



## NEWSLETTER

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OUR PLACE COMMUNITY OF HOPE  
1183 Davenport Road | 416-598-2919

[info@ourplacecommunityofhope.com](mailto:info@ourplacecommunityofhope.com) | [www.ourplacecommunityofhope.com](http://www.ourplacecommunityofhope.com)

## **Our Place November Birthdays**

Paul F – November 1st

Fermin R – November 18th

Elizabeth H – November 6th

Michael M – November 19<sup>th</sup>

Alex M – November 11th

Liz M – November 21st

Janice B – November 13th

Marina C – November 22nd

Michael P – November 17th

Don H – November 25th

Sheila K – November 18th

Kierov B – November 30th

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



## **Famous November Birthdays**

David Schwimmer – November 2<sup>nd</sup>

Emma Stone – November 6<sup>th</sup>

Rachel McAdams – November 17th

Scarlett Johansson – November 22nd

Matthew McConaughey – November 4<sup>th</sup>

Leonardo DiCaprio – November 11<sup>th</sup>

Danny DeVito – November 17th

Bill Nye – November 27th

Bryan Adams – November 5<sup>th</sup>

Ryan Gosling – November 12<sup>th</sup>

Larry King – November 19<sup>th</sup>

Ben Stiller – November 30<sup>th</sup>

# Program Updates from Our Place

## Outdoor Drop-In

We have closed the Outdoor Drop-In for the season. Thanks for the good times out there – it was so nice to enjoy time together, in person and in the fresh air!

## Meals

Meals will continue Monday-Friday between 2:00pm and 5:00pm.

- \* We encourage you to wear a mask when you come for your meal to protect yourself and those around you.
- \* To make sure that everyone gets a meal, we are not able to give more than one meal per person. Seconds will only be given between 4:45pm and 5:00pm, *if we have enough but they are not guaranteed.*
- \* If you are able, please bring your own bags - we are running low.
- \* Please be patient with us as we grab your meal, snacks and drink... we are going as fast as we can! 😊

## Coffee

With the weather getting colder, we would like to offer a nice cup of hot coffee, as we are able. Please note we do not have tea – just coffee with cream/sugar.

## Virtual Programs

We are working to expand upon our virtual (online) programs and would love to know what you would like to try out. Please pass along your ideas!

We are able to have a limited number of people participate in the online programs inside the centre, with our computers. Please arrange with staff ahead of time.

## Computers, WiFi and/or Phone Use

If you would like to book a time to come into the centre to use one of the computers, WiFi and/or telephone, please let us know! We would be happy to have you.

## Weekly Check-Ins

Let us know if you are interested in receiving a weekly supportive phone call from staff to check in and see how you're doing.

*Please note: Masks inside the centre are mandatory.*

# NOVEMBER CALENDAR OF VIRTUAL PROGRAMS

OUR PLACE PROGRAMS November 2020					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>TO-GO MEALS 2-5</b></p> <p>Appointments to use computer, Wi-Fi and/or phone 12:00-2:00</p> <p><b>Online Discussion Groups</b> Women: 2:30   Men: 3:30</p> 	<p><b>TO-GO MEALS 2-5</b></p> <p>Appointments to use computer, Wi-Fi and/or phone 12:00-3:00</p> <p><b>Virtual TRVIA!</b> 3:30-4:30</p> <p><b>SPECIAL PROGRAM:</b> November 17<sup>th</sup> at 2:30pm Managing Diabetes During Cold &amp; Flu Season with Nurse Julie</p> 	<p><b>TO-GO MEALS 2-5</b></p> <p>Appointments to use computer, Wi-Fi and/or phone 12:00-3:00</p> <p><b>Online Peer Support</b> 3:30-4:30</p> 	<p><b>TO-GO MEALS 2-5</b></p> <p>Appointments to use computer, Wi-Fi and/or phone 12:00-2:00</p> <p><b>Virtual Anger Management</b> Women: 2:30   Men: 3:30</p> 	<p><b>TO-GO MEALS 2-5</b></p> <p>Appointments to use computer, Wi-Fi and/or phone 12-1:00 &amp; 3-4:30</p> <p><b>Online Writing Group</b> w/Peter 1:30- 2:30</p> 	
<p><b>To Go Meals</b></p> <ul style="list-style-type: none"> <li>* Everyone welcome</li> <li>* Free of charge!</li> <li>* Seconds not served until after 4:45 &amp; are Not guaranteed</li> <li>* If you have a dietary restriction, call before 12pm and we will do our best to accommodate you</li> <li>* Coffee served as we are able</li> <li>* Please wear a mask</li> </ul> 					
<p><b>Virtual Programs &amp; Appointments to Use Computers/Phone/Wifi</b></p> <ul style="list-style-type: none"> <li>* Please book time to come into the centre to use the phone/computer/Wifi for either group participation or personal use.</li> <li>* All virtual programs use Zoom - see staff for sign-up information</li> <li>* If you need help downloading Zoom/learning how to use it, just ask us!</li> <li>* There is an option to <i>phone in</i> to all Zoom groups.</li> <li>* Everyone will need to be screened before entering the centre.</li> <li>* Please keep your mask on at all times while inside and practice physical distancing.</li> </ul>					

