



Halton-Peel Community  
APHASIA PROGRAMS

# Weekly Newsletter



**April 3<sup>rd</sup>, 2020**

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# Announcements

Dear members and caregivers,

We value your patience during these difficult times. Halton-Peel Community Aphasia Programs will remain providing services online to keep you connected during the COVID-19 Pandemic.

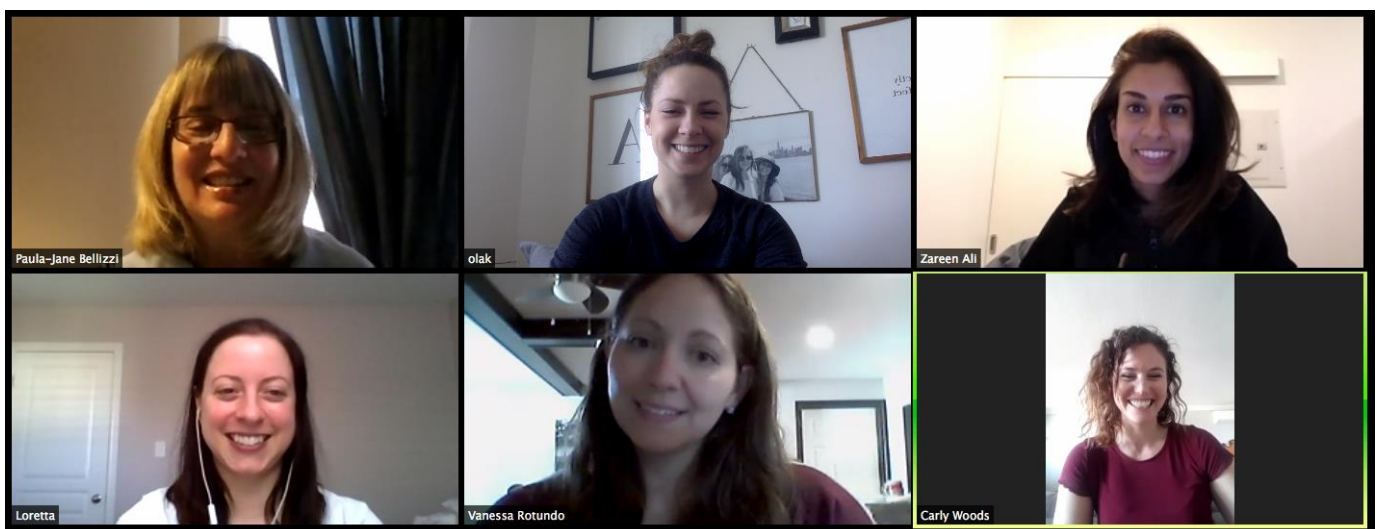
We hope that you have been enjoying our newsletter, weekly activities and social media live videos. To see what is happening next week, please refer to our schedule.

We are excited to be expanding our virtual services to include aphasia conversation groups over video-chat. Please see our upcoming schedule on page 6!!

We always like hearing from you, so please don't hesitate to reach out to us to let us know how you are doing!

Wishing you good health,

The H-PCAP Team



# Announcements



Halton-Peel Community Aphasia Programs will  
be closed on Friday, April 10<sup>th</sup>, 2020.



# Social Media Schedule for Next Week

Segment	Schedule
<b>Weekly Home Practice</b>	Activities to be sent via e-mail on Mondays
<b>Inspirational Thought of the Week with Carly</b>	Monday, April 6 <sup>th</sup> <ul style="list-style-type: none"> <li>• 12:00 pm live on Facebook</li> </ul>
<b>Themed Reading with Ola</b>	Tuesday, April 7 <sup>th</sup> <ul style="list-style-type: none"> <li>• 12:00 pm live on Facebook</li> </ul>
<b>Activity Demonstration with Vanessa</b>	Wednesday, April 8 <sup>th</sup> <ul style="list-style-type: none"> <li>• 12:00 pm live on Facebook</li> </ul>
<b>Speech and Movement Live with Vanessa</b>	Wednesday, April 8 <sup>th</sup> <ul style="list-style-type: none"> <li>• 1:00 pm live on Instagram</li> </ul> Thursday, April 9 <sup>th</sup> <ul style="list-style-type: none"> <li>• 1:00 pm live on Facebook</li> </ul>
<b>Social Work Resources and Support with Paula-Jane</b>	Thursday, April 9 <sup>th</sup> <ul style="list-style-type: none"> <li>• 12:00 pm on Facebook</li> <li>• Topic: Resilience</li> </ul>

## Don't have Facebook?

**We will be uploading the videos to Instagram TV afterwards!**

Themed Readings and Activity Demonstrations will also be uploaded to our YouTube account.

