



OUR PLACE

Community of Hope

June 2020 NEWSLETTER

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MAY & JUNE BIRTHDAYS

Happy Birthday to all of our friends born in May & June!

Jose C- May 2

Rosa M- May 4

Maryke O- May 9

Gail B- May 12

Amanda S- May 19

Tim H- May 22

Kirk C- May 24

John S- May 24

Donna H- May 25

Christine F- May 18

Nathan H- June 1

Rosalee E- June 13

Sharon O- June 16

Kimberly B- June 18

Joshua G- June 24

Chris H- June 25

Jeffrey D- June 30



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

A MESSAGE FROM STAFF

Dear Friends,

We recognize that this is a difficult time and many of us are feeling sad, stressed, anxious, confused, scared or angry.

These are normal and common responses during stressful situations like a pandemic. That's why we want you to know that we are here to support you any way we can. We have also compiled a list of mental health resources for you, in case you need to access additional and professional support (see page 4 of this newsletter).

Please reach out if you are feeling overwhelmed, isolated and anxious. When the weight of what is going on in the world becomes heavy, remember: **you are not alone.**

We would be remiss not to speak about the recent violent acts of racism that continue to take place in the United States and right here at home in Canada. We stand in solidarity with the #BlackLivesMatter movement and the fight against systemic racism and the historic oppression of the black community.

At Our Place, we continue to be committed to diversity, inclusion, equality and racial justice.

Black Lives Matter. Black Mental Health Matters. We stand with you.

~ Alanna, Christie, Dane, Jeanne, Jona, Kristel & Natasha



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.

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.

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)

A note about abuse at home: The social isolation measures necessitated by the COVID-19 pandemic are making it more difficult for those who are at risk of abuse or violence to safely reach out for help. **"Signal for Help"** is a simple one-handed sign someone can use on a video call. It can help a person silently show they need help and want someone to check in with them in a safe way.



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

IF YOU SEE THE SIGNAL

If you see someone use the Signal for Help, check in with the person safely to find out what they need and want you to do.

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****

Emergency Cooling Centres

The City's Heat Relief Strategy has been updated for the 2020 summer season, in response to COVID-19, and to ensure that emergency heat relief opportunities are available and accessible to those who may need them.

The Emergency Cooling Centres are offered to residents if they do not have access to a cool space and cannot keep cool in their home or outdoors. They will offer a publicly accessible, air-conditioned place to rest indoors and receive a cool drink. Staff who are trained to assist residents affected by the extreme heat will be on hand. Strict infection prevention and control measures will be in place.

In our community, Wallace Emerson Community Centre, located at 1260 Dufferin Street will operate as an Emergency Colling Centre from 11 a.m. to 7 p.m.

Additional Emergency Cooling Centres will operate at the following community centres from 11 a.m. to 7 p.m.:

- Regent Park Community Centre, 402 Shuter St.
- Malvern Community Centre Arena, 30 Sewells Rd.
- Scarborough Village Community Centre Arena, 3600 Kingston Rd.
- Amesbury Arena, 155 Culford Dr.
- Domenico DiLuca Community Centre, 25 Stanley Rd.

Showers, Washrooms & Drinking Water

**** Cans of drinking water are available at Our Place for whoever needs it, Tuesday-Friday between 2 and 5pm. Just ring the doorbell! ****

The City has opened a number of facilities with showers, washrooms, and drinking water for all individuals in need of these services.

Portable Toilets

- Alexandra Park, 275 Bathurst St.
- Jimmie Simpson Park, 870 Queen St. E.
- Regent Park, 600 Dundas St. E
- Wellesley Community Centre, 495 Sherbourne St. – Outside the Community Centre

Portable Toilets Cont'd...

- Moss Park, 150 Sherbourne St.
- Sunnyside Park, 1755 Lake Shore Blvd. W.
- Little Norway Park, 659 Queen's Quay W.
- North-West corner of Lake Shore Blvd. and Spadina Ave. near the Gardiner/Lakeshore encampment

Washroom and Sanitation Services

The City opened a number of City-operated facilities with showers, washrooms, and drinking water for all individuals in need of these services.