**NOTE: Programs and hours may change without notice in response to Public Health's COVID-19 safety recommendations.**

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## Virtual (Online) Programs

### Monday Discussion Groups

#### Women's - 2:30pm

This group is an open discussion group for all female-identifying people. We will discuss all topics including depression, anxiety, body image, health/wellness, addictions, victimization/survivor issues and more.

Link to join Women's Discussion Group via Zoom:

<https://zoom.us/j/93541305742?pwd=TUVzWkhCNHdTVEN5aE5rTEQ3UjROdz09>

To join by phone, dial: 647-374-4685

When prompted, enter in the Meeting ID: 935 4130 5742 and Passcode: 969998

#### Men's - 3:30pm

This group is a space for male-identifying people to check in and talk about how you're doing. We can talk about what's on your mind, what's going well for you, or what you're coping with. Possible topics will be stress, relationships, or life goals. We'll focus on what you're interested in and what matters to you.

Link to join the Men's Discussion Group via Zoom:

<https://zoom.us/j/92357132760?pwd=ZWltaXlsK3dQaXpnTTgydnNaWUd4Zz09>

To join by phone, dial: 647-374-4685

When prompted, enter in the Meeting ID: 923 5713 2760 and Passcode: 075601

#### Online Trivia – Tuesdays at 3:30pm

A casual, fun online space for trivia with friends!

Link to join Online Trivia via Zoom:

<https://zoom.us/j/93121462646?pwd=dIJxM2R1eEdSMehIL3VTa0x2b0tBUT09>

To join by phone, dial: 647-558-0588

When prompted, enter in the Meeting ID: 931 2146 2646 and Passcode: 945094

#### Peer Support Group – Wednesdays at 3:30pm

These meetings are a time to connect with others for support, encouragement, and hope. We'll learn from each other's experiences in conversations. We'll talk about relaxation, managing emotions, self-compassion, and self-acceptance. We'll look at positive steps that you could try

to have a better life. There will be a different topic each week. Input on future topics is more than welcome.

Link to join Peer Support Group via Zoom:

<https://zoom.us/j/94221242340>

To join by phone, dial: 647-374-4685

When prompted, enter in the Meeting ID: 942 2124 2340 and Passcode: 211350

### **Anger Management – Thursdays at 2:30 (Women’s) and 3:30 (Men’s)**

This virtual Anger Management course is for anyone who is interested in getting a handle on their anger and strong emotions.

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-judgmental space for individuals to explore their emotions and find new ways to grow.

**To Sign Up:** Email [info@ourplacecommunityofhope.com](mailto:info@ourplacecommunityofhope.com) or call the Our Place office: (416) 598-2919. To complete your registration, Tia or Clarence will call you to introduce themselves and have a quick chat with you.

### **Writing Group – Fridays at 1:30pm**

Writing Group with Peter (a professional journalist!) is a time to connect with others, build friendships and get creative together.

Everyone is welcome to join in and no experience is necessary!

Link to join Writing Group via Zoom:

<https://zoom.us/j/93536287038?pwd=RVpzR1pMSGcxQ01UQXZ6YVBHTlI0UT09>

Join by phone, dial: 647-374-4685

When prompted, enter in the Meeting ID: 935 3628 7038 and Passcode: 812561

### **Nicotine Replacement Therapy**

Thinking of quitting smoking?? Talk to staff about how you can access support and free Nicotine Replacement Therapy with no wait.

### **Free Rapid-Access Psychotherapy**

St. Michael's Homes is temporarily expanding their existing Psychotherapy program. They will be working with ten Student Therapists through to March 31, 2021 and are looking for clients ages 18 and up.

