

Caring Connections Chronicle

LET'S STAY STRONG

Caring Connections Information Line: 211

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Caring for Each Other in COVID-19 Times

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COVID-19 Self Isolation - Stay on Track & Stay Grateful



- There are no bombs raining on our heads.
 - I am not a prisoner held in solitary confinement, as millions are.
 - I am not a refugee trying to escape with my life.
 - I am not standing in line waiting to fill a pot of water.
 - I have access to fresh food and I'm not starving.
 - I have hot running water.
 - My country has not been ruined by years of war.
 - I can reach my friends by phone and check in on them.
 - My friends check in on me because they care about me.
 - Any whiplash I feel about this strange turn of events is itself a sign of privilege.
 - More than half of the world would gladly trade their everyday problems for the modest inconveniences I am experiencing.
- I may have anxious dreams but I'm dreaming them on a proper bed and I'm not sleeping on the sidewalk.
 - By staying at home, I'm helping the planet rest.
 - As long as I have my mind I can create, imagine, dream and not be lonely.
 - This global crisis connects me to people around the world and reminds me of our common humanity. This is a good thing.
 - When something tragic happens to another country next time, I will respond to it not with superiority, but humility and recognition.
 - I will fight for positive changes and economically just policies in my own country.
 - I am surrounded by books.
 - I am surrounded by love.
 - The trees have already begun to bloom.

You have
the power
to change
the world



Stay Safe / Stay Healthy



After Earth Day: Reflections On Mother Earth, Self-Isolation and Caregiving



April 22, 2020 was Earth Day - an annual global event created to encourage people everywhere on the planet to be more environmentally conscious. The vision is grand, but mankind typically listens for a day each year, and then goes back to business as usual. Certainly some of us try in small personal ways, conserving energy or tidying up our little corner of the world. And there are some corporate and governmental efforts as well. But overall, not much has changed. The large scale improvements that Mother Earth really needs in order to heal, just aren't happening quickly enough to make a difference.

Enter Covid-19, a deadly global pandemic that seemed to come out of nowhere and spread like wildfire, with no vaccine that could control it. And overnight, governments have changed all the rules: people all over the planet can no longer go outside in large numbers, can't commute or fly or cruise on the oceans or do a thousand other things that collectively were so damaging to the Earth. The main goal was to make people self-isolate in order to keep the virus from spreading. But ...

In the 50th anniversary year of Earth Day, something remarkable has happened that no one really anticipated! As we all self-isolate, and human activities slow down or stop completely, our beautiful planet is taking this opportunity to breathe and heal. The environmental renewal is happening quickly - our challenge will be to sustain that healing after we all resume our regular daily lives. Let's all dare to hope that next year on Earth Day, Covid-19 will have been conquered and we will have not only allowed the healing and refreshing of the planet to continue, but started to put plans in place to build on the changes.

In the meantime of course, we're all stuck indoors for the most part, and this is particularly challenging for those of us who are caregivers.

Some of the articles this month focus on how you and your loved one can navigate together in self-isolation. But we've also tossed in a few activities and ideas that are just fun, and maybe help to save the planet at the same time. After all, every day is Earth Day, right?

The Ontario Caregiver Organization (OCO)

<https://ontariocaregiver.ca/covid-19/>

The information on COVID-19 is evolving day to day. If you're a caregiver, you may want to ensure you have a plan in place should you or your family member, partner, friend or neighbour need to self-quarantine or become ill. This includes speaking with your family doctor and other physicians as well as homecare providers. This is an excellent resource for caregivers. This website is well laid out with useful tips and strategies, short videos, government resources, plus links to sites that offer mental health and technology supports specifically for caregivers.

The Isolation Journal: Encourages Connectivity Through Creativity During Quarantine

<https://www.suleikajaouad.com/the-isolation-journals>

This project has been launched by writer and cancer survivor Suleika Jaoud who at a young age was diagnosed with leukaemia. This resulted in her being confined to bed over the next three years. For weeks on end, she wasn't able to leave her hospital room or open a window. She began a project with her family and friends in which they all did one creative act a day for 100 days and shared with each other. She remembers how much joy it brought and thought this might do the same for other people who are feeling lonely in the time of the coronavirus pandemic.

So on April 1st, 2020 back in isolation Suleika launched *The Isolation Journal* on her website and social media accounts. Participants sign up through email and receive free daily prompts that encourage them not only to respond with journal entries but also pieces of music, recorded dance videos and original artwork. Recent prompts include "write a letter to your younger self", "write about a time when you were dead wrong about somebody". With permission some of the work is shared but mostly these daily prompts are meant to offer a sense of solace, inspiration and connectivity for the participant..