Facility Name	Address	Amenities	Hours
Starting May 24 Albion Arena	1501 Albion Road	Washrooms, Showers, Water	Starting May 24 Sunday to Thursday 10 a.m. to 5 p.m.
Starting May 31 Amesbury Arena	155 Culford Road	Washrooms, Showers, Water	Starting May 31 Sunday to Thursday 10 a.m. to 5 p.m.
Commander Recreation Centre/Arena	140 Commander Blvd.	Washrooms, Showers, Water	Sunday to Thursday 10 a.m. to 5:30 p.m.
Starting May 24 Demenico Di Luca Community Centre	25 Stanley Rd	Washrooms, Showers, Water	Starting May 24 Sunday to Thursday 10 a.m. to 5 p.m.
Harrison Pool	15 Stephanie St.	Washrooms, Showers, Water	Tuesday to Saturday 8 a.m. to 3:30 p.m.
Starting May 24 Lampport Stadium	1155 King Street West	Washrooms, Showers, Water	Starting May 24 Sunday to Thursday 8 a.m. to 3:30 p.m.
Malvern Recreation Centre/Arena	30 Sewells Rd.	Washrooms, Showers, Water	Tuesday to Saturday 8 a.m. to 3:30 p.m.

Nathan Phillips Square	100 Queen St. W. ¹⁷	Washrooms	Monday to Sunday 10 a.m. to 10 p.m.
Regent Park Community Centre	402 Shuter St. ¹⁷	Washrooms, Showers, Water	Sunday to Thursday 10 a.m. to 5:30 p.m.
Scarborough Village Recreation Centre	3600 Kingston Rd. ¹⁷	Washrooms, Showers, Water	Current hours Sunday to Thursday 10 a.m. to 5:30 p.m. Starting May 25 Monday to Friday 8 a.m. to 3:30 p.m.
South Market ¹⁷	91-95 Front St. ¹⁷ Lower Level	Washrooms	Tuesday to Friday 9 a.m. to 5 p.m. Saturday 5 a.m. to 4 p.m.
The 519 Community Centre ¹⁷	519 Church St. ¹⁷	Washrooms, Water	Monday to Friday 9:30 a.m. to 5 p.m. Saturday and Sunday 10 a.m. to 4 p.m.
The Saturday Farmers Market ¹⁷	125 The Esplanade ¹⁷	Washrooms	Saturday 5 a.m. to 3 p.m.
Wallace Emerson Community Centre	1260 Dufferin St. ¹⁷	Washrooms, Showers, Water	Sunday to Thursday 10 a.m. to 5:30 p.m.
Union Station ¹⁷	65 Front St. ¹⁷	Washrooms	Monday to Sunday 5:30 a.m. to 12:45 a.m.

6 TIPS TO HELP YOU KEEP CALM DURING COVID-19 QUARANTINE



**DOWNLOAD
MEDITATION APPS**



**HAVE VIDEO
CHECK INS WITH
HIGH VIBE PEOPLE**



**TURN OFF THE
NEWS FOR A
LITTLE WHILE**



**GET SOME
FRESH AIR**



**MOVE YOUR
BODY**



**DO CREATIVE
PROJECTS**

COVID-19 Updates

Masks

Face coverings or non-medical masks strongly recommended when physical distancing cannot be maintained

To help stop the spread of COVID-19, Toronto Medical Officer of Health Dr. Eileen de Villa and Mayor John Tory strongly recommend that the public wear a face mask or face covering to protect others when in settings where physical distancing cannot be maintained. While wearing a face mask or face covering in public can help protect others from your germs, public health officials continue to stress that a face mask or face covering has not been proven to protect the person wearing it from COVID-19 and is not a substitute for physical distancing and hand washing.

Social Assistance Services - ODSP

There are additional resources available to enable Ontario Works administrators and Ontario Disability Support Program (ODSP) staff to provide additional assistance for those currently receiving social assistance, who are facing additional costs related to the COVID-19 outbreak. This funding can be used to meet a broad range of needs, *for example*: cleaning supplies, non-medical transportation, food or clothing that individuals and families may require due to COVID-19.

Social assistance recipients who are not receiving the Canada Emergency Response Benefit (CERB) are eligible for monthly payments of \$100 for a single person and \$200 for a family until July. Families with a youth under 18 receiving the CERB or a family member in full-time school attendance receiving the CERB may still be eligible for the benefit. Emergency benefits for COVID-19 related expenses are the same for both programs.