Sessions can be done by phone, tablet, or computer and in-person sessions will begin when conditions permit.

This is an amazing opportunity to access **free** one-to-one psychotherapy (up to 16 sessions per person). Please let the staff at Our Place know if you would like to register.

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## **NEW: Special Monthly Workshops**

### **Diabetes During Cold & Flu Season – Online Workshop on Tuesday, November 17<sup>th</sup> at 2:30pm**

Join us online with Nurse Julie for an info session on managing diabetes during the cold & flu season. Learn how to keep yourself safe if you get sick and have the opportunity to ask an expert your questions.

To join via Zoom, click

<https://zoom.us/j/91593080064?pwd=eGZEWGxYzRTMDhCNXVMdGs5eFY2UT09>

To join by phone, dial 647-374-4685.

When prompted, enter the Meeting ID: 915 9308 0064 and Passcode: 181348



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**\*\* COMING UP NEXT MONTH \*\***

**Virtual Meditation and Yoga Workshop with Evonne Sullivan**



## Things to Do in November

- **Leslieville Farmers' Market – Jonathon Ashbridge Park, Sundays, 9am-2pm.**  
A celebration of food that features farm-fresh groceries, diverse dishes to explore, live music, and children's activities.
- **The 1<sup>st</sup> Annual Window Wonderland at the Junction. Where:** 2978 Dundas St. W **When:** November 14-January 31. **What:** The neighbourhood is transformed into an outdoor gallery that is “interactive, engaging and magical.”
- **Day of the Dead. Where:** Harbourfront Centre **When:** November 1-8. **What:** Eight days of celebration, conversation and activism. The 17th season brings a rich selection of diverse, thought-provoking discussions, multi-disciplinary performances, and events, centred on themes of Indigeneity, resilience and the environment. Check out the website for event times <https://harbourfront.live/festival/dotd/>
- **Out With Nature – Come and Share the Park. Where:** Discovery Centre at Downsview Park. **When:** Multiple dates and times in November. **What:** A FREE nature program. Connect with the natural world during a one hour nature walk, led by the Downsview Park Education staff. Must register ahead of time: <https://www.eventbrite.ca/e/out-with-nature-come-and-share-in-the-park-tickets-125115516879?aff=ebdssbdestsearch>
- **12<sup>th</sup> Annual EcoFair. Where:** Online- <https://www.ecofairtoronto.org/> **When:** Until November 8<sup>th</sup>. **What:** A free online celebration of the people, environmental groups and eco-businesses that help to create a greener and healthier planet for all. Everyone is welcome to share and learn tips on ways to live more sustainably, and be inspired to make a difference.
- **Volunteer: Dovercourt Park Natural Ice Rink. What:** Residents near Dovercourt Park have reached out to the city with the hopes of creating a natural ice rink for this upcoming season! Parks staff need a dedicated team of volunteers, and we need a handful more. If you are interested in helping out, e-mail: [councillor\\_bailao@toronto.ca](mailto:councillor_bailao@toronto.ca).
- **Check out these awesome organizations that also offer virtual programs:**
  - \* Progress Place - <https://www.progressplace.org/virtual.html>
  - \* Mood Disorders AoO  
<https://app.acuityscheduling.com/schedule.php?owner=19361959&appointmentType=category%3APeer+Support+Groups>
  - \* Sound Times - <https://soundtimes.com/>
  - \* i am mental health [ former schizophrenia society] -  
<https://www.iamentalhealth.ca/Find-Support/Individuals>
  - \* CMHA courses - <https://cmha.ca/recovery-college/courses>

# Tips for Good Mental Health During COVID-19

Submitted by Our Place Volunteer Kathryn D.

Physical distancing and isolation are necessary to keep everyone safe. But they may increase feelings of anxiety and depression.

Here are five tips to care for your mental health during COVID:

1. Remind yourself that you are not alone. Many people are feeling more anxious and sad during the COVID pandemic. It is not a sign of personal weakness or a flaw.
2. Try to accept your feelings as normal and be kind to yourself as opposed to ignoring, criticizing, and judging yourself for how you are feeling.
3. Take care of yourself. Try to eat as healthily as possible, get outside for social distanced walks, call friends and family, and make sure you get enough sleep.
4. Remember: asking for help is a sign of your strength. Tell a friend, family member, and/or your doctor if you feel you need more support.
5. Call a crisis line if you are feeling too overwhelmed or distressed (see next page for a list).

