
Weekly Newsletter



Halton-Peel Community
APHASIA PROGRAMS

March 20, 2020

A note from the H-PCAP Team

Dear members and caregivers,

Halton-Peel Community Aphasia Programs has been closely monitoring the escalating COVID-19 Pandemic and following the recommendations made by the Ontario government and Ministry of Health. Groups are temporary closed. We will continue monitoring information from Ontario Public Health and the Ontario Ministry of Health and determine when it is safe to reopen.

That being said, aphasia is isolating; it is isolating for people living with aphasia as well as their loved ones. While social distancing is important and necessary, we recognize that it can exasperate feelings of loneliness. We want to do what we can to keep our aphasia community feeling connected and supported while in-person support is not an option. We will be sending out this weekly communication as part of our initiative to stay in touch. We will also be offering resources and services for individuals with aphasia and their caregivers. This includes opportunities to interact and engage as well as information. Please, read on to learn more about what we are offering and how you can engage with us and our community.

Stay safe and healthy,

H-PCAP Staff



Upcoming Activities

Streaming on Facebook and Instagram

Inspirational Thought of The Day Live with Carly: Daily

- Starting Monday, March 23th
 - 10:00 am on Instagram
 - 10:30 am on Facebook

Speech and Movement Live with Vanessa: Daily

- Starting Monday, March 23th
 - 1:00 pm on Instagram
 - 1:30 pm on Facebook

Weekly home practice: Every Monday

- Activities and content to be sent home weekly
- Starting Monday, March 23rd via e-mail

Activity demonstration with Vanessa and Ola: Every Monday

- Starting Monday, March 23rd at 3:00 pm on Facebook

Themed reading with Ola: Every Tuesday

- Starting Tuesday, March 24rd at 11:30 am on Facebook

Upcoming Activities

Streaming on Facebook and Instagram

Social Work Resources and Support with Paula-Jane:

Every Wednesday

- Starting Wednesday, March 25rd at 3:00 pm on Facebook
- Topic: Caregiver burnout

Communication Considerations with Carly: Every Thursday

- Starting Thursday, March 26rd at 3:00 pm on Facebook
- Topic: Motivation post-stroke and working at home

Health & Wellness with Zareen: Every Friday

- Starting Friday, March 27rd on Facebook, time TBD

**Don't have Facebook? We will be uploading the videos to
Instagram TV afterwards!**

COVID-19



"When this is over,

May we never again take for granted

A handshake with a stranger

Full shelves at the store

Conversations with neighbours

A crowded theatre

Friday night out

A taste of communication

A routine checkup

Coffee with a friend

Each deep breath

A boring Tuesday

Life itself

When this ends,

May we find that we have
become

More like the people we wanted
to be

We were called to be

And may we stay that way -

better for each other

Because of the worst"

~Laura Kelly Fanucci



What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus that had not been previously identified in humans, causing respiratory illness.

Symptoms include:

- cough, fever and difficulty breathing
- more severe cases can develop into pneumonia

How does COVID-19 spread?

- through contact with an infected person when they cough or sneeze (droplets of saliva or discharge from the nose)

Ways to stay safe:

1. Wash your hands frequently with soap and water for 20 seconds.
2. Avoid touching your face, (eyes, mouth and nose) with dirty hands.
3. Social distancing: avoid crowds and stay 6 feet away from others.
4. Cancel travel plans and stay home.
5. Keep 2 weeks of food, medications and other supplies at home.

What to do if you feel sick?

- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.
- Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections

Sources: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://tactustherapy.com/wp-content/uploads/2020/03/COVID-19-Aphasia-Friendly-Information.pdf>

Social Distancing

Social distancing

When possible, keep 6 feet between you and others when you are out.

Social distancing is an effective tool for preventing the spread of disease. It can include large-scale measures like canceling group events or closing public spaces, as well as personal decisions such as avoiding crowds.

