norway Park: 689 Queens Quay W** ◆ **Dundas Square: 1 Dundas St. E** ◆ **Alexandra Park: 275 Bathurst St.** ◆ **Jimmie Simpson Park: 872 Queen St. E** ◆ **Regent Park: 600 Dundas St. E.** ◆ **Wellesley Community Centre: 495 Sherbourne St.** ◆ **Moss Park: 150 Sherbourne St.** ◆ **Scott Mission: 502 Spadina Ave.** ◆ **Evangel Hall Mission: 552 Adelaide St. W (Mon – Thurs 9am to 12:30 pm)** ◆ **Sanctuary: 25 Charles St. E** ◆ **The 519: 519 Church St. (Mon–Fri 9:30am to 6pm, Sat & Sun 10am to 4pm)** ◆ **Nathan Phillips Square: 100 Queen St. W (7 days/week 10am to 10pm)** ◆ **Union Station: 65 Front St. (Mon-Sun 5:30am to 12:45am)** ◆ **South Market: 91-95 Front St. (lower level, Tues-Fri 9am to 5pm, Sat 9am to 4pm)** ◆ **Young St. Mission: 365 Spadina Ave (Mon to Thurs 12 to 4:30pm)** ◆ **All open drop-ins offer bathroom access**

Open Drop-Ins

Parkdale Activity-Recreation Centre (1499 Queen St. W. – open to homeless individuals only) Mon to Thurs 9am to 1pm, Fri 12:30 to 4:30pm, Sat & Sun 11am to 3pm

Sanctuary (25 Charles St. E. – 5 people at a time in the drop-in) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm

West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave.) Mon to Fri 8 am to 11:30 am, Sun 8 to 11:30am

Church of St. Stephens In-the-fields: Safe Space Drop-in (103 Bellevue Ave) Fri 6pm to 10pm

All Saints Church Community Centre (315 Dundas St. E.) Mon to Thurs 8am to 3pm

St. John the Compassionate Mission: Broadview Drop-in (155 Broadview Ave.) Tues 5am to 9am, Wed 5am to 5:30pm, Thurs & Fri 5am to 4pm, Sat 9am to 1pm

Friends of Ruby (489 Queen St. E. - LGBTQ2S+ youth, '16 to 29) Mon to Fri 1:30 to 4:30pm (*Tues is BIPOC day)

Clothing

Sanctuary (25 Charles St. E. – 5 people at a time in the drop-in) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm

All Saints Church Community Centre (315 Dundas St. E.) Mon to Thurs 8am to 3pm – Emergency clothing available

The 519 (519 Church St. – general population, LGBTQ2S+) Mon to Fri 1 pm & 4pm, Sat & Sun - 12:30pm, Emergency Clothing

Evangel Hall Mission (552 Adelaide St. W.) Mon to Thurs 10am to 12:30 pm

◆ **Most information found at TDIN.ca**

COVID-19 Resource Guide

A basic resource list put together by the folks at The Redeemer's Common Table Drop-in (May 26th, 2020)

Meals To-go

The Stop Community Food Center (1884 Davenport Rd.) Breakfast: Mon, Tues, Thurs, & Fri 9 to 11am, Lunch: Mon, Tues, Thurs & Fri 12 to 1pm

Our Place Community of Hope (1183 Davenport Rd – Adults who self-identify as living with mental illness) Meals: Tues to Fri, 2 to 5pm

Davenport-Perth Neighbourhood and Community Health Center (1900 Davenport Rd) Meals: Mon & Weds, 5 to 7pm

Native Child and Family Services of Toronto: Native Youth Resource Centre (655 Bloor St. W. – Indigenous youth, '16 to 24) Breakfast: Mon to Fri, 10am, Lunch: Mon to Fri, 12 to 1pm, Dinner: Mon to Sat, 5 to 6pm, Brunch: Sat, 1 to 2pm

Good Shepherd Ministries (412 Queen St. E.) Meals: 7days/week, 2 to 4pm

The 519 (519 Church St. – general population, LGBTQ2S+) Lunch: Mon to Fri 1 to 2:30pm, Sat & Sun - 12:30pm, Dinner: Mon to Fri 4 to 5:30 pm

Yonge Street Mission (YSM): Evergreen Centre for Youth (365 Spadina Ave. – youth, '16 – 24) Meals: Mon to Fri, 12 to 4:30pm

St. Stephen-in-the-Fields (103 Bellevue Ave) Meals: Fri, 6 to 10pm, Breakfast: Sat & Sun, 7 to 8:30am

