



## Dear Residents and Program Participants,

I hope this latest newsletter finds you staying well as we all socially distance to minimize the spread of this virus. All McLaren staff are well and working diligently to connect with you all to ensure you do not feel alone at this time.

On a different note, I am saddened as many of you are by the senseless loss of life in Nova Scotia. My heart goes out to those grieving at this time.

So to Kim's thought for the week... gosh this is getting really tiresome, I miss seeing residents and the folks who drop by the Lounge/Office at Helmcken

House. I really want some of Isabella's fabulous luncheons or John and the staff at Howe's barbecues... but we have to continue like this for a while yet. Most of all I miss seeing our fabulous staff here at McLaren Housing.

Until the next newsletter, in the words of Dr. Bonnie Henry, Provincial Medical Officer for BC: "Be Kind, Be Calm, Stay Safe."

Sincerely,

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

**Annual Rent reviews for Howe Street and Helmcken House buildings will be completed at their regular review date. Please ensure you have on hand any of your T4-T5-T5A year-end documents, that are mailed to you by CRA.**

**Staff will be in touch with you when you need to provide this information. For our remote participants in portable subsidies, your annual reviews are delayed until further notice. Your rent remains the same until your review is completed, at which time any changes in rent will be backdated to your annual review date.**

## Anxiety Tips

**Prioritize** your self-care routine.

**Avoid** excessive consumption of the media.

**Focus on things you can control.** e.g. handwashing, social distancing.

**Talk** to friends and family on the phone and texts.

**Eat well,** stay hydrated and get enough sleep.

**Practice meditation** and breathing techniques

**Distract yourself** with games, books and movies

**Notice your feelings** and write them down.

**Exercise** to get out of your head.

**Keep busy doing things you enjoy.** e.g. music, baking, crafts, learn a language.



## Narcotics' Anonymous (NA) Resources

Most in-person NA meetings in the Vancouver area are temporarily closed due to the COVID-19 virus. The Vancouver Recovery Club at 2775 Sophia Street remains open and NA meetings at that location will be open if enough people attend. This includes the daily 12:15 p.m. meeting. We ask that you not attend an in-person meeting if you are sick. If you do attend, please wash your hands, avoid close contact with others, and avoid touching anything others may touch.

As an alternative, there are online NA meetings available. These are easy to connect to with a smart phone, tablet, or computer:

Go to <https://www.na.org/meetingsearch/> and select “Web” for the country, then select “Text results.” You will get a list of links to online NA meetings around the world. (Note the time zone. All meetings in English unless otherwise stated.)

Also, the BC Region of Narcotics Anonymous is holding online meetings every evening at 7:30 p.m. via the “Zoom” platform. On your phone, download the “Zoom” app. On your computer, just follow the link.

Join Zoom Meeting [HERE](#)

Meeting ID: 242 104 145

Password: 034809

One tap mobile:

+17789072071,,242104145# Canada

Dial by your location:

+1 778 907 2071 Canada

The NA phoneline at **604-873-1018** or **1-866-683-6819** is also open.

*Stay safe and stay clean!*

## Tips for When the News Stresses You Out

Events around the world can be scary. If you're feeling anxious about what's going on around the world, you're not alone. Your feelings are valid, and there are things you can do to take care of yourself.

These days, a lot of things you might be seeing on news headlines may cause anxiety and stress. But when news can be easily accessed 24/7, it might be very difficult to avoid the news entirely. We have a few ways that you can take care of yourself when the news might cause you to worry and the negative thoughts may be hard to turn off.

**1 Set firm time limits.** If you do feel the need to see the news, set a time to stop regardless of what you might be seeing. For example, if you say you are consuming (either listening, watching, or reading) news for 20 minutes, set an alarm to make sure you stop on time.

**2 Try to not consume news before bedtime.** Headlines can cause you to worry and lose necessary sleep. Sometimes during breaking news, it may be difficult to get away from updates, but it's important you give yourself space to digest the headlines and wait to digest the story until the next day. If you have heard some upsetting news before bedtime, find another activity for the evening such as reading a book or connecting with family.

**3 Make an effort to find good news.** With all the negative news, it's important to find good news too. Because news outlets know that their audience is interested in “important” updates, “fluff pieces” that focus on lighthearted events may not be highlighted. Some sites like the [Good News Network](#) and [Positive News](#) provide exclusively positive information.



**4 Set boundaries.** It's important to let others know that you may not be comfortable talking about current events. You do not have to talk about the news if you don't want to. If someone insists on wanting to talk, you can say “I choose not to look into the news that would make me upset right now. I know it's good to stay updated, but I want to take care of myself first.” A phrase like this addresses the person's concerns with staying updated but still communicates that you're not okay with talking about something yet.