People who receive the emergency benefit in March/April and who meet eligibility criteria will automatically receive the benefit in May, June and July. For new requests, **Ontario Works recipients** can access emergency benefits by contacting their local office. **ODSP recipients** can access emergency benefits by calling 1-888-444-2412 or emailing ODSP.EmergencyBenefit@ontario.ca with their member ID and details of their additional costs.

If you need assistance with this, please call us at the Our Place office at (416) 598-2919 Tuesday-Friday, between 1 and 5pm and we will do our best to help you!

What is COVID-19 and a Pandemic?

We've gotten a lot of questions about what exactly COVID-19 and a pandemic really is.

Here is how the World Health Organization (WHO) defines COVID-19:

"COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally."

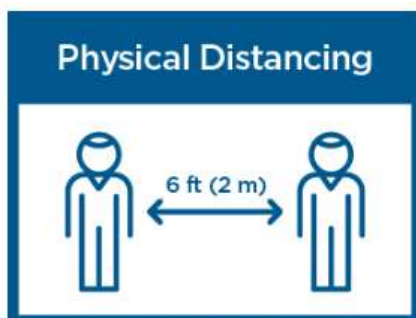
The WHO defines a **pandemic** as the following:

"A pandemic is the worldwide spread of a new disease. A pandemic occurs when a new virus emerges and spreads around the world, and most people do not have immunity. Viruses that have caused past pandemics typically originated from animal influenza viruses."

Tips to Prevent the Spread of COVID-19

The best way to prevent infection is to avoid being exposed:

- Limit non-essential trips out of your home.
- Keep two metres/six feet distance from others.
- Wear a mask or face covering if you can't keep physical distance.
- Clean your hands often. Use soap and water or an alcohol-based (70-90%) hand sanitizer.
- Avoid touching your face with unwashed hands.
- Cover your cough or sneeze with your elbow or a tissue. Immediately throw the tissue in the garbage and wash your hands.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are sick.
- Stay home if you are feeling unwell



Stay 2 metres (6 feet) apart.



If you can't distance, wear a mask.



Wash your hands with soap and water.

What to Do If You Think You Might Have COVID-19?

Symptoms

Some people may experience mild or no physical symptoms. Symptoms can take up to 14 days after exposure to COVID-19 to appear, and include:

- Fever
- Cough
- Difficulty breathing
- Sore throat
- Runny nose
- Loss of taste or smell
- Nausea, vomiting, diarrhea
- Difficulty swallowing

If you are having difficulty breathing, call 911.

Getting Tested

The COVID-19 test tells you if you have the infection right now. The test involves taking a swab from the back of the nose or throat.

You should get tested for COVID-19 if:

- You have one or more symptoms of COVID-19, even if they are mild;
- You were a close contact of someone who has COVID-19
- You are concerned you may have been exposed to someone who might have COVID-19, even if you do not have symptoms;
- You are at high risk for getting COVID-19 through your work (e.g. health care workers, grocery store or food processing plant employees), even if you do not have symptoms.

If you need assistance finding an Assessment Centre, call the Our Place office or Telehealth Ontario: 1-866-797-0000.

Results can take up to four days. If you have been tested for COVID-19, access your lab results online: <https://covid19results.ehealthontario.ca:4443/agree>

Toronto residents who have issues accessing results, or who do not have Internet access, may contact Toronto Public Health at 416-338-7600.