Church of the Holy Trinity (19 Trinity Square) Lunch: Mon to Fri, 11am to 1pm

St. James Cathedral (65 Church St.) Meals: Tues & Fri 1:30 to 3:30pm

Toronto Council Fire Native Cultural Centre: The Gathering Place (439 Dundas St. E.) Breakfast: 7days/week 9am, Lunch: Mon to Thurs, & Sun, 12 to 12:30pm, Fri & Sat 1 to 1:30, Dinner: Mon to Thurs 3:15 to 3:45

Margaret's Drop-in (323 Dundas St. E.) Breakfast: 7days/week 7 – 8:30am, Lunch: 7days/week 10:30am to 12pm, Dinner: 7days/week 6:30 to 7:30pm

All Saints Church Community Centre (315 Dundas St. E. – general population, women and trans-identified Sex Workers) Breakfast for women & trans-identified sex workers (& harm reduction kits): Fri 8 to 10:30am (distributed in parking lot) Meals (general pop.): Mon, Tues & Thurs 8am to 3pm, Wed 10:30 to 3pm, Fri 10:30 to 11am
South Riverdale Community Health Centre (955 Queen St. E.) Meals: Mon to Fri 10am to 5pm

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave.) Breakfast: Mon to Fri, & Sun 8 to 11:30 am

Haven Toronto (170 Jarvis St. – men, 50+) Breakfast: 7days/week, 8:15 to 9:15am, Lunch: 7days/week, 12:15 to 1:15pm

Fontbonne Ministries: Mustard Seed Drop-in (791 Queen St. E.) Lunch: Fri, Sat, & Sun 11:30am to 1pm

Parkdale Activity-Recreation Centre (1499 Queen St. W) Breakfast & Lunch: Mon to Thurs, 9:15 to 10:15am, Fri, 1 – 2pm, Sat & Sun, 11:15 to 12:15

Fred Victor: Women's 24/7 Drop-in (67 Adelaide St. E – women & trans identified) Breakfast: 7days/week, 9 to 10am, Lunch: 7days/week 12 – 12:45pm, Dinner: 7days/week 6 - 7 pm

Fred Victor: CRC Drop-in (40 Oak St.) Breakfast: Mon & Fri 9 to 10am, Lunch: Mon, Tues, Thurs, Fri 12 – 1pm, Sun 11:30am to 1pm, Dinner: Sat 5 to 6pm

Fred Victor: Open House Drop-in (145 Queen St. E) Meals Mon-Fri, 12 to 4pm

Woodgreen Community Services (650 Queen St. E.) Meals: Tues 11am to 1pm

Seeds of Hope (6 St. Joseph St.) Meals: Tues & Thurs 1 to 5pm

St. Basile Catholic Parish (50 St. Joseph St.) Meals: Tues & Thurs 11 to 12pm, Sun 3 - 4pm

Christ Church Deer Park (1570 Yonge St.) - Breakfast 1st, 3rd, 4th, & 5th Sat 8 - 9:30am, Lunch: Wed 12 to 1:30pm

St. John the Compassionate: Broadview Drop-in (155 Broadview ave) Meals: Tues 5am to 9am, Wed to Fri 5am to 4pm, Sat 5am

Church of the Redeemer – The Common Table (162 Bloor St. W.) Lunch: Mon to Fri 10 to 11:30am

St. Felix Centre (25 Augusta Ave) Breakfast: 7 days/week, 7 to 8am, Lunch: 7days/week, 11:30am to 1pm, Dinner: 7 d/w, 5 to 6:30pm

Christie Ossington Neighbourhood Centre Drop-in (854 Bloor St. W) Meals: Mon to Sat 10am to 12pm

Evangel Hall Mission (552 Adelaide St. W) Lunch: Mon to Thurs 10am to 12:30 pm

Phone Access
Parkdale Activity-Recreation Centre (1499 Queen St. W. – open to homeless individuals only) Mon to Thurs 9am to 1pm, Fri 12:30 to 4:30om, Sat & Sun 11am to 3pm
Margaret's Drop-in (323 Dundas St. E.)