**5 Change up your social media feed.** Don't be afraid to unfollow different sources on your social media feed. If a friend continues to post negative news and you don't want to completely unfollow them, you can mute your notifications, even just temporarily, to help limit what you are seeing. Try to like or follow positive posts like inspirational quotes or cute animals that you're interested in, to help change the algorithm preferences of your social media. This means that posts that are recommended to you will change to match the things you are liking and following. If all else fails, take some time to unplug and step away from social media, even for a day.

*This article is courtesy of [foundrybc.ca](http://foundrybc.ca)*

## Support Services

If you or someone you know needs immediate help, call one of the following numbers:

- **1-800-SUICIDE:** Call 1-800-784-2433 if you are having a crisis or are concerned about someone who may be. Available 24 hours a day.
- **24 Hour Rape Crisis Line:** Call 604-872-8212 for free, confidential; phone based crisis intervention, information, and referral.
- **310-Mental Health:** Call 310-6789 (no area code needed) toll-free anywhere in B.C. to access emotional support, information and resources specific to mental health and substance use issues. Available 24 hours a day.

Visit the [Online Directory](#) for services available in your community.

### Phone Services:

**BC Alcohol and Drug Information and Referral Service:** Call 604-660-9382 in the Lower Mainland. Available 24 hours a day.

**HealthLink BC:** Call 8-1-1 (toll-free) if you need non-emergency health information or advice. Available 24 hours a day.

**Kelty Mental Health Resource Centre:** Call toll-free from anywhere in BC: 1-800-665-1822; Lower Mainland: 604-875-2084 for peer support, assistance in navigating the mental health system and accessing resources, and information and education about mental health and substance use challenges. Available Monday to Friday from 9:30am to 5pm Pacific Time.

### Chat Services

**Crisis Centre Online Chat:**

Call 604-872-3311 for 24hr support.

Online chat is available [HERE](#) from noon to 1am Pacific Time.



### Additional Online Resources:

Click on the names access the links.

**[Anxiety Canada:](#)** Provides self-help, peer reviewed and trusted resources on anxiety. Plus access to the **[Mindshift App.](#)**

**[Seniors First BC:](#)** Provides information and support to older adults who have been abused or whose rights have been violated.

**[BC Mental Health & Substance Use Services:](#)** Provides a range of specialized mental health and substance use services for adults across the province.

**[Bounce Back®:](#)** A program that teaches effective skills to help adults overcome early symptoms of depression, and improve their mental health.

**[Early Psychosis Intervention \(EPI\):](#)** An online resource designed to help individuals and families understand psychosis, the importance of early intervention, and find information or services on age-appropriate and stage-appropriate treatments.

**[HeretoHelp:](#)** Provides information related to mental health and substance

use. The website includes personal stories, self-help resources, and information about getting help now.

**[Kelty Eating Disorders:](#)** Provides resources and peer support to people of all ages with eating disorders or disordered eating concerns.

**[Kelty Mental Health Resource Centre:](#)** Provides mental health and substance use information, resources, and peer support to children, youth and their families from across B.C.

**[MindHealthBC:](#)** Provides easy access to information and resources related to mental health and substance use conditions.

**[Veterans Affairs Canada - Mental Health:](#)** Provides a wide range of mental health services, support and information for Veterans and their families.

**[Women Against Violence Against Women \(WAVAW\) Rape Crisis Centre:](#)** Provides information and services to support women who have been victimized by sexual violence. Services include a 24 hour crisis line, 24 hour hospital accompaniment, Aboriginal women's services, one-to-one counselling, and support groups.





## Share Your Experience

We invite and encourage you to contribute to this bi-weekly newsletter. You can share your personal experience in facing the challenges of COVID-19.

Submissions may be in any artistic format: stories, poetry, drawings or photos. Anonymity is assured if preferred by the author.

To submit for publication, please drop off at the 2nd Floor Office at Howe Street or Helmcken House or send by email to [barbf@mclarenhousing.org](mailto:barbf@mclarenhousing.org) by noon on Fridays.