Source: Tips edited and adapted from the Canadian Mental Health Association

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## Peer Support Lines

*Need someone to talk to who has lived-experience with mental health issues?*

Check out these Peer Support Lines. A volunteer will listen to you talk about your day or what's happening in your life. These are not crisis lines so you can call if you're doing OK and just want to talk.

**Krasman Centre:** 1-888-777-0979

Available any time every day, 20 mins/call

**Mood Disorders Association:** 1-866-363-6663

Available 9:30am to 5pm. 30 mins/call

**Progress Place:**

416-323-3721 - 12pm to 8pm

416-960-9276 - 8pm to midnight

30 mins/call



## Mental Health & Crisis Resources

1. Call **911** if you are in immediate danger or need urgent medical support.
  2. Canada Suicide Prevention Helpline: **1-833-456-4566**
  3. Text **WELLNESS** to 741741 to access the Crisis Text Line. Provides immediate support.
  4. Wellness Together: **1-866-0445** (24/7). Provides free counseling and support.
  5. 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.
  6. 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.
  7. Distress Centre of Greater Toronto: **(416)-408-4357** (42/7). They provide emotional and crisis support.
  8. St. Michael's Homes: **(416) 926-8267 ext. 110**. Addictions Services for men.
  9. 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.**



IT'S OK  
TO ASK  
FOR HELP.

# Rain

Written and Submitted by Patricia R.

The rain pounding on the pavement and with each drop looking like  
A fancy nail standing on its end.  
She races to a store entrance to avoid getting wet  
The rain-  
The rain takes her back along the years when she was only 16 at  
The time.  
She was feeling the sharpness of the August wind  
Blowing and biting her skin  
The sound was dealing – should have been deafening-typo- as each gust grew in strength.  
She felt the coldness of the rain  
As it tunneled into her clothes scratching at her bare skin.  
She looked across the street seeing the hard drops of rain hitting  
The surface of the river  
She sure knew it intimately  
So many years ago  
It was  
The  
Very river where each day she had drawn daily drinking water  
For her family.  
She stared down into the water remembering the hours of fishing  
With her daddys fishing rod to catch a fish for supper.  
And as she watched the rain churning the river into fast flowing  
Rapids she felt the mosquitos biting and heard  
The constant buzzing sound.  
She again felt the great joy of finally hooking a large jackfish  
And hauling him to shore.  
He would make a lovely supper.  
But first he would have to be prepared for cooking  
It was all she could do to hold the fish as he jerked this way and that trying  
His hardest to get back into the rushing river

She took her hunting knife and using all her strength cut through  
The backbone and walloped his head off.

She was thinking that she needed to sharpen her knife for future use.  
It seemed too dull to cut much.

Suddenly the decapitated fish jumped into the river and started swimming

She grabbed him and in so doing fell into the river herself.  
Once back on land she quickly scaled and gutted him.  
Then one swish in the fast running water and it washed away the  
Scales that clung to the fish.

A car driving quickly past her on the road and right through a deep puddle  
Spraying her from head to toe.  
She was back on the street huddled in the store entrance with  
Water dripping off her clothes. She hurried home to put dry clothes on.

The end

***If you would like to submit something to the Our Place newsletter, please email  
[info@ourplacecommunityofhope.com](mailto:info@ourplacecommunityofhope.com)***



***Artist: Kovacs Anna Brigitta***



## 2020 Remembrance Day in Toronto

### \* **Remembrance Week - November 5 – 11, 2020**

Toronto's Remembrance Week commemorates those who paid the ultimate sacrifice in the First World War, the Second World War, the Korean War, Peacekeeping missions and in Afghanistan. During this week, we also honour our veterans and those who have served and continue to serve our country in the Canadian Armed Forces.

*Unfortunately, due to the COVID 19 pandemic, there will be no public gatherings on Remembrance Day in 2020. This year commemorations will be virtual and available through the City's website and social media.*

\* **Two Minutes of Silence** is a central element of Remembrance Day. It is a time to pause and remember the service and sacrifice made by men and women who have given their lives in service to our country. You can observe this on your own or go on line to <https://www.legion.ca/remembrance/promoting-remembrance/two-minutes-of-silence>.

\* **The Old City Hall clock tower bells** ring at 11 a.m. to mark the end of the First World War and the armistice that went into effect on the 11th hour of the 11th day of the 11th month. This date is now known as Remembrance Day.