West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm

All Saints Church Community Centre (315 Dundas St. E) Mon to Thurs 8am to 3pm

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave.) Mon to Fri 8 am to 11:30 am, Sun 8 to 11:30am

Church of the Redeemer – The Common Table (162 Bloor St. W.) Mon to Fri 10 to 11:30am

South Riverdale Community Health Centre (955 Queen St. E) Mon to Fri 10am to 5pm

Central Intake/Shelter
In-person services at 129 Peter St. are temporarily closed. To access shelter services (intake and referral), call Central Intake at 416-338-4766 or 1-877-338-4766

Food Bank
 To find your nearest food bank, call 416-203-0050 (The Daily Bread) or 211

For HARM REDUCTION services, search "supervised consumption sites" or "harm reduction" at Toronto.ca, or call 211

Laundry
West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm

Weston King Neighbourhood Centre (2017 Weston Rd.) Mon to Sat 9am to 3pm (by appointment)

Showers
Parkdale Activity-Recreation Centre (1499 Queen St. W. – open to homeless individuals only) Mon to Thurs 9am to 1pm, Fri 12:30 to 4:30om, Sat & Sun 11am to 3pm
Sanctuary (25 Charles St. E. – 5 people at a time in the drop-in) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm
Evangel Hall Mission (552 Adelaide St. W) Mon to Thurs - 9am to 12:30 pm
West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm
Weston King Neighbourhood Centre (2017 Weston Rd.) Mon to Sat 9am to 3pm - Showers by appointment
Margaret's Drop-in (323 Dundas St. E.) 7days /week – from 6:45 to 10:45 am & 11am to 12pm
Harrison Pool (15 Stephanie St) Tues to Sat 8 am to 3:30pm (last shower at 3pm)
Wallace Emerson Community Centre (1260 Dufferin St) Sun to Thurs 10am to 5:30pm (last shower at 5pm)
Regent Park Community Centre (402 Shuter St.) Sun to Thurs 10am to 5:30pm (last shower at 5pm)
St. Stephens Community House: The Corner Drop-in (260 Augusta Ave. – showers emergency only) Mon to Fri 8 am to 11:30 am
Lampart Stadium (1155 King St. W) Sun to Thurs 8am to 3:30pm (last shower at 3pm)
Amesbury Arena (155 Culford Rd.) Sun to Thurs 10am to 5pm (last shower 4:30 pm)



Brands for Canada's EDGE program offers one of the most comprehensive job-training programs in the country, assisting individuals living with disabilities to gain a competitive advantage in securing employment.

Over the course of four weeks, participants build professional and life skills in the areas of:

- Emotional & social skills (EQ)
- Communication
- Conflict resolution
- Managing disabilities in the workplace
- Stress management
- Financial literacy

Additionally, once the Brands for Canada office re-opens, clients will receive:

- Career coaching
- New professional clothing
- A complimentary haircut
- Personal care supplies
- Mindfulness training

Join us for a free online information session with the EDGE Program Coordinator to learn more about the program, eligibility requirements and much more!

When: August 5th, 2020 @ 11:00AM

How to register: [Click here](#) or email us at parles@tcet.com

Registered participants will be contacted.

Photography Workshops & Contest

MYTORONTO: Photography Workshops & Contest

We believe you have a unique lens. We want to see what you see.

MYTORONTO is an expressive arts program and contest which provides opportunities for people affected by homelessness and poverty to engage in artistic expression, make meaningful connections and learn new skills in photography, creative writing, and digital literacy.

FREE ONLINE CREATIVE WORKSHOPS

MYTORONTO workshops will help you to gain valuable skills in photography, creative writing, and digital literacy, while connecting with others and exploring new and innovative ways to use online learning tools.

Tuesday, July 7 – Photography I

Thursday, July 9 – Photography II

Tuesday, July 14 – Social Media

Thursday, July 16 – Creative Writing

PHOTOGRAPHY CONTEST



Monday, July 20th- Monday, July 27th



Look around your city of Toronto and show us through your lens what **#MakeItBeautiful** means to you.



Entry to the contest is free and easy – using your own Smartphone!*

**If you do not have a smartphone, please inquire*



Winning photographs will be featured in newly produced MYTORONTO products and public online exhibitions. Winners receive cash prizes!*

**Cash prizes may be in the form of credit card gift cards*

TO PARTICIPATE IN THE CONTEST OR WORKSHOPS (OR BOTH!) REGISTER NOW!

To grab your spot or find out more, contact:



mytoinfo@veahavta.org



416-964-7698 ext 229



Learn more at
mytorontophotos.com/summer-2020



Ve'ahavta

MYTORONTO

(Registration is mandatory).

Masks

The Public Health Agency of Canada recommends wearing a non-medical mask or face covering in public spaces, as they can reduce the spread of respiratory droplets produced when breathing, talking, coughing or sneezing. The recommendation was put in place because of growing evidence that people can transmit COVID-19 through droplets before they ever show symptoms.