**UNTIL FURTHER NOTICE  
THE DAYS OF THE WEEK  
ARE NOW CALLED,  
THISDAY, THATDAY,  
OTHERDAY, SOMEDAY,  
YESTERDAY, TODAY  
& NEXTDAY!**



## Virtual Entertainment

[Cirque du Soleil - 60 minute Special](#)

[Crayola Colouring Pages](#)

[Galleries and Museums](#)

[Kirov Ballet](#)

[- Tchaikovsky's Swan Lake](#)

[Metropolitan Opera](#)

[Older Adults' Stories of Success](#)

[San Diego Zoo - Live Cameras](#)

[Vancouver Art Gallery](#)

[- Art Connects](#)

[Vancouver Public Library](#)

[- Digital Library](#)

## Miracle Whip Chocolate Cake

*This recipe was developed during World War II, when many foods were rationed.*

- 2 cups flour
- 1 cup white sugar
- 4 heaping Tbsp cocoa
- 2 tsp baking soda
- 1 cup water
- 1 cup Kraft Miracle Whip
- 1 tsp vanilla



Put first 4 ingredients in bowl and stir until mixed well.  
Then add the other 3 ingredients and mix well.

Spray a 9x13 pan or use butter and flour. Pour batter into prepared pan.

Bake at 350° for 26-27 minutes, cool and enjoy.

## Resources from HIM (Health Initiative For Men)



### Having Sex & Staying Safe Amidst the COVID-19 Pandemic

Before we rush to our favourite app to set up a hookup, let's remember why we are practicing social distancing and taking precautions: We are doing this to prevent the spread of illness and keep ourselves and each other from getting sick.

HIM put together an [infographic](#) to remind ourselves of some ways to satisfy our sexual needs while making sure we are contributing to everyone's health.

### Using Drugs

If you use drugs, please make sure to stay informed to keep yourself safe and healthy during the pandemic. This [infographic](#) (developed by INPUD | International Network of People Who Use Drugs) provides very valuable tips which we strongly advise you to consider.

### Staying Calm & Coping with Stress

HIM developed this [infographic](#) with their counselors to support you in navigating through the stress and anxiety potentially caused by the COVID-19 pandemic.

### Online Events

Virtual Yoga, Reiki and reading groups are available for GBT2Q across the Lower Mainland. Attendance is free or by donation. Click [HERE](#) for the schedule and to register.

*For more valuable information and resources visit the HIM [website](#)*



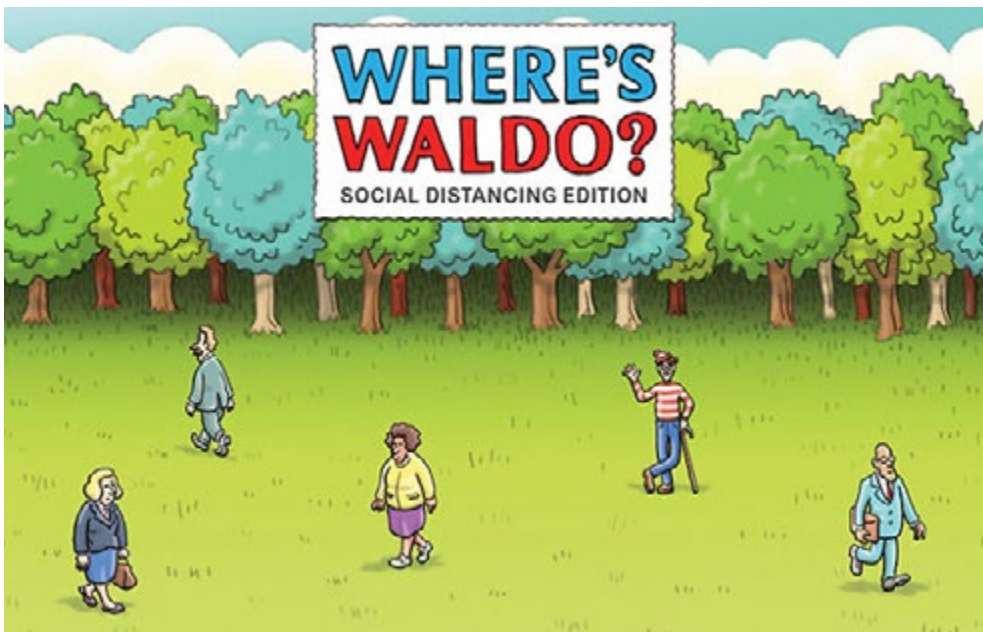
## Useful Links:

**CATIE** – Canada's resource for HIV and hepatitis C information has many useful COVID-19 resources including articles and webinars. Click [HERE](#) to visit their website.

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

**Heritage Vancouver** is always updating their interactive map and list of neighbourhood businesses that are open during the COVID-19 pandemic. Access the map [HERE](#)

**The Georgia Straight** has all their coronavirus coverage collected [HERE](#), including the latest stories on public health, things to do in self-isolation, rescheduled events and community notices.



**Do you need support during the COVID-19 pandemic?**

Here's a great resource for provincial and federal assistance [HERE](#)