\* **Wear a Poppy.** To honor our Veterans, poppies should be worn on the left side, over the heart, from the last Friday in October until November 11. Poppy funds provide financial assistance and support to Veterans, including the Canadian Armed Forces and RCMP and their families who are in need.

## Remembrance Day - 10 Quick Facts

(Sourced from: veterans.gc.ca)

1. Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called "Armistice Day" to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.
2. From 1921 to 1930, Armistice Day was held on the Monday of the week in which November 11 fell. In 1931, Alan Neill, Member of Parliament for Comox–Alberni, introduced a bill to observe .
3. Armistice Day only on November 11. Passed by the House of Commons, the bill also changed the name to "Remembrance Day". The first Remembrance Day was observed on November 11, 1931.

4. Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. We remember the more than 2,300,000 Canadians who have served throughout our nation's history and the more than 118,000 who made the ultimate sacrifice.
5. The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to provide assistance to Veterans.
6. Remembrance Day is a federal statutory holiday in Canada. It is also a statutory holiday in three territories (Yukon, Northwest Territories and Nunavut) and in six provinces (British Columbia, Alberta, Saskatchewan, New Brunswick, Prince Edward Island and Newfoundland and Labrador).
7. The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony. It is also attended by the Prime Minister, other government officials, representatives of Veterans' organizations, diplomatic representatives, other dignitaries, Veterans as well as the general public.
8. In advance of the ceremony, long columns of Veterans, Canadian Armed Forces members, RCMP officers, and cadets march to the memorial lead by a pipe band and a colour guard. At the end of the ceremony, they march away to officially close the ceremony.
9. Some of the 54 Commonwealth member states, such as Canada, the United Kingdom and Australia, observe the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.
10. Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium and Poland.
11. The United States used to commemorate Armistice Day on November 11. However, in 1954 they changed the name to Veterans Day.



# Cold & Flu Season

## About the Flu

Influenza, also known as the flu, can spread to others before symptoms even appear. The flu is spread from person to person by small droplets produced by a cough or sneeze or through contact with contaminated hands, surfaces or objects, similar to COVID-19.

## Symptoms

Influenza symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness and cough. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse.

Symptoms can begin about 1 to 4 days, or an average of 2 days, after a person is first exposed to the influenza virus. Fever and other symptoms can usually last up to 7 to 10 days, but the cough and weakness may last 1 to 2 weeks longer.

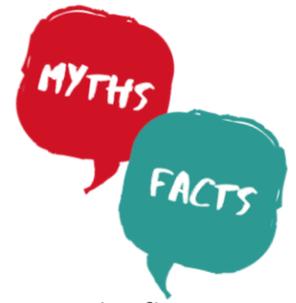
## The Flu Vaccine

Getting vaccinated against the flu may also reduce the number of individuals who need COVID-19 testing, as the symptoms are very similar. Annual flu vaccine is important to protect vulnerable residents from more severe illness. This includes older adults, individuals with chronic and pre-existing health conditions, residents of nursing homes and chronic care facilities, children six months to five years of age and pregnant women. The flu shot is free for anyone who lives, works or attends school in Ontario.

## Where to get the Flu Vaccine?

- Go to <https://myflushot.ca/>. Enter in your location and pick one closest to you. Click “Book appointment” to reserve your dose.
- Check out <https://www.tphbookings.ca/Default.aspx?PageID=11288> to book an appointment at one of the 4 Toronto Public Health Flu Vaccination Clinics (we can help you with this!). A health card is not required!
- Visit your local pharmacy to see if they have any in stock.
- Let us know if we can help you book an appointment or if you want to use a computer here.





## Myths & Facts About the Flu & Flu Vaccine

(Sourced from: <https://www.healthlinkbc.ca/healthlinkbc-files/flu-vaccine-myth-facts>)

**Myth:** I am young and healthy – I don't need the flu vaccine!

**Fact:** Anyone can get sick with the flu – during flu season, we are all at risk. Getting the flu vaccine helps protect you. Also, by being vaccinated, even if you do come down with the flu, you're less likely to get severe symptoms or need to be admitted to the hospital.

Getting vaccinated protects not only you but those around you as well – in your home, your workplace, and your community, especially people who are at a higher risk for complications. The more people that get vaccinated against the flu, the less the virus is in the population, so fewer people come in contact with the flu and fewer people get sick.

**Myth:** I have never had influenza, so I do not need to get an influenza vaccine.

**Fact:** Most people can get sick with influenza several times during their lives. An influenza vaccine is the best protection against the influenza virus.