A mask won't protect you against contracting COVID-19, but it will prevent you from spreading it to others. So let's all work together to stop the spread of COVID-19 and wear a mask!

Indoor Public Spaces

At the recommendation of Toronto's medical officer of health, Dr. de Villa, **non-medical masks or face coverings will be mandatory in indoor public spaces as of July 7** to help limit the spread of the coronavirus. The policy will remain in place until the next City Council meeting on September 30 and could be extended if necessary.

Transit

Effective July 2, masks or face coverings are mandatory when travelling on the TTC, with the exception of:

- Children under two years of age.
- Persons with an underlying medical condition which inhibits the ability to wear a mask or face covering.
- Persons who are unable to place or remove a mask or face covering without assistance.
- TTC employees and agents within an area designated for TTC personnel and not for public access, or within or behind a physical barrier or shield.



Make Your Own Mask

(No sewing needed!)

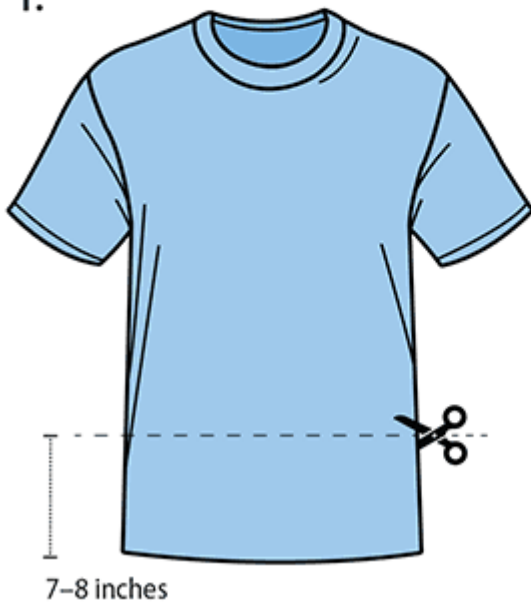
Quick Cut T-shirt Face Covering (no sew method)

Materials

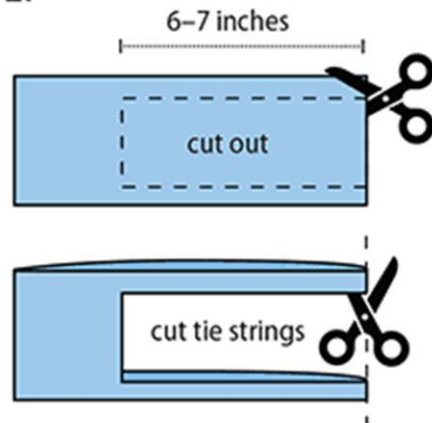
- T-shirt
- Scissors

Tutorial

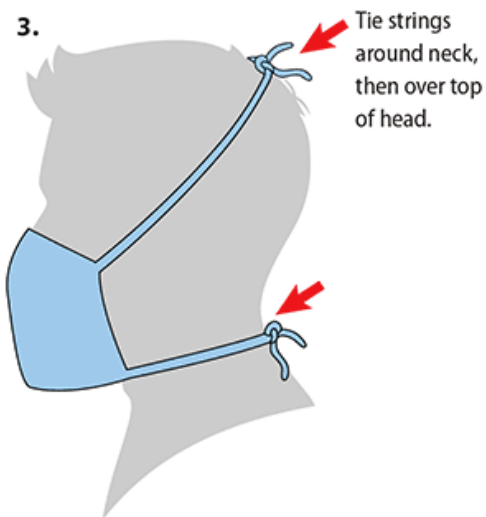
1.



2.



3.

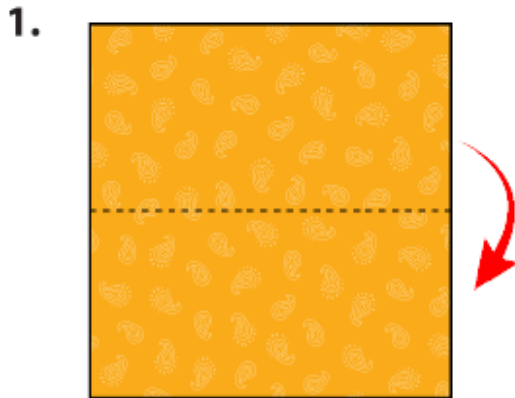


Bandana Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

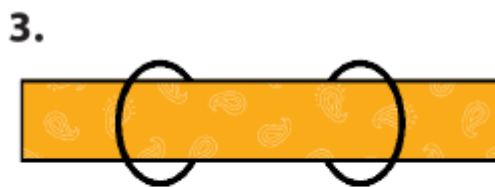
Tutorial



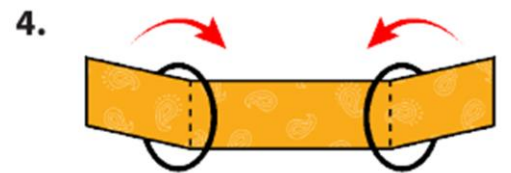
Fold bandana in half.



