



COVID-19 UPDATE



Dear Residents and Program Participants,

On behalf of myself and the entire team of McLaren Housing Society we extend our wishes for you, your family and loved ones to stay safe and well by socially distancing and following health and government directives. Staff will continue working whether it be from their homes or from Helmcken House and Howe Street. We are fortunate to have such a hardworking, caring and dedicated team who really care about everyone's health and wellbeing.

We have made a few changes to our daily operations and there may be more since this is an evolving situation. These will be posted in future newsletters and on our website. Please know that we are all working hard to connect and provide you with support services, to decrease feelings of isolation and allay any concerns you may have regarding your housing provided by McLaren whether it be at our directly managed buildings, partner buildings or in private rental housing with a portable subsidy.

Hence the launch of this newsletter that we are aiming to produce every two

weeks and it will be sent to your email address if we have it on file, copies will be printed for Helmcken House and Howe Street residents and it will be sent by mail to everyone else. Please send your email address to barbf@mclarenhousing.org to help lower costs.

We are also updating our social media accounts with a range of interesting links and information. Please visit us on [Facebook](#), [Twitter](#) and [Instagram](#) to keep updated.

Connect with staff about your feedback, ideas for articles etc. so we can incorporate the suggestions and increase the content in future publications.

In the mean time stay well and keep in touch with McLaren Housing Society so we can support you through this stressful time.

Sincerely,

Kim Stacey,
Executive Director
McLaren Housing Society of B.C.

COVID-19 Support for Income & Disability Assistance

Due to COVID-19, new emergency measures are in place to ensure that people on income or disability assistance and low-income seniors, do not encounter additional barriers.

If you are not receiving federal Employment Insurance (EI) or the Canada Emergency Response Benefit (CERB) and are on:

- Income Assistance
- Disability Assistance
- Comforts Allowance
- BC Senior's Supplement

You will automatically receive a \$300 supplement on your cheques issued in April, May, and June. No action is required on your part.

Click [HERE](#) for more info.



It Pays to Know...

Don't fall for #COVID19-related scams! Remember that if you didn't initiate contact with a person or a business, you don't know who you are dealing with.

This Canadian government [website](#) lists some COVID-19 scams that have been reported.

The website warns that Canadians should be extra careful with unsolicited calls and texts. It says you should never give out personal or financial information to unsolicited contacts.

"History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again." – Maya Angelou

Useful links:

HealthlinkBC – You can access all the latest COVID-19 updates and a Symptom Self-Assessment Tool [HERE](#)

CATIE – Canada’s resource for HIV and hepatitis C information has many useful resources including articles and webinars. Click [HERE](#) to visit their website.

Heritage Vancouver has created an interactive map and list of neighbourhood businesses that are still open during the COVID-19 pandemic. Access the map [HERE](#)

Vancouver Pride Society has created a COVID-19 LGBTQAI2S+ Resource Guide that is being constantly updated. Access the guide [HERE](#)

Managing mental health and wellbeing while self-isolating

Feeling worried, stressed and/or anxious at this time is a very normal response to the uncertainty of how COVID-19 impacts collective mental health. You are not alone.

While there are many things that are out of our control, what we can control is how we respond, and there are some simple steps that we can take to manage our wellbeing and mental health at this time.

1 Move Regularly

This does not mean running a 10k marathon. Moving is as simple as getting up and stretching. Walking and changing your scenery is another way of moving.



2 Mindfulness

Focus on a task you enjoy such as cooking, sewing, colouring, and playing games.

Be creative and use the resources you already have.

3 Have a Plan for Your Day

A plan can be as simple as watching a TV show you’ve always wanted to watch.

Having more time on your hands is an opportunity to read that book that you’ve long wanted to read or even start writing that book you’ve long wanted to write. Variety is key as is having a routine.

4 Consider limiting the amount of time spent following the news.

Yes, it’s important to stay informed, but have a good understanding of how much is enough for you. It’s all too easy to get drawn into following all the updates minute by minute.

In a similar vein, consider limiting how much social media you consume at times like this.

5 Be kind to yourself and others.

Take care of yourself by eating and hydrating well and prioritizing sleep.

We need to support each other. You have to remember that everyone is self-isolating and social distancing. Everyone is physically alone, but we are all mentally in this together.

Me after washing my hands for 20 seconds 57 times in one day