**Myth:** The flu vaccine can give me the flu.

**Fact:** The inactivated influenza vaccine (flu shot) cannot give you influenza. The vaccine contains killed influenza viruses that cannot cause infection.

**Myth:** The influenza vaccines cause severe reactions or side effects.

**Fact:** The influenza vaccines are safe. Most people who get the flu shot only have redness, soreness or swelling where the vaccine was given. Some people, especially those who get the flu shot for the first time, may have a headache, muscle aches or tiredness.

**Myth:** Getting an influenza vaccine every year weakens my immune system.

**Fact:** Because the influenza virus strains change most years, you need to get immunized each year to be protected against new strains. People who get the vaccine each year are better protected than those who remain unimmunized.

**Myth:** The influenza vaccines protect against the viruses or bacteria that cause colds or stomach illnesses.

**Fact:** Influenza vaccines do not protect against the viruses or bacteria that cause colds or stomach illnesses, often called the stomach flu. The influenza virus is very different and typically causes more severe illness than the common cold or the stomach flu. Influenza vaccines only protect against the viruses that cause influenza.

**Myth:** The vaccines do not work because I still get influenza (the flu).

**Fact:** There are many different types of viruses that can cause flu-like symptoms any time of the year, but these are not actually the influenza virus.

The influenza vaccines protect against the strains of influenza viruses that health experts think will likely cause influenza during the flu season. The vaccines do not protect against other viruses that cause similar illnesses, such as respiratory syncytial virus (RSV) or parainfluenza. Because the influenza virus strains change most years, you need to get immunized each year to be protected against new strains.

In elderly people and people who have certain chronic health conditions, the vaccines may not prevent influenza completely but may decrease symptoms, complications and the risk of death from influenza.

### **COVID-19 and the Flu...**

As mentioned above, COVID-19 and Flu symptoms can look very similar: both cause respiratory disease, which presents as a wide range of illness – from asymptomatic or mild through to severe disease and death.

#### ***If you have any symptoms that are similar to COVID-19:***

- go to a COVID-19 assessment centre to get tested
- stay home and self-isolate unless you are going to the assessment centre
- tell people you were in close physical contact with in the 48 hours before your symptoms began to monitor their health and to self-isolate



# COVID-19 Symptoms in Comparison to the Flu and the Common Cold

Symptoms	Coronavirus	Cold	Flu
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Sneezing	No	Common	No
 Aches and Pains	Sometimes	Common	Common
 Runny or Stuffy Nose	Rare	Common	Sometimes
 Sore Throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for Children
 Headaches	Sometimes	Rare	Common
 Shortness of Breath	Sometimes	No	No
 Loss of Taste/Smell	Common	Sometimes	Sometimes

Source: Alberta Health, Health Canada, WHO

© Global News

# Overdose Prevention

## At Our Place...

- Staff are trained to administer and dispense Naloxone!
- Naloxone kits are now located in each bathroom stall in case someone ever needs it.
- See staff if you would like a Naloxone kit – we would be happy to give you one!
- All assistance is confidential.

**What is Naloxone?** Naloxone is an antidote which can be used to temporarily reverse an opioid overdose. It is very safe and has no effect on non-opioid users (for someone who has taken stimulants, alcohol, etc.).

**What is an Overdose?** An overdose occurs when a drug or combination of substances overwhelm the body, making it unable to control basic life functions such as breathing, heart rate, body temperature and consciousness.

## Signs of Overdose:

- Deep snoring, gurgling or wheezing
- Change in skin tone: grey, white, or blue tinge to skin (usually lips and fingertips show first)
- Pale, clammy skin
- Won't respond to stimulation (yelling or sternum rub) or won't wake up
- Breathing is very slow, irregular or has stopped

**ADMINISTERING NALOXONE:** See next page for 5-step directions.

## What to do after Administering Naloxone

- Stay with the person until EMS arrives.
- When they wake up, explain that they overdosed and they will feel better once the naloxone wears off.
- Urge them NOT to use more drugs. This won't make them feel better and will increase their chance of overdosing again, once the naloxone wears off.
- **Watch for signs & symptoms of overdose returning**

**What is Harm Reduction?** Harm reduction is an approach that tries to reduce the harmful effects of substance use. It involves working with the person using substances so that they use more safely (e.g., needle and syringe exchange programs and supervised injection sites).