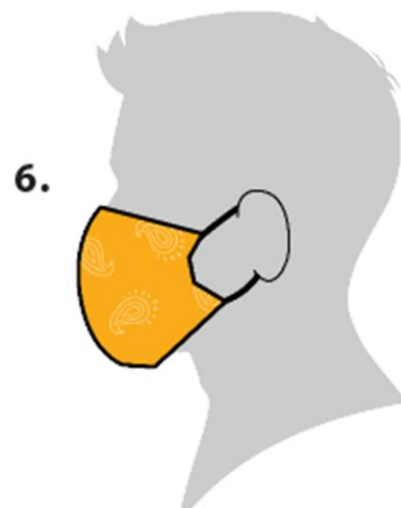
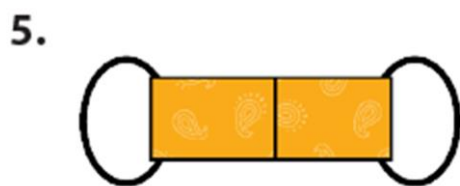
Fold top down. Fold bottom up.



Place rubber bands or hair ties about 6 inches apart.



Fold side to the middle and tuck.



WORD SEARCH

THE ORIGINAL GREATEST HITS

A R B M D O W N O N T H E C O R N E R Z
E R G W C U Y G O O Q P C I K S R S W A
X C V R S O G I G N A D Y R I K M C H S
N C O R A B N A M U N B U S E R H C I R
Z O O N E N C S L N A E T G A A C J T O
P O T W L I D S T B O E L R O S M B N N
D L H R H Y I F Y A R T U N H W L D E N
S D E C A M W M U G N O I A H A A C Y O
A D L A O P E O O N Y T N N C O W N H C
N A E N H B Y L M N K I C K L I J M O M
T Y T J S T D L I E A R V R L O U N U O
A S T N V E B E L T N E A D A L V J S T
N I E U N E M I W O L B F I E V U E T N
A K R H A E M A H V D I L I L K I N O I
I X A T K Y I E E J R I V E L R D N N P
X I L A U N D T Y E I Z A Y E S O Y G M
R E T L I G H T M Y F I R E G D T A X O
S Z M N R U B K C O C E C U R B U A D T
R F E F I L L A V E I K N A R F M Q H S
Y X E S M I K N I H T A Y O D N T U A T

Puzzle: JULY 2 Based on Playlist from: JULY 1 (return to download link for solutions)


SISTER GOLDEN HAIR
IM NOT IN LOVE
FRANKIE VALLI
SHANIA TWAIN
CCR
CONSTANT CRAVING
TAKE ME IN YOUR ARMS
ONLY WOMEN BLEED
OLD DAYS
LIGHT MY FIRE

BRUCE COCKBURN
DO YA THINK IM SEXY
SANTANA
DOWN ON THE CORNER
BLACK VELVET
BE MY BABY
DOLLY PARTON
JOHN LENNON
THE LETTER
THATS LIFE

PAUL SIMON
WHITNEY HOUSTON
GOWAN
BEATLES
STOMPIN TOM CONNORS
CHICAGO
GRAND FUNK RAILROAD
WILDFIRE
DOORS
CREAM

(Sourced from: <http://zoomerradio.ca/>)

COVID-19 MYTHS



(Sourced from: <https://www.wno.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>)

Social media is full of claims about COVID-19 – where it comes from, what will cure it, how to prevent it – but most are just not true. Read below for the most common COVID-19 myths debunked!

Myth: Masks can cause CO2 intoxication or oxygen deficiency

FALSE! The prolonged use of masks (when properly worn) does not cause CO2 intoxication OR oxygen deficiency. Make sure it fits properly, is tight enough to allow you to breath normally, do not re-use disposable masks and always change it as soon as it gets damp.

Myth: 5G mobile networks spread COVID-19.