Avoid

- Group gatherings
- Sleep overs
- Playdates
- Concerts
- Theatre outings
- Athletic events
- Crowded stores
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems
- Malls
- Workouts in gyms

Use Caution

- Visit local restaurant
- Visit grocery store
- Get take out
- Pick up medications
- Play solo sports (like tennis)
- Travel

Safe

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean your home
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Group video chat
- Stream a show

Wellness Calls with Paula-Jane

We understand that this can be an isolating and lonely time.

Paula-Jane, Social Worker, will be calling or e-mailing clients to check in and see how you are doing.

We want to do what we can to keep our aphasia community feeling connected and supported while in-person support is not an option.

Paula-Jane is available if you are in need of support.

Phone: 289-681-4904 or Email: pbellizzi@monarchhouse.ca

We are all in this together!



Tips for reducing social isolation and loneliness

1. Stay connected through technology and social media

- Phone, text, or email (set up a buddy system where you take turns checking in with a friend)
- Use social media in active ways (i.e. sharing content or commenting on social media posts)
- Use video-conference calls (set up devices to watch a movie with a friend or make a meal together)

2. **Create family time:** If you live with other people, come up with activities you can do together – reading books or newspaper articles aloud and discussion; playing music together, eat meals together, etc.

3. **Get outside:** Go for a walk in your neighbourhood or local park; smile at people and say hi while maintaining a safe distance

4. **Have meaningful conversations:** Not just “How are you?”, “Stressed”, “O.k...bye.” Have a back and forth discussion; ask specific questions – “What are you stressed about?” Discuss ways to reduce stress.

Source: www.psychologytoday.com

Community Resources

Telehealth Ontario: 1-866-766-0000

Canadian Mental Health Association 24.7 Crisis Support

Peel/Dufferin: 905-278-9036 Halton: 1-877-825-9011

Distress Centre Halton:

Oakville: 905-849-4541

Burlington: 905-681-1488

North Halton: 905-877-1211

Telephone Reassurance Program: Seniors living alone in Mississauga Email:

info@aacmiss.ca or call: 905-615-3207

Spectra Helpline: Multilingual distress and crisis line in Peel

Languages include: Cantonese, Hindi, Mandarin, Portuguese, Punjabi, Spanish, Urdu, English.

Monday to Friday from 10:00 am – 10:00 pm Contact: 905-459-7777

Meals on Wheels:

Brampton: 905-453-4140

Mississauga: 905-820-4026

Milton: 905-878-6699;

Oakville: 905-842-1411

Burlington: 905-637-5664

Dar Nabati (Middle Eastern restaurant): Free meals and delivery to seniors.

Menu: www.darnabati.com Contact: 416-732-3501

Metro Online Grocery: Order groceries online have them delivered to your home for \$11.99. <https://www.metro.ca/en/online-grocery>

Designated shopping hours for seniors and people with disabilities:

Please check your local store for exact time, typically the first hour of opening.

Currently offered at: Shoppers Drug Mart, Loblaws, Superstore, No Frills, Longo's, Freshco, Sobeys, and Farm Boy.

Community Resources

March of Dimes Groups

After Stroke Virtual Community Conversation

Starting Tuesday March 24

Weekly on Tuesdays from 1:00 - 3:00 pm

For stroke survivors, caregivers and anyone who wishes to join the conversation. Since we are not able to connect with each other out in the community we want to provide an opportunity for all of us to connect online.

After Stroke Virtual Community Conversation

Tuesdays from 1:00 - 3:00pm

Weekly starting March 24

Caregiver Support Sessions

Thursdays from 1:00 - 3:00pm

7 week session starting March 26

Navigating Emotions Workshop

Friday March 27 from 10:00 - 11:30am

Caregiver Café

Mondays from 4:00 - 5:00pm

Weekly starting March 30

Login and more information:

- After Stroke event page: www.afterstroke.marchofdimes.ca/After/Stroke
- Jessica Knot: jknot@marchofdimes.ca Toll Free: 1-877-427-6990 ext. 5246
- After Stroke Facebook group

Caregiver Resources

Caregiver Respite Program: Access to Respite Advisors to help connect you with respite options available in your community (only for Mississauga/Halton residents).