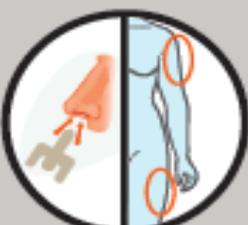
If you or someone you know is looking for harm reduction support, talk to Our Place staff, call 211 or check out these links for a list of locations:

- <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/harm-reduction-supplies-and-locations/>
- <https://www.camh.ca/-/media/files/community-resource-sheets/harm-reduction-resources-pdf?la=en&hash=A175EF581BD43ACE51D964DEEBD09DD2738CB7D7>

# 5 STEP OVERDOSE RESPONSE

STEP **1**  **SHOUT & SHAKE**  
their name      their shoulders

STEP **2**  **CALL 911**  
if unresponsive

STEP **3**  **ADMINISTER NALOXONE**  
1 spray into a nostril and/or 1 ampule into arm or leg

STEP **4**  **START CPR**  
Do CHEST COMPRESSIONS ONLY  
during COVID19 – NO rescue breathing

STEP **5**  **IS IT WORKING?**  
If NO improvement in 2–3 minutes  
repeat steps 3 & 4

## STAY WITH THE PERSON

Clean your hands after providing care.

## From the Kitchen of Our Place

### Pumpkin Spiced Latte

~ Zoe

#### Ingredients

2 cup milk  
2tbsp pumpkin puree  
1-3 tbsp sugar (or to taste)  
1tbsp of vanilla extract  
½ tsp pumpkin pie spice  
½ cup hot coffee

#### Directions

Add milk, pumpkin puree and sugar to a saucepan. Heat on medium heat until hot (do not boil). Remove from heat, whisk in vanilla, pumpkin pie spice and coffee. Top with whipped cream and pumpkin pie spice.



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### Avocado Toast

~ Kristel

1. Pick great avocados. Look for avocados that yield a bit to a gentle squeeze. If you run into any bruised or brown bits when you cut them open, scoop those out and discard before mashing the rest.
2. Pick your favorite bread. Sturdy, thick-sliced, whole grain bread makes the best avocado toast.
3. Mash your avocados separately. Cut your avocados in half, remove the pit, scoop the flesh into a bowl and mash it up with a fork.
4. Don't forget the salt! You'll want to mix in a least a pinch of salt per avocado half.
5. Add garlic before adding the avocado or garlic powder into the avocado.
6. Add fresh leafy herbs or your favorite herbed sauce. Chopped basil, cilantro, dill or parsley.
7. You can add jalapenos if you like a little kick to it!



I AM AVOCATO

## Candy Corn Pretzel Bites

~ June

### Ingredients

Circle or square-shaped pretzels  
Hershey's Kisses "Hugs" (or any flavor Kiss)  
Candy corn



### Directions

1. Preheat oven to 250°F (121°C).
2. Line baking sheet with parchment paper or a silicone baking mat.
3. Align pretzels on the sheet.
4. Unwrap Hershey's kisses and place one on each pretzel. Stick in the oven until the Hershey's kiss begins to melt down. Mine takes about 4 minutes.  
While the Hershey's kisses are melting in the oven, get your candy corn ready because you will have to move quickly once the pretzels are out of the oven.
5. Remove pretzel bites from oven and gently press a candy corn down on each one. The Hershey's kiss should flatten out when you press the candy corn on it. If it is not flattening out, place the pretzel bites back in the oven for 30 more seconds.
6. Let the pretzel bites cool completely and let the chocolate set for about 10 minutes in the refrigerator.

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## Armenian Lentil Soup

~Toban

### Ingredients

- 1 and a 1/2 cups dried lentils
- 6 cups of either vegetable stock (recipe 17) or water
- 1/2 cup chopped dried apricots (4 ounces)
- 3 to 4 tablespoons vegetable oil
- 1 cup chopped onions
- 2 to 3 cups cubed eggplant
- 1 and a 1/2 cups chopped tomatoes, fresh or canned
- 1 green pepper, chopped
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground allspice (or another 1/4 teaspoon cinnamon, if preferred)
- 1/4 teaspoon cayenne or crushed red pepper
- 1 tablespoon paprika
- 1 and a 1/2 teaspoons salt
- 3 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh mint

## Armenian Lentil Soup Continued...

### Directions

1. Rinse the lentils, and then bring them to a boil in the stock or water. Reduce the heat and simmer covered for 20 minutes. Add the chopped apricots and simmer covered for another 20 minutes.
2. Meanwhile, saute the onions in the oil until they are see-through. Then add the eggplant and 4 or 5 tablespoons of water. Cook covered on medium heat, stirring occasionally, until the eggplant is almost tender. Add the remaining vegetables, dried spices, and salt. Cover and cook until tender, about 10 minutes.
3. Stir the sauteed vegetables into the cooked lentil-apricot mixture and simmer for 15 minutes. Add the parsley and mint and serve.