FALSE! This is not true! Viruses cannot travel on radio waves/mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks.

COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks, or by touching a contaminated surface and then their eyes, mouth or nose.

Myth: Sun or high temperatures will protect you from COVID-19.

FALSE! You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth, and nose.

Myth: Holding your breath for 10 seconds or more without coughing or discomfort means you are free from COVID-19.

FALSE! The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a

laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

Myth: Eating garlic can prevent COVID-19.

FALSE! Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic (or any other food!) has protected people from the new coronavirus.

Myth: Only old people can be infected by the COVID-19 virus.

FALSE! People of ANY age can be infected by the COVID-19 virus. The elderly, and people with pre-existing medical conditions such as asthma, diabetes, and heart disease appear to be more vulnerable to becoming severely ill with the virus.

People of all ages should take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

What Will Stage 3 of Reopening Look Like?

The province has not laid out precisely what changes will come in Stage 3 of the reopening. Its general framework released back in April suggested Stage 3 would mean "opening all workplaces responsibly" and "further relaxing the restrictions on public gatherings." The province-wide state of emergency that is currently in place until July 15 would be lifted.

Even with a move to Stage 3, mass gatherings such as concerts and spectator sports events would remain prohibited "for the foreseeable future," the framework says.

Dr. Paul Roumeliotis, medical officer of health for eastern Ontario said that officials are looking at increasing the maximum size of gatherings and allowing customers inside restaurants in Stage 3.

When we reach Stage 3, it is likely that many of our current health measures (physical distancing, masks, handwashing) will remain in effect.

From the Kitchen of Our Place

Kristel's Filipino Chicken Adobo

Prep Time: 5 minutes | Cook Time: 35 minutes | Servings: 4 people

Ingredients:

- 2lbs chicken (cut into serving pieces)
- 3 pieces dried bay leaves
- 8 tablespoons soy sauce
- 4 tablespoons white vinegar
- 5 cloves garlic (crushed)
- 1 ½ cups water
- 3 tablespoons cooking oil
- 1 teaspoons sugar
- ¼ teaspoon salt (optional)
- 1 teaspoon whole peppercorn (or regular pepper grounds)



Instructions:

1. Combine chicken, soy sauce and garlic in a large bowl. Mix well. Marinate
1. the chicken for at least 1 hour. Note: The longer the time, the better.
2. Heat a cooking pot. Pour cooking oil. When the oil is hot enough, pan-fry the marinated chicken for 2 minutes per side.
3. Pour-in the remaining marinade, including garlic. Add water. Bring to a boil.
4. Add dried bay leaves and whole peppercorn (Or pepper). Simmer for 30
5. minutes or until the chicken gets tender.
6. Add vinegar. Stir and cook for 10 minutes.
7. Put-in the sugar, and salt. Stir and turn the heat off. Serve hot.

Enjoy!

Natasha's Lazy Holubtsi (Cabbage Rolls)

Prep Time: 5 mins | **Cook Time:** 75 mins | **Total Time:** 1 hr 20 mins | **Servings:** 6

Ingredients

- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 tbsp oil
- 3 lg carrots, shredded
- 3 lbs cabbage, coarsely chopped (1 head of cabbage or approximately 8 cups)
- 14 oz can tomato sauce (I used low sodium)
- 2 x 14 oz cans diced tomatoes
- 2 tbsp tomatoe paste
- 2.5 cups rice – COOKED
- 1 tsp oregano
- 1 tsp dried dill
- 1 bay leaf
- 1 tsp thyme
- 2 tsp salt
- Ground black pepper, to taste
- Fresh herbs (dill, parsley, green onions) & Greek yogurt, for serving
- ** If you want meat in it, you can add 2 lbs extra lean ground meat (turkey, pork or beef)

Instructions

1. Preheat oven to 350°F. Butter a 9x13 pan.
2. In a large skillet, sauté oil, onion, garlic and carrots. If you are using meat, cook
3. Add tomato sauce, canned tomatoes, tomato paste, dill, parsley and bay leaf. Simmer covered 10 minutes. Remove bay leaf and stir in rice (rice should be already cooked).
4. Meanwhile, in a separate skillet, heat olive oil over medium heat. Add cabbage and cook until tender crisp.
5. Place half of the cabbage in the pan. Top with half of the rice mixture. Repeat layers ending with rice.
6. Bake uncovered 25-30 minutes or until hot & bubbly.

Store: Refrigerate in an airtight container for up to 4 days.