A Message to All

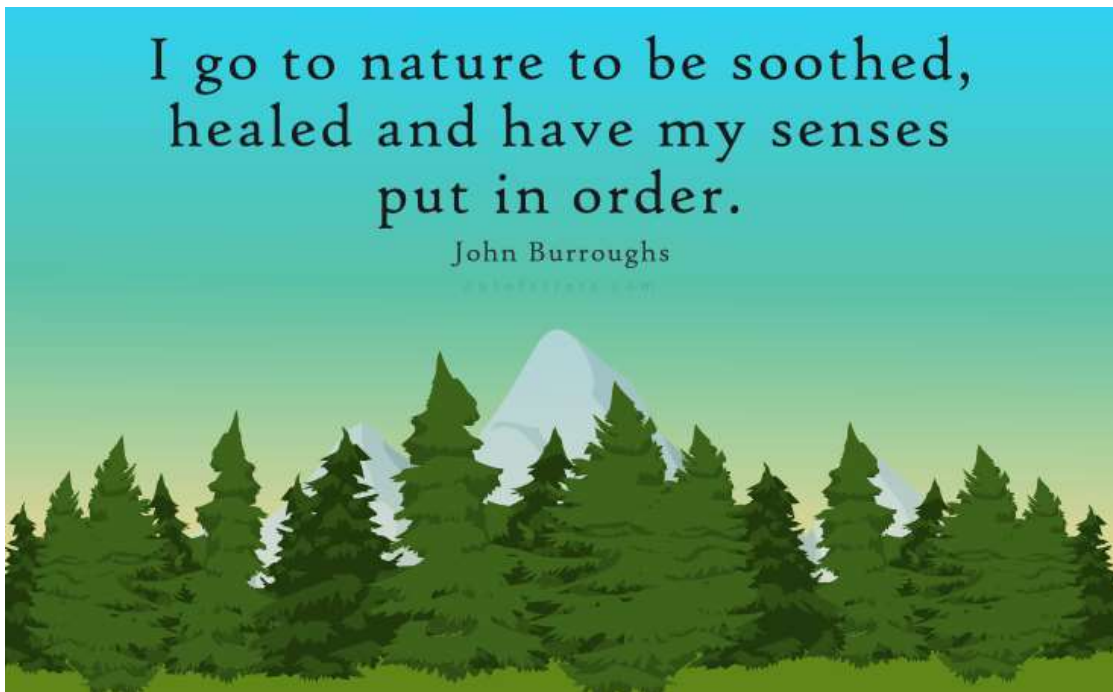
from Writing Group volunteer, Kathryn Dorrell

Set a goal to get outside.

Covid has taken a lot away from us, but we can still safely social distance outside.

- Set a goal of going outside for a daily walk for a set number of minutes.
- Make it a slow, mindful walk. Look at nature and listen to the sounds of nature.
- If you are having trouble committing to this daily goal, get a friend to help you.
- Call a friend. Ask them to give you a call at a set time each day, such as 10 am, as a reminder to go for your walk outside.
- Or agree that you will call them at a set time each day to confirm that you have gone for your walk.
- Fresh air is great for our spirits.

~ Missing you all, Kathryn Dorrell



What's Write About This Pandemic

From Writing Group Volunteer, Peter Carter

When I was in journalism school, one of the veteran TV reporters I really looked up to was a man named Peter Trueman and not just because his first name was Peter.

For many years Trueman was the face and voice of GlobalTV news; and the thing I liked about him most was that at the end of each newscast, he would relate a simple happy story about somebody in Canada going about his or her daily life.

It could have been a Peterborough senior citizen's surprise 85th birthday party or a high school graduation in Tatamagouche, Nova Scotia. Maybe a boy-scout troop in Rossland, B.C, returned from a Kootenays hiking trip with a feed of trout that they donated to a local drop-in centre.

At other times, Trueman would cite some reassuring statistic, like "in the year 2014-2015, more than 10 million Canadians made a visit to their local hospital emergency department. And nine out of 10 of them were in and out in under seven and a half hours." (That's true, by the way).

The system, Trueman reminded us, mostly works.

Then he'd wind up the broadcast with the following: "That's not news but that too is reality."

You can see why I liked the guy. He didn't let all the serious and dreadful news blot out real life.

I miss the Our Place Writing Group something awful. I think about it daily; and I hope and pray (in my own weird way) that all the Our Place regulars – staff and community members – are staying safe and healthy and as comfortable as possible during this weird time.

But I also refuse to let this bizarre pandemic get me down. Every day I see examples of how it's bringing out the best in people.

Not only that but I'm eagerly anticipating resuming our writing-group get-togethers. I already know there'll be lots of vivid pandemic stories to be told. (Am I looking at the bright side of the pandemic or what?) If nothing else, Our Placers are survivors.

I just thought of something. Wouldn't Our Place be a great setting for one of those reality TV shows? "Survivor: The Our Place Edition."

Those wusses on the TV show wouldn't stand a chance against the men and women I've gotten to know and look forward to visiting every week at Our Place; people I have so much admiration for.

Enjoy the nice weather, see you soon, and one more thing: Keep on writing. It's good for what ails us. That's not news but that too is reality.

From the Kitchen of Our Place

A Favourite of Alanna's: PIZZA BEANS!

(sounds weird but it's REALLY good!)