# Video-Chats are going live!



We are very excited about the next step we're taking in providing remote services to our members. We are now offering video-chats that will allow you to connect through the computer or telephone. We will be using Zoom, a video-conferencing tool, to connect online!

We will have many opportunities across the week to participate in these video-chats.

**Please see the upcoming schedule below, and let us know which groups you'd like to attend.**

	Monday, April 6 <sup>th</sup>	Tuesday, April 7 <sup>th</sup>	Wednesday, April 8 <sup>th</sup>	Thursday, April 9 <sup>th</sup>
9:30 - 11:30 AM	Vanessa & Carly <a href="https://zoom.us/j/870190519">https://zoom.us/j/870190519</a> Meeting ID: 870 190 519	Vanessa & Ola <a href="https://zoom.us/j/335287368">https://zoom.us/j/335287368</a> Meeting ID: 335 287 368	Ola & Zareen <a href="https://zoom.us/j/339546634">https://zoom.us/j/339546634</a> Meeting ID: 339 546 634	Ola & Vanessa <a href="https://zoom.us/j/502643713">https://zoom.us/j/502643713</a> Meeting ID: 502 643 713
1:30 - 3:30 PM	Loretta & Carly <a href="https://zoom.us/j/493696091">https://zoom.us/j/493696091</a> Meeting ID: 493 696 091	Loretta & Zareen <a href="https://zoom.us/j/197589768">https://zoom.us/j/197589768</a> Meeting ID: 197 589 768	Vanessa & Carly <a href="https://zoom.us/j/100239665">https://zoom.us/j/100239665</a> Meeting ID: 100 239 665	Loretta & Zareen <a href="https://zoom.us/j/777228721">https://zoom.us/j/777228721</a> Meeting ID: 777 228 721

\*If you would prefer to only phone in, you can do so for any group by calling 647-374-4685 or 647-558-0588.

We understand that using a new program may be intimidating, however we will do our best to make this process easy! Please, see our how-to guide. If you need more support we can talk you through the steps.

**\*Note: if your group had a membership fee, you can join next week's virtual groups without a fee.**



# COVID-19 Pandemic – Recent Updates

## April 1:

- Prime Minister Justin Trudeau declined to answer how many more deaths are expected based on federal modelling, or how long physical distancing measures will remain in places, saying there are various scenarios
- Global supply chain problems related to COVID-19 will probably lead to shortages of drugs and medical devices, according to deputy health minister Stephen Lucas
- British Columbia, Ontario and Quebec announced plans to set up make-shift hospitals in repurposed buildings
- Growing debate over facemasks
- Many COVID-19 cases may be asymptomatic

## March 31<sup>st</sup>

- White House predicts as many as 240,000 deaths in US
- Canada signs agreements with 3 Canadian companies to produce medical supplies

Source: <https://cmajnews.com/2020/04/01/coronavirus-1095847/>

# CANADA'S COVID-19 ECONOMIC RESPONSE PLAN



The government of Canada is taking immediate, significant and decisive action to help Canadians facing hardship as a result of the COVID-19 outbreak.

Support for:

- Individuals and families
- People facing unemployment
- People who are sick, quarantines, or in directed self-isolation
- Support for people who are unable to work
- People who need it most
- Seniors
- Students and recent graduates
- Youth
- Businesses

Please visit the website for more information:

<https://www.canada.ca/en/department-finance/economic-response-plan.html>



# Movies worth watching

Have you watched any of these movies?



