



Halton-Peel Community
APHASIA PROGRAMS

Weekly Newsletter



March 27, 2020

Table of Contents

Schedule for Next Week	3
9 Positive Coronavirus Updates	4
Social distancing, isolation, quarantine, lockdown: What's the difference?	5
Home Exercises	6
Healthy for Good	7
Eating Out or Ordering In	9
Grocery Guide & Accessible Recipes	10
Feeling Stressed? Breathing Exercises	11
Community Resources: Mental Health	12
Next Week's Theme	13



Schedule for Next Week

Segment	Schedule
Inspirational Thought of the Day Live with Carly	Monday to Friday <ul style="list-style-type: none"> • 10:30 am live on Facebook
Speech and Movement Live with Vanessa	Monday to Friday <ul style="list-style-type: none"> • 1:00 pm on Instagram • 1:30 pm on Facebook
Weekly Home Practice Activity Demonstration with Vanessa	Monday, March 30 th <ul style="list-style-type: none"> • 3:00 pm live on Facebook * Activities to be sent via e-mail on Mondays
Themed Reading with Ola	Tuesday, March 31 st <ul style="list-style-type: none"> • 11:30 am live on Facebook
Social Work Resources and Support with Paula-Jane	Wednesday, April 1 st <ul style="list-style-type: none"> • 3:00 pm on Facebook • Topic: Progressive Muscle Relaxation Guide
Communication Considerations with Carly	Thursday, April 2 nd <ul style="list-style-type: none"> • 3:00 pm live on Facebook • Topic: Accessibility features for at home recreation
Health & Wellness with Zareen	Friday, April 3 rd <ul style="list-style-type: none"> • 11:00 am live on Facebook

Don't have Facebook?

We will be uploading the videos to Instagram TV afterwards!

Coronavirus Updates

9 Positive Headlines

1. US Researchers Deliver First COVID-19 Vaccine to Volunteers in Experimental Test Program
2. Distilleries Across the United States are making their own hand sanitizer to give away for free
3. Air pollution plummets in cities with high rates of quarantine
4. John Hopkins researcher says that antibodies from recovered COVID patients could help protect people at risk
5. South Korean outbreak finally abating as recoveries outnumber new infections for 3 days in a row
6. China celebrates several milestones of recovery after temporary hospitals close and parks reopen
7. Australian researchers testing 2 drugs as potential 'Cures' for the virus
8. Uber Eats is supporting the North American Restaurant Industry by waiving delivery fees for 100,000 restaurants
9. Dutch and Canadian Researchers are reporting additional breakthrough research on treating the virus

Source: https://www.goodnewsnetwork.org/10-positive-updates-on-the-covid-19-outbreaks-from-around-the-world/?fbclid=IwAR00kaUOJMwrQPt0oU0GXKQ_zq612czpdiBPT_pDx5H_dQGnCzNrf8H5ew&utm_source=ActiveCampaign&utm_medium=email&utm_content=How+to+Be+Productive+Working+from+Home+%28and+anywhere+else%29+%5BBest+Reads%5D&utm_campaign=Weekly+Digest+%28Mar+21%29

Social Distancing, Self-Isolation, Quarantine, Lockdown: What's the difference?

What is Social Distancing?

Social distancing should be practiced by everyone to help reduce the transmission risks. It means avoiding all non-essential activities. Going to the grocery store or for a walk is ok, but you should distance yourself from people. The recommended distance is at least two metres (6 feet) apart. Social distancing is important to help flatten the curve and to prevent COVID-19 cases from peaking.



What is Self-Isolation?

Self-isolating is a precautionary measure in order to stop the spread of the virus. Self-isolating involves staying within your home, limiting time outside, and avoiding contact with others.

There are two groups of people who should self-isolate.

- Anyone who has travelled outside of Canada or has been in close contact with someone who has COVID-19
- Anyone who is showing respiratory symptoms, such as coughing, fever, or shortness of breath.



What is Quarantine?

Quarantine is for someone who has been tested for COVID-19 and are waiting for results or have tested positive for COVID-19. These individuals must stay home, and avoid contact with others. Those who live with them must take precautions.

What is Lockdown?

Lockdown is measure enforced through the government to reduce transmission by decreasing the flow of people. This public-health policy may involve flight cancellations, border closures, and restaurant closures.

Source: <https://www.tvo.org/article/distancing-isolation-quarantine-lockdown-whats-the-difference>

Home Exercises

There are exercises that you can practice in the comfort of your home! Click on the links below



Chair Yoga

<https://www.youtube.com/watch?v=KEjIXtb2hRg>

<https://www.youtube.com/watch?v=XMps5-PIJHA>



YMCA Free online exercise classes:

<https://ymca360.org/>



Seated Tai Chi

https://www.youtube.com/watch?v=_JKO03x_5OU

<https://www.youtube.com/watch?v=KQahvKSDOoY>



Healthy living movement, includes 4 steps to a healthier lifestyle:

Eat Smart

Eat an overall healthy diet that can include:

- Variety of fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils

Limit:

- Saturated fat
- Trans-fat
- Salt
- Red meat
- Sweets and sugar
- Sweetened drinks

Add Colour

An easy first step to healthy eating is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned, dried) and all colours count, so go ahead and add colour to your plate!