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## Daylight Savings

### Daylight Saving Time for 2020 ends the first weekend of November!

Most Canadians will turn their clocks back one hour at **2 a.m. on Sunday, November 1<sup>st</sup>** as we return back to standard time.

When daylight saving time ends, it will get lighter earlier in the morning and darker earlier in the evening.

Most cell phones will change time on their own, but other clocks in your home may need to be changed manually.

### What does the time change do to our bodies?

Many people who change their clocks will experience a shock to their bodies' internal clock, much like the jet lag experienced after flying across time zones when daylight saving time ends, according to Patricia Lakin-Thomas, a professor at York University.

Research shows that the disruption to the internal clock can cause increased rates of car accidents, heart attacks, stroke, weight gain, anxiety and workplace injuries.

## **Daylight saving time could become permanent in Ontario!**

Ontario could put an end to bi-annual clock changes and permanently adapt daylight saving time if a new private member's bill, which the government supports, passes.

Ottawa West – Nepean MPP Jeremy Roberts tabled The Time Amendment Act, which would "clear the road for Ontario to end the bi-annual process of changing our clocks" and implement permanent daylight saving time.

The bill has already passed the second reading in legislature at Queen's Park.

### **What would that mean?**

If the bill passes it means it would remain lighter for longer in the evening throughout the entire year.

On the other hand though, the sun wouldn't rise in the Greater Toronto Area until nearly 9 a.m. around Christmas, meaning the commute to school and work for many would be in the dark. The change would only come into effect if the state of New York and province of Quebec also follow suit.

### **What about other Provinces?**

While the B.C government is still committed to implementing year-round daylight saving time, the change will not be happening this year. In 2019, the province passed legislation that outlined its plans to switch to a "Pacific Standard Time," alongside jurisdictions in the U.S., including Washington State, Oregon and California.

However, B.C.'s transition to a permanent daylight saving time will only take place in coordination with its neighbours to the south.

Most Canadian provinces observe daylight saving time, but Saskatchewan decided to not follow the herd and uses only standard time year round.

Sourced from: <https://toronto.ctvnews.ca>



## WORD SEARCH PUZZLE

D	A	P	R	I	R	E	B	M	E	T	P	E	S	E	R	M	A	D	T
E	M	E	Y	R	M	O	N	D	A	Y	E	S	D	A	Y	R	U	A	H
C	A	W	E	O	A	W	U	T	F	R	A	D	A	Y	B	O	G	I	U
E	D	E	A	C	R	E	E	U	R	E	B	O	T	C	O	V	A	L	R
N	E	D	R	R	C	D	S	E	I	T	U	E	S	D	A	E	S	Y	S
B	C	N	L	A	H	N	D	S	D	M	O	N	D	E	Y	M	T	M	D
E	E	E	Y	M	I	R	C	H	A	E	S	J	U	L	R	B	U	O	A
T	M	J	A	N	U	A	R	R	Y	R	A	U	B	E	R	E	E	N	Y
T	B	U	P	F	E	B	R	U	A	R	E	N	Y	R	U	R	S	T	N
S	E	L	R	S	S	Y	R	A	U	R	B	E	F	A	T	E	D	H	O
U	R	E	I	S	A	T	U	R	M	O	N	D	E	W	E	E	A	K	N
G	S	N	L	J	U	R	T	E	E	O	C	T	O	B	J	U	Y	W	V
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| <ul style="list-style-type: none"> <li>• JANUARY</li> <li>• FEBRUARY</li> <li>• MARCH</li> <li>• APRIL</li> <li>• MAY</li> <li>• JUNE</li> <li>• JULY</li> <li>• AUGUST</li> <li>• SEPTEMBER</li> <li>• OCTOBER</li> </ul> | <ul style="list-style-type: none"> <li>• MONDAY</li> <li>• TUESDAY</li> <li>• WEDNESDAY</li> <li>• THURSDAY</li> <li>• FRIDAY</li> <li>• SATURDAY</li> <li>• SUNDAY</li> <li>• NOVEMBER</li> <li>• DECEMBER</li> </ul> |
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# In Flanders Fields

JOHN MCCRAE

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