Ingredients:

- 2 tablespoons (30 ml) olive oil
- 1 large onion, chopped
- 2 celery stalks, diced
- 1 large or 2 regular carrots, diced
- Salt and freshly ground black pepper or red pepper flakes
- 2 large garlic cloves, minced
- 1/4 cup (60 ml) dry white or red wine (optional)
- 4 ounces (115 grams) curly kale leaves, chopped or torn
- 2 1/4 cups (550 grams) crushed tomatoes (28-ounce or 800-gram can minus 1 cup; reserve the rest for another use)
- 1 pound (455 grams) cooked firm-tender giant white beans
- Up to 3/4 cup (175 ml) vegetable broth
- 1/2 pound (225 grams) mozzarella, coarsely grated
- 1/3 cup (35 grams) grated Parmesan
- 2 tablespoons (5 grams) roughly chopped fresh flat-leaf parsley, for garnish (optional)



Prepare the beans and vegetables: Heat the oven to 475 degrees. In a 2 1/2-to-3-quart (ideally oven-safe) deep sauté pan, braiser, or shallow Dutch oven, heat the olive oil on medium-high. Add the onion, celery, and carrots.

Season well with salt and black or red pepper. Cook, sautéing, until the vegetables brown lightly, about 10 minutes. Add the garlic, and cook for 1 minute more. Add the wine, if using, to scrape up any stuck bits, then simmer until it disappears, 1 to 2 minutes. Add the kale, and cook for 1 to 2 minutes, until collapsed, then add the tomatoes and bring to a simmer. Add the beans, and, if the mixture looks too dry or thick (canned tomatoes range quite a bit in juiciness), add up to 3/4 cup broth, 1/4 cup at a time. Simmer the mixture together over medium for about 10 minutes, adjusting the seasonings as needed.

If your pan isn't ovenproof, transfer the mixture to a 3-quart baking dish. If it is, well, carry on.

Bake: Sprinkle the beans first with the mozzarella, then the Parmesan, and bake for 10 to 15 minutes, until browned on top. If you're impatient and want a deeper color, you can run it under the broiler. Finish with parsley, if desired.

<https://smittenkitchen.com/2017/09/pizza-beans-cookbook-preview>

Jeanne's Peach Cake

Cake:

1 large can of peaches, drained and
mashed
2 cups all purpose flour
2 cups sugar
2tsp bakingsoda

Icing:

$\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ can regular evaporated milk
1 stick butter or margarine
1 cup coconut
1 cup nuts

Drain the peaches, empty into large bowl and mash.
Add flour, sugar, baking soda and mix well.
Spray a 9x13 pan and pour in batter.
Bake in a 350 preheated oven for 35 minutes.

To make icing, boil everything but the nuts on top of the stove until thickened. Remove from heat, stir in nuts and spread on top of cooled cake.



Kristel's Filipino Pancit Bihon

(Pancit Bihon refers to the thin rice noodles)

- 1 (12 ounces) package dried rice noodles
- 1 tsp vegetable oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 2 cups diced cooked chicken breast meat
- 1 small head cabbage, thinly sliced
- 4 carrot, thinly sliced
- 4 carrot, thinly sliced
- ¼ cup of soy sauce
- 2 lemons- cut into wedges, for garnish
- 3 boiled eggs, sliced



1. Placed the rice noodles in a large bowl, and cover with warm water. When soft, drain, and set aside.
2. Heat oil in a wok or large skillet over medium heat. Saute onion and garlic until soft.
3. Stir in chicken, cabbage, carrots and soy sauce.
4. Cook until cabbage begins to soften. Toss in noodles, and cook until heated through, stirring constantly.
5. Transfer pancit to a serving dish and garnish with lemon wedges.
6. Place sliced eggs on top. Ready to serve!

Natasha's Easy Oven-Baked Fish

½ cup Soy Sauce

Salt & Pepper (to taste)

Juice of ½ lemon or lime

2 minced garlic cloves

2 tbsp olive oil

1 tbsp djon mustard

2 tsp honey or maple syrup or brown sugar

½ tsp red pepper flakes (if you like a bit of a kick!)