Freeze: Fully cook, cool completely, and freeze in an airtight container for up to 3 months. Thaw in a refrigerator overnight. Reheat in a microwave or in the oven at 375 F for 10 minutes.



Enjoy!

Alanna's Easy Fruit Crumble - with any fruit!

Ingredients

For the filling:

- 6 to 7 cups fruit, enough to almost fill pan
- 1/2 to 1 cup granulated sugar, depending on the sweetness of the fruit
- 1 to 3 teaspoons freshly squeezed lemon juice
- 1 to 3 tablespoons cornstarch, depending on juiciness of fruit
- 1 teaspoon ground spice, such as cinnamon, ginger, or nutmeg (optional)

For the crumble topping:

- 1 cup all-purpose flour
- 1/2 cup packed light or dark brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon (optional)
- 1/4 teaspoon salt
- 8 tablespoons (1 stick) unsalted butter, at room temperature



Instructions

Heat oven to 375°F and prepare the baking dish. Arrange a rack in the middle of the oven and heat to 375°F. Coat a 9x9-inch or 11x7-inch baking dish with butter; set aside.

Prepare the fruit filling: If necessary, dice the fruit into bite-sized pieces, removing any stems, seeds, or inedible parts. Toss the fruit with sugar, lemon juice, cornstarch, and any spices in a large bowl. Pour the fruit filling into the baking dish. Transfer the fruit filling into the baking dish.

Prepare the crumble topping: Whisk the flour, sugar, cinnamon, baking powder, and salt together in a large bowl. Cut the butter into a few large pieces and toss these in the dry ingredients. Using your fingers, a fork, or a pastry cutter, work the butter into the dry ingredients until large, heavy crumbs are formed.

Pour the crumble topping evenly over the fruit.

Bake until the fruit juices are bubbling around the edges of the pan and the topping is firm to the touch, 30 to 35 minutes.

Let the crumble cool for at least 15 minutes before serving. If transporting to a picnic or party, let the crumble cool completely to give the fruit filling time to set.

Staying Cool During a Heat Wave

This July is shaping up to be one of the hottest in recent memory for Toronto and we know that not everyone has access to air conditioning.

Extreme heat is a health risk, especially for the following groups:

- Older adults, infants and young children
- People with chronic illnesses and certain mental health issues
- People with limited physical mobility
- People on certain medications
- People experiencing homelessness
- People who live alone

** Call, text or video chat at-risk family, friends or neighbours (especially older adults living alone) to make sure they are drinking plenty of fluids and keeping cool

Here are some tips to beat the heat:

- Drink plenty of cool water even before you feel thirsty
- Go to an air conditioned place
- Wear loose, light-coloured, breathable clothing and when outdoors wear a wide-brimmed hat
- Avoid the sun and stay in the shade or use an umbrella
- Reschedule or plan outdoor exercise (e.g. run, walk, bike) during the cooler parts of the day
- Take cool showers or baths or use cool wet towels to cool down
- Never leave a person or pet inside a parked car
- Consult with your doctor or pharmacist on medications that increase your risk to heat

Find a Cool Space!

Go to <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/hot-weather/cool-spaces-near-you/#location=&lat=&lng=> to find a cool space near you or call the Our Place office and we will help you find one.