## King's Speech

Trailer:

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



## The Theory of Everything

Trailer:

<https://www.youtube.com/watch?v=Salz7uGp72c>



## Still Alice

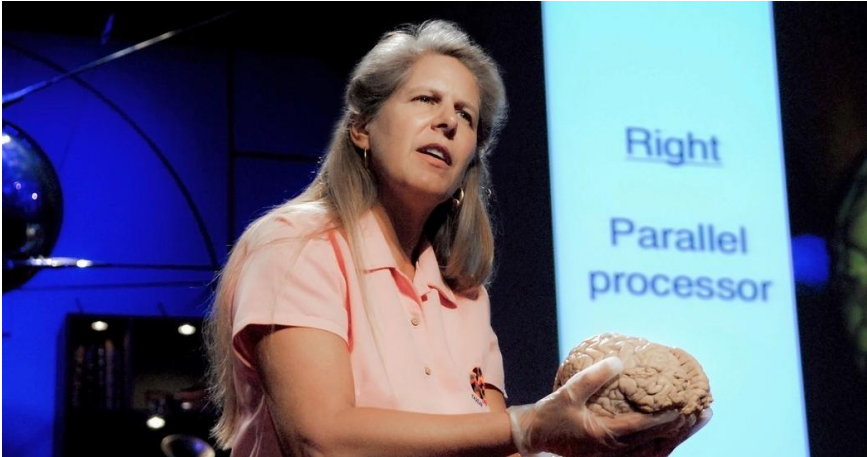
Trailer:

<https://www.youtube.com/watch?v=ZrXrZ5iiR0o>

## Videos worth watching

Click on the links below:

### My Stroke of Insight TED Talk – Jill Bolte Taylor



[https://www.ted.com/talks/jill\\_bolte\\_taylor\\_my\\_stroke\\_of\\_insight](https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight)

### A Brain Bleed Changed Lotje's Life. So She Made a Film



<https://www.youtube.com/watch?v=t52jLWXR3ls>

# March of Dimes:

## After Stroke Virtual Group Programs and Workshops

The schedule of programs can be found on:

<https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities>

Everyone is welcome to attend these programs. If you are unsure about the computer technology, there is always an option to call in by telephone.

<b>Monday, April 6</b> <i>(weekly)</i> 11 am PST 12 noon MST 2 pm EST 3 pm AST	<b>Aphasia Connect Virtual Group</b>	Join people with aphasia and other communication disorders in a guided conversation. An opportunity to meet new people and stay connected.	<a href="https://zoom.us/j/527706525">https://zoom.us/j/527706525</a>  Meeting ID: 527 706 525
<b>Monday, April 6</b> <i>(weekly)</i> 1 pm PST 2 pm MST 4 pm EST 5 pm AST	<b>Caregiver Café</b>	An opportunity for caregivers to come together to discuss their needs and share information. <i>(*Every Monday)</i>	<a href="https://zoom.us/j/292897278">https://zoom.us/j/292897278</a>  Meeting ID: 292 897 278
<b>Tuesday, April 7</b> <i>(weekly)</i> 10 am PST 11 am MST 1 pm EST 2 pm AST	<b>After Stroke Virtual Community Conversation</b>	Join survivors and caregivers from all over Canada to meet, share knowledge and resources. <i>(*Every Tuesday)</i>	<a href="https://zoom.us/j/132122222?pwd=MGpMbVRMTlVoN21LRXRxaHFpdkE0Zz09">https://zoom.us/j/132122222?pwd=MGpMbVRMTlVoN21LRXRxaHFpdkE0Zz09</a>  Meeting ID: 132 122 222
<b>Wednesday, April 8</b> <i>(weekly)</i> 1 pm PST 2 pm MST 4 pm EST 5 pm AST	<b>Virtual Stroke Recovery Program</b> (Wednesday session)	Wednesday session: Connect with others, brain exercises, discussion topic, and a chair exercise session <i>(*Every Wednesday)</i>	<a href="https://zoom.us/j/430082255">https://zoom.us/j/430082255</a>
<b>Thursday, April 9</b> 9 am PST 10 am MST 12 noon EST 1 pm AST	<b>Easter Potluck</b>	Let's come together for a virtual holiday lunch, you supply the lunch, we supply the company	<a href="https://zoom.us/j/389227286">https://zoom.us/j/389227286</a>  Meeting ID: 389 227 286