Call: 905-829-7002 or email: respiteadvisor@centralregistry.ca

The Caregiver Network: Canada's largest tele-learning network for family/caregivers.

For free webinars, visit: www.thecaregivernetwork.ca

Ontario Caregiver Coalition: Focuses on advocacy for caregivers.

Online at www.ontariocaregivercoalition.ca

Aphasia Institute: A training, support, and information centre for people with aphasia and their family members/caregivers. **** closed until April 6th due to COVID-19****

Training, resources, and tools available online at www.aphasia.ca

National Aphasia Association: Provides information, online supports, and resources for people affected by aphasia and their caregivers.

Visit: www.aphasia.org

Stroke Recovery Canada Warmline: A toll-free phone line that provides information, and support for stroke survivors, their family and caregivers.

Call: 1-888-540-6666, or go to their website: www.marchofdimes.ca/src

Mind Forward: Counselling, community programs, and education for caregivers and their loved ones.

**** closed until further notice due to COVID-19****

Call: 1-877-654-1137 or visit their website: www.phdabis.org for information

Baycrest Online Support Group: Provides online support to people with dementia related diseases including fronto-temporal dementia.

Call: (416) 785-2500 Ext 2223 or visit www.baycrest.org to register.

West GTA Stroke Network: List of support services and community resources for stroke survivors in the regions of Halton, Peel, Dufferin, and Etobicoke.

Go to www.westgtastroke.ca

Call 211: Central community information line about resources in your community.

Call 211 or visit online at www.211ontario.ca

Healthline: Find community services in your area of Ontario using your postal code.

Online at www.thehealthline.ca

24/7 Ontario Caregiver Helpline: 1-833-416-2273 or www.ontariocaregiver.ca

Breaking News

Hot off the press!

Trudeau announces \$82 billion to help Canada economy amid COVID-19 outbreak. Things to take affect are:

- Canadians who qualify for the Emergency Care benefit may receive up to \$900 biweekly for up to 14 weeks
- The government will enforce 6-month interest free period for those who must pay back student loans
- Parents will receive more from the Canada Child Benefit plan
- For Canadians who owe taxes, they will have August this year to pay
- Small business owners will get a wage subsidy equal to 10% of their current wage allocation
- The emergency benefit will apply to people who have to work from home, who fall ill, who are caretakers. They will receive the benefit up to 14 weeks



And much more!

Source:

<https://nationalpost.com/news/canada/covid-19-live-updates-coronavirus-canada-covid19>

In other news:

Things to smile about! 😊

Click on the links below:

Italians singing from balconies:

<https://www.goodnewsnetwork.org/quarantined-italians-sing-songs-from-balconies/>

Puppy steals toddlers car:

<https://ca.news.yahoo.com/puppy-steals-toddlers-car-goes-141001403.html>

Zoo putting animals online:

<https://www.yahoo.com/lifestyle/zoo-putting-animals-online-153752567.html>

Free roaming for penguins:

https://www.instagram.com/shedd_aquarium/

Touring world famous museums:

<https://www.goodnewsnetwork.org/tour-2500-world-famous-museums-from-comfort-your-own-sofa/>

Dolphins in Venice canal:

<https://globalnews.ca/news/6697281/dolphins-italy-coronavirus/>

Disney World virtual rides:

<https://www.narcity.com/things-to-do/us/fl/orlando/6-virtual-disney-rides-to-explore-until-the-parks-open>

Quarantine Times



Share your experiences with us:

- How does COVID-19 make you feel?
- How has it affected your everyday routine?
- What new routines have you established?

Contact: Carly Woods

carlywoods@monarchhouse.ca

905-875-8474



The H-PCAP team is hard at work to help you stay connected with others while groups are closed.

We hope to use technology (i.e., telephones, e-mail, WhatsApp, home practice, etc.) to achieve this.

If you have an iPad, tablet, computer or smart phone, and are interested please let us know!



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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