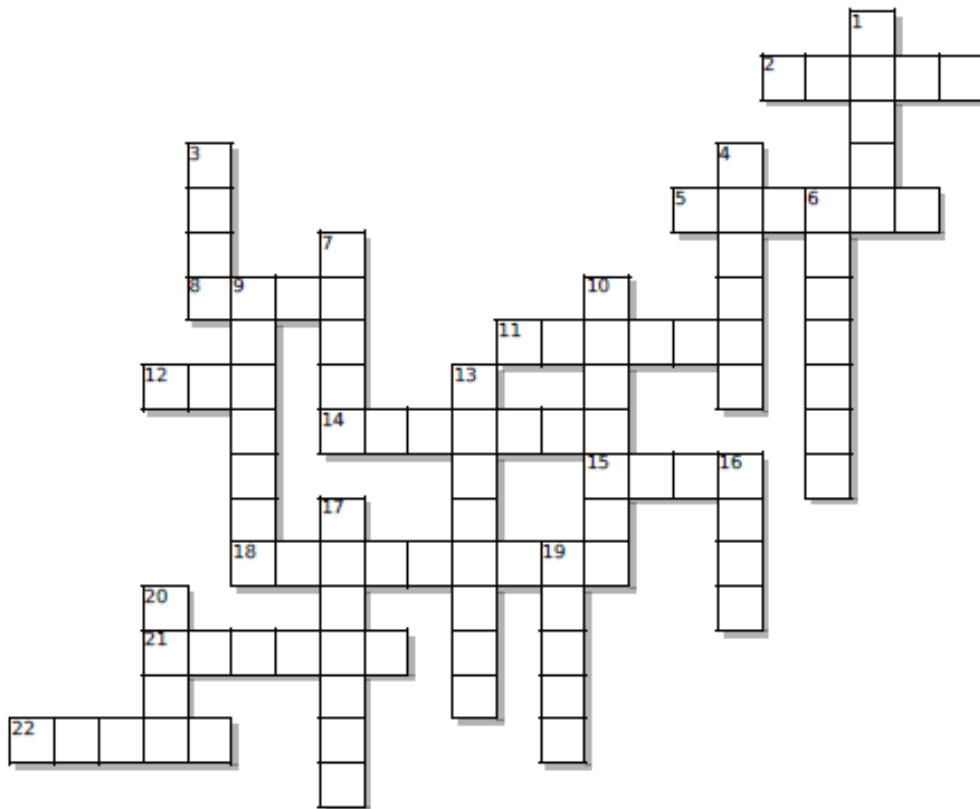


July Crossword

Brought to you by Peter Carter

Our Place

Guaranteed 100% virus-free crossword



ACROSS

- 2 How juries are rigged
- 5 Rhyme'n'rhythm
- 8 Where there's life there's
- 11 Wok Wizard
- 12 Who Mr and Mrs. Garfunkel created
- 14 Our lead singer
- 15 A number that's good for your health
- 18 A few (thousand) good words
- 21 Rhymes with but is more important than wealth
- 22 Contains all major food groups

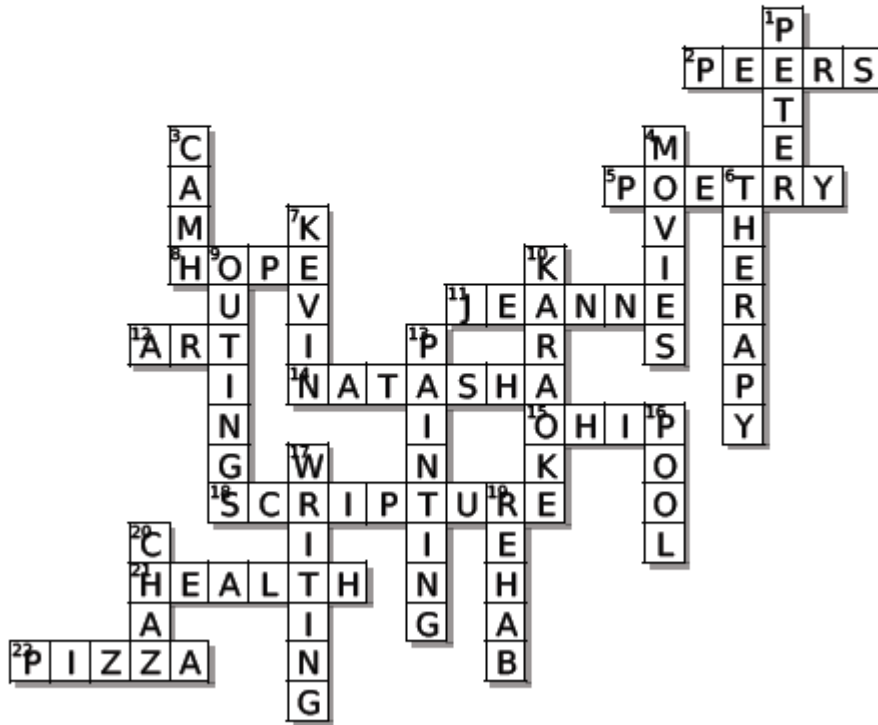
DOWN

- 1 World's best writing coach
- 3 Queen-West help factory
- 4 Lights, camera, action
- 6 Help that takes many faces
- 7 Human Jukebox
- 9 Opposite of Innings
- 10 Where everyone's a star
- 13 Strokes for different folks
- 16 Where you sink but don't get wet
- 17 Why go to Our Place Wednesdays
- 19 Emotional pitstop
- 20 Six-string wiz

Crossword Answers:

Our Place

Guaranteed 100% virus-free crossword



If you would like to contribute to next month's newsletter, please email Natasha@ourplacecommunityofhope.com or drop your submission off at the centre Tuesday-Friday, between 1 and 5pm.