Move More

A good starting goal is at least 150 minutes a week of activity (or 30 minutes 5x a week). If you don't want to worry about the numbers, then just focus on moving more! Find forms of exercise you like and stick with it. Activities can include:

- Stretching
- Taking a walk
- Take the stairs when you can
- Speech and movement
- Hiking
- Biking
- Yoga
- Gardening, cleaning the yard

<https://youtu.be/L8kc19VI43Q>

Be Well

Start with eating well and being active. Other ways of staying healthy can include:

- Getting enough sleep
- Practicing mindfulness
- Managing stress
- Keeping your mind and your body fit
- Connecting socially

Source: <https://www.stroke.org/en/healthy-living>

Ordering In

Every once in a while, we all can get tired of cooking. If you are thinking of ordering take out, here are a few tips to make ordering a success!

1. Decide where to eat

Decide in advance where you will go, and look up the menu online if possible. This will give you time to plan what you want to order. If the restaurant does not have a menu online, try to imagine what dishes might be available.



2. Plan a Script

Plan ahead for what you'll need to say. Ordering food often follows a typical 'script', where the same questions are asked.

Once you've thought about the script, prepare and practice!

3. Practice with Role Play

Role play with a family member or a friend. Practice will help improve your skill and confidence!

4. Have a back-up Plan

Carry an aphasia wallet card with you to let your communication partner know you need extra time.

Put key phrases or ideas in writing so you can read them out loud or show your communication partner if needed.

Plan a cue or a sign to give your communication partner when you need help.

American Heart Association Healthy for Good



Visit the link below for healthy eating recommendations, grocery shopping on a budget, planning your meals, knowing labels, and more!

<https://www.stroke.org/-/media/aha/recipe/pdf-files/grocery-guide-english-shopping-budget.pdf?la=en&hash=8617C56681DBA3DD49697F24BD59D6757E09D4CD>

Visit the link below for the guide for **PSA safe grocery shopping** in COVID-19

<https://www.youtube.com/watch?v=sjDuwc9KBps>

Recipe Resources:

Accessible reading for recipes:

<http://aphasiareadingaccess.blogspot.com/p/recipes.html>

What to cook with what you have in your pantry:

<https://www.supercook.com/#/recipes>

Feeling Stressed?

pause AND BREATHE FOR STRESS MANAGEMENT

More than half of Tulane students report experiencing high levels of stress. While some level of stress is healthy, too much stress can lead to long-term health issues.

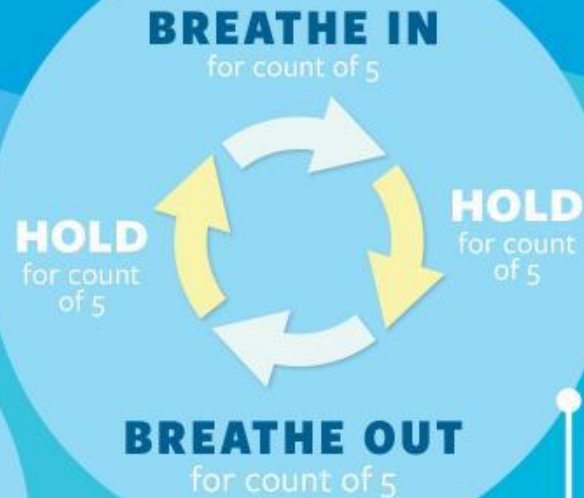
Deep, slow breathing causes IMMEDIATE RELAXATION that changes your physical and emotional response to stress.

Concentration
Energy
Sleep
Heart and Lung
Function



Benefits of Breathing Exercises

Blood Pressure
Muscle Tension
Anxiety
Depression



The next time you're feeling stressed, **TRY THIS**

QUICK TIPS

- Start with a 1 minute breathing exercise and then build up to 2-4 minutes.
- Set a time to practice deep breathing each day, like first thing in the morning or before you go to bed.



@TUCampushealth

RESOURCES & TIPS TO DE-STRESS:
campushealth.tulane.edu/well/stress

The Well for
Health Promotion
CAMPUS HEALTH

Source: <https://campushealth.tulane.edu/well/stress>



Community Resources

Mental Wellness

Canadian Mental Health Association (CMHA):

Tips to support mental health amid pandemic:

- Do not avoid, ignore or suppress your anxious thoughts. Be aware of your anxiety and accept that you're feeling anxious in this situation.
- Self-care is important. Lean on social supports, try to get enough sleep, eat healthy, exercise and engage in enjoyable activities.
- Seek information from reliable sources only.
- Take the recommended precautions (i.e., washing hands) as outlined by Health Canada and other credible health agencies.
- If you're noticing that your symptoms of anxiety are causing you significant distress or are interfering with your ability to function normally, reach out to formal mental health supports from a recognized agency.

CMHA Halton:

- Free Walk-In Counselling will be provided by phone rather than in person. Please call 289-291-5396 and you will be contacted by a counsellor within 24 business hours.
- Our 24/7 COAST Crisis Line will continue to be available at 1-877-825-9011.

CMHA Peel Dufferin:

For crisis situations call 24.7 Crisis Support Peel Dufferin at 905-278-9036 or 1-888-811-2222 (Caledon & Dufferin).

Next week's theme:

My Beautiful Broken Brain



To see the trailer of the documentary, please click the link
below:

<https://www.youtube.com/watch?v=VSfpA3AEKmY>

Follow us on social media



Facebook Page: @HaltonPeelABI



Instagram: @HaltonPeelABI



YouTube Channel: Halton-Peel Community Aphasia Programs



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For more information on any resources in this newsletter, please feel free to call us at (905) 875-8474 or email us at info@h-pcap.com