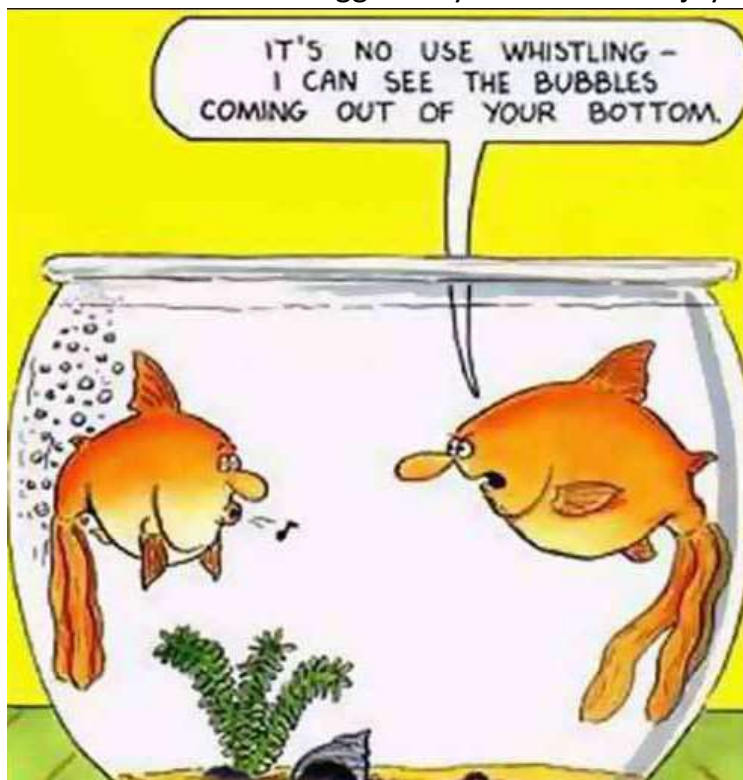
2 fish fillet – you can use any kind of fish with this recipe. I usually buy whatever is on sale but my favorite is salmon.

Mix all ingredients (except fish) together in a bowl with a fork or a whisk. Do a taste-test to see if you need more or less of any ingredient.

Place fish in baking dish and pour marinate over, ensuring it is completely covered. If you don't have an oven-safe dish, you can use tinfoil.

Bake at 400°F for 10 minutes. Use a large spoon to carefully spoon the marinade over the top of the fish again. Cook for about 20 minutes or until fish is flakey.

Serve with rice and veggies of your choice... enjoy!



HAPPY PRIDE MONTH TORONTO!



Pride is going to look very different this year, due to the pandemic. However, there are still ways to celebrate:

- ♥ Hang a flag in your window to show support
- ♥ Check in with the LGBTQ2S+ people in your lives and with one another
- ♥ Join Pride Toronto's Virtual Festivals: pridetoronto.com/virtualpride/

And no matter what else is going on in the world, nothing can stop us from standing up against hatred and discrimination and celebrating that love is love.

Inkwell Creating Writing Workshop Series

InkWell Workshops and the **Royal Ontario Museum** have teamed up for **ROMWrites**, an online creative writing workshop series inspired by objects from the museum and the stories behind them.

From May 25 to July 20, InkWell's online lessons will be posted every second Monday at 12 pm. Writers can work through the PowerPoint lessons on their own time, or the workshops can be held for small groups using our facilitator's guide.

At the end of the workshop, participants will have the option to share their writing to the comments section or post to social media, tagging @InkWellW on Twitter and @inkwellworkshops on Instagram.

To join them for some writing and reflection, email info@inkwellworkshops.com.

Surveys

Results from April Survey:

Right before we had to close due to COVID-19, we asked everyone to weigh in on preferred hours of operation for the drop-in. A total of 34 members responded and these are the results:

- 2-8:15pm – 13 votes
- 1-7pm during winter months – 11 votes
- 1-7pm all year – 10 votes

After looking at the survey results and the number of people at the centre between 7pm and 8pm, we will likely change the hours of operation to open earlier and close slightly earlier.

Programs and meals will not be impacted.

Thank you to everyone who took the time to respond!

New Survey:

We are looking to find out from you how we can support you from afar. Please take a moment to return to us the survey located on the last page of this newsletter, phone your answers in or email your answers to natasha@ourplacecommunityofhope.com.