<b>Thursday, April 9</b> 9 am PST 10 am MST 12 noon EST 1 pm AST	<b>Easter Potluck</b>	Let's come together for a virtual holiday lunch, you supply the lunch, we supply the company	<a href="https://zoom.us/j/389227286">https://zoom.us/j/389227286</a>  Meeting ID: 389 227 286
<b>Thursday, April 9</b> <i>(weekly from March 26 - May 7)</i> 10 am PST 11 am MST 1 pm EST 2 pm AST	<b>Caregiver Support Session: Sharing Your Story</b>	Share your story with others in a similar role. Learn about self-management and identify what it means as a caregiver. <i>(*Every Thursday from March 26 - May 7, 2020)</i>	<a href="https://zoom.us/j/771733352">https://zoom.us/j/771733352</a>  Meeting ID: 771 733 352
<b>Friday, April 10</b> <i>(weekly)</i> 1 pm PST 2 pm MST 4 pm EST 5 pm AST	<b>Virtual Stroke Recovery Program</b> (Friday session)	Friday session: Connect with others, brain exercises, discussion topic, and a chair exercise session <i>(*Every Friday)</i>	<a href="https://zoom.us/j/789817044">https://zoom.us/j/789817044</a>

Join the **After Stroke Facebook group** by clicking on this link below:

<https://www.facebook.com/groups/modcafterstroke/>

We will be sharing articles, tips and having conversations!

## Other Community Resources

Here is a list of some community and national resources that may be of interest.

[211Ontario](#) - Find local community programs and resources

[After Stroke](#) - A list of resources for stroke survivors

[CAMH](#) - Mental Health and the COVID-19 Virus

[Heart & Stroke](#) and [Canadian Partnership for Stroke Recovery](#) -

Updates and precautions for people living with heart disease or stroke

# Heart and Stroke

## Webinar for People with Lived Experience

**What:** Practical virtual rehabilitation and self-management techniques during COVID-19 for people living with stroke and vascular cognitive impairment to continue the recovery journey

**When:** Tuesday April 7, 2020 from 2:00 – 3:00 PM EST

**Presenters:** Dr. Debbie Timpson, Psychiatrist, Stroke Rehab Specialist at  
Pembroke Regional Hospital

Jen Bogart, Woman with Lived Stroke Experience, PEI

**Intended Audience:** People with lived experience with stroke and vascular cognitive impairment, including family and care supporters. Heart & Stroke staff, members of the public, health professionals and system leaders may also find this webinar informative and helpful. All are welcome to join.

### Key Topics:

- To discuss practical 'next steps' to take in determining how to continue rehabilitation and possible transition to virtual rehabilitation during COVID-19.
- To discuss available rehabilitation resources and self-management techniques that are essential for people with lived experience and care supporters to continue recovery at this time.
- To acquire practical rehabilitation self-management skills to practice during self-isolation.

Please register at:

<https://attendee.gotowebinar.com/register/7780132589469301005>

For any questions please e-mail [KTHP@heartandstroke.ca](mailto:KTHP@heartandstroke.ca)

The webinar will be archived and available for viewing on the [CSBPR website](#).





## Don't have Facebook or Instagram?



Are you are interested in getting a Facebook or Instagram account?

Do you need assistance in getting started?

Please let us know and we will provide support and resources!

## Next week's theme

### Outdoors



*"The earth has music for those who listen"*

*- William Shakespeare*

# Follow us on social media



Facebook Page: @HaltonPeelABI

<https://www.facebook.com/HaltonPeelABI/>



Instagram: @HaltonPeelABI

[www.instagram.com/haltonpeelabi/](http://www.instagram.com/haltonpeelabi/)



YouTube Channel: Halton-Peel Community Aphasia Programs

<https://www.youtube.com/channel/UCMxq19pFDDsBcrHThbn9xJw>



Halton-Peel Community  
APHASIA PROGRAMS

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](mailto:info@h-pcap.com)