SCRABBLE

Remember Scrabble? Maybe you've even been playing it with someone during your isolation, either as a board game or online. Ever wonder what all the weird, obscure words mean that are in the Official Scrabble Dictionary, but nobody ever uses? Here's a fun quiz to test your knowledge of a few of them. No cheating or googling, just take your best guess - have your loved one make guesses too, and see who comes out ahead.



Submitted by Donna Paterson

Pick the correct definition of the word:

VROW

- A small carriage
- Not vital
- A Dutch woman
- A glass showcase for art objects

DIZEN

- To divide
- To dress in fine clothes
- To use an herbicide
- To feel weak

MIR

- Areas of swampy grounds
- A Russian commune
- Events of divine origin
- A variety of leaf bugs

SABINE

- A female slave
- An assembly of demons & witches
- An evergreen shrub
- A French-based language

PAEAN

- A song of joy
- A fellow countryman
- A passion
- A person of little intelligence

SASTRUGA

- A light airy pastry
- An African tree
- A monetary unit of Thailand
- A ridge of snow formed by wind

VUG

- A minute oceanic organism
- A small cavity in a rock
- A dirtbag
- A messy substance

PYXIS

- The angle of the Earth's axis
- A chemical salt
- A copper coin of Burma
- A type of seed vessel

KADI

- An ancestral spirit
- A cereal grass
- A public record of unlawful behavior
- A Muslim judge

CROSIER

- An intersection
- An ancient measuring tool
- A bishop's staff
- A horizontal bar

NANKEEN

- A cotton fabric
- A pediatric nurse in the Orient
- An Asian shrub
- A flat rock formation

PORKPIE

- A man's hat
- A marine food fish
- A stew made of pig's feet
- A tropical tree

Answers on next page ...

SCRABBLE ANSWERS:

VROW – (C.) - *n* pl. **-S** a Dutch woman

DIZEN – (B.) - *v* **-ED, -ING, -S.** to dress in fine clothes

MIR – (B.) - *n* pl. **MIRS** or **MIRI** a Russian peasant commune

SABINE – (C.) – *n* pl. **-S** an evergreen shrub

PAEAN – (A.) - *n* pl. **-S** a song of joy

SASTRUGA – (D.) – *n* pl. **-GI** a ridge of snow formed by the wind

VUG – (B.) – *n* pl. **-S** a small cavity in a rock

PYXIS – (D.) – *n* pl. **PYXIDES** a type of seed vessel

KADI – (D.) – *n* pl. **-S** a Muslim judge

CROSIER – (C.) – *n* pl. **-S** a bishop's staff

NANKEEN – (A.) – *n* pl. **-S** a cotton fabric

PORKPIE – (A.) – *n* pl. **-S** a man's hat

Scores:

0 correct - Oops!

1 – 2 correct – Did you not listen to anything about how to do multiple choice questions?

3 – 6 correct – Now you're talking!

7 – 11 correct – I'll take you on my team. Foot bump.

All 12 correct – Nerd City! You do, however get an elbow bump. Maybe a future hug.

I'm guessing we all need to keep reading, playing and learning! Have fun today.



Caregiver Support Group: Supporting Caregivers through Social Isolation

The support groups will be offered:

Monday's, 7:00 p.m. – 8:00 p.m.

Wednesday's, 10:30 a.m.. – 11:30 a.m.

Thursday's, 2:30 p.m.– 3:30 p.m.

Saturday's, 11:00 a.m.– 12:00 p.m.

These one-hour discussions offered multiple times a week are driven by caregivers for caregivers. You can join by your choice of computer or phone; and with a maximum of 10 participants per session, everyone has a chance to participate and learn from each other with a goal of minimizing the isolation & loneliness of COVID19.

For more details and to register: <https://ontariocaregiver.ca/find-support/peer-support/>

Once registered, you will receive additional details about joining the group using your computer or telephone.

If you need medical advice, please contact [Telehealth Ontario](#) at 1.866.797.0000

If you are looking for local resources to support you or your care recipient, please contact the Ontario Caregiver Helpline at 1.833.416.2273 or access the live chat on this site. A Community Resource Specialist will help you find what is available in your area.



Easier-To-Find Information

This "one-stop" website ontario.ca/AgingWell is for seniors across the province. To get this information by phone, call 1-888-910-1000 or 211 - which offers information 24 hours a day.

This Caring Connections Newsletter is edited by: Susan Bithrey, Hilary Mettam, Deb Riddell & Ruth Wilford

To receive additional copies of this newsletter please email the CERAH office at cerah.lakeheadu.ca