Tips for Coping with Isolation During the Pandemic

- 1. Spend time outdoors.** Research shows that time spent in nature is time well spent for mental health. It can also help improve your mood, alleviate stress and boost feelings of well-being. If getting outdoors isn't an option for you, try something as simple as opening your windows.
- 2. Give yourself a daily routine.** For a sense of structure, try to create a daily routing that consists of projects, mealtimes, workout time, downtime and sleep schedules.
- 3. Maintain a social life.** Call a friend. Use video streaming services like FaceTime, Zoom, or Skype, to chat with loved ones. This can keep you in contact with the "outside world" and make your small home feel a lot bigger.
- 4. Express your creative side.** Use your time in isolation to reconnect with creative activities you may not have ad time to do before. Keeping your mind occupied and engaged may help ward off feelings of boredom or restlessness.
- 5. Break a sweat.** Research has shown that people who exercise regularly are less prone to anxiety than people who don't. Go for a walk, check out an exercise video on YouTube or do some pushups and squats in your living room.
- 6. Chill Out.** Give yourself some time to rest. Read a book, listen to music, and practice some deep breathing and relaxation exercises to help you maintain your emotional health.

Mental Health Continuum Model

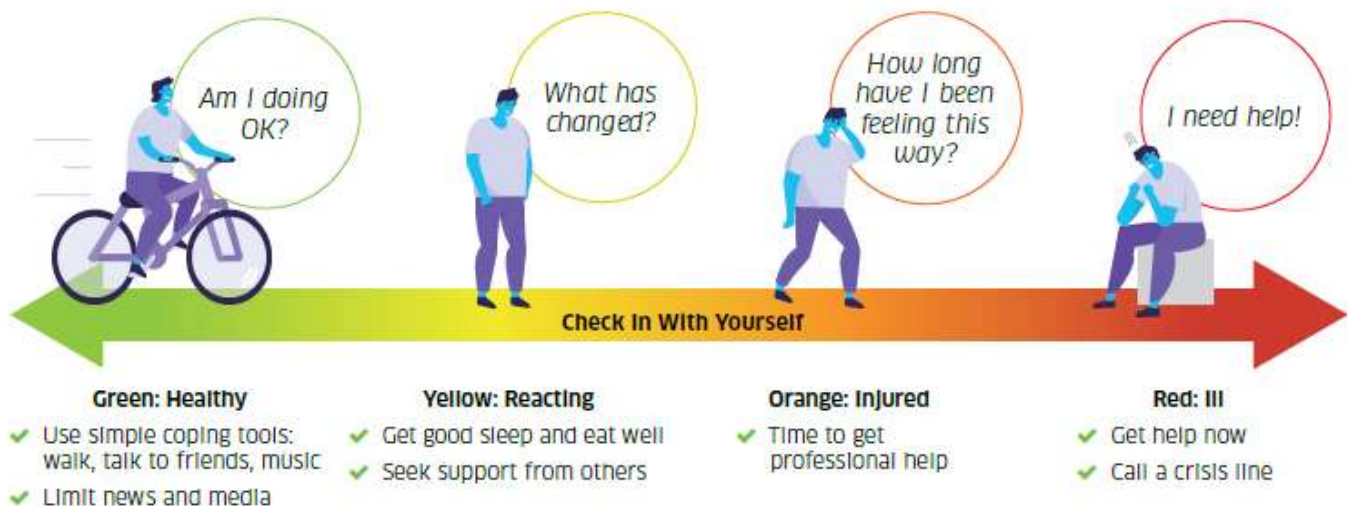
If you previously had depression, anxiety, or another mental illness, your symptoms may intensify during stressful times. And even if your mental health was good prior to the pandemic, you may notice new symptoms emerging.

It is important to remember that mental health is a continuum. And at any given moment, you might find yourself shifting up or down the continuum, based on what's going on in your life.

The Mental Health Continuum Model illustrates the different mental health phases you may experience. Have a look at this resource to see where you are on the continuum.

If you're experiencing a decline in mental health that has you concerned, or strategies you used to use aren't working to improve your mood, seek support.

How am I Doing?



hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas

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.

The
end

June 2020 Survey

1. What would you like to see us do between now and when we reopen?

2. Would you be interested in virtual programs, such as yoga, writing groups, etc?

Yes No

Comments: _____

3. What was your favorite take-out meal? _____

4. Are you signed up for weekly check-ins? If not, would you like to be? Please write your name and number here: _____

Yes No

5. How have you been keeping busy while in isolation? _____

6. Do you know anyone who has had COVID-19? If yes, how are they doing now? _____

Yes No

7. Have you been tested for COVID-19?

Yes No

8. If you could rate your mental health right now out of 10 (10 being great, 1 being bad), what would it be? _____

9. Is there anything we can do to support you and your mental health that we aren't already doing? _____

10. What would you like to see in next month's newsletter?
