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Expand: Knowledge, Compassion and Team Spirit

VOLUME 1 ISSUE 6

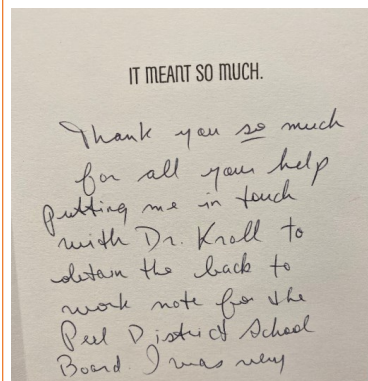
AUGUST 2020

A Message from ED

While we are all eager to have the school opening, we are also anxious of the predicted increase of the COVID 19. Safety and Wellness of our staff and family are very important to us. We should all practice self care to ensure the safety of our staff, families and patients. I would like to ensure you all that the CVFHT team is here to support you in difficult circumstances. Be positive, connect with us and talk to us! Together we can overcome any hurdles!



One Testimony from a Patient



A Quote for the Month

"Compassion is to look beyond your own pain, to see the pain of others."

-Yasmin Mogahed-

Michelle's Column



August 12th is International Youth Day- a day marked to acknowledge and celebrate the voices of young people and the political, societal and economic contributions that they make that help to shape our world. At a population of 1.2 billion, youth aged 15-24 currently comprise 16% of the global population (<https://www.un.org/en/observances/youth-day>). International Youth Day 2020 recognizes the potential of young people to create change and seeks to encourage their engagement and representation in the processes and policies that address current and future challenges on local, national and international levels.

The COVID-19 pandemic has altered our lives in ways that we could not have imagined. The impact on children and youth has been particularly difficult given physical distancing requirements and the resulting effect on education, social development and personal interactions. Returning to school in September, typically seen as a new beginning and an opportunity to reconnect with friends and teachers, will look vastly different this fall due to the mandating of masks, alternate scheduling and unfamiliar routines recently put in place to reduce the transmission and resurgence of COVID-19. Team sports and social clubs will be put on hold and much of the curriculum will be again be changed to an online experience. As adults, parents and mentors, we owe it to our youth to give them an opportunity to voice their feelings and fears heading into the new school year. As we move forward with achieving a "new normal", let's remember to provide the young people in our lives with an opportunity to share what they think their recovery looks like and also provide our support in achieving these goals. To this end, we can encourage them to:

- ◆ stay connected to friends and family (through text, video chat, email or phone, if necessary)
- ◆ limit social media and the news
- ◆ eat well, be active and get enough sleep
- ◆ spend time doing things they enjoy
- ◆ talk to a trusted adult and ask for help if they are struggling

New Employees

We, as a team, are always enthusiastic about welcoming new people among us. In month of August we had Floran Azizi joining us as a medical office assistant. Welcome to the team Floran!



Michelle's Column Cont....

For those requiring additional support, there are numerous community resources available. These include:

- Kids Help (ages 5-25) 1-800-668-6868 or text 6868
- Children 24/7 Crisis Line in Peel (ages under 18) 416-410-8615
- Wheretostart.ca- providing access mental health services for children and youth 905-451-4655

Our IPCT provides mental health counselling services to individuals aged 16 and over and reside or have a primary health care provider in NW Mississauga. To find out more about our social work services, please contact info.CVFHT@thp.ca or 905-813-1100, ext. 4777.



Competition (Employees Only)

Please answer the following questions to win a book. Answers are in the previous releases.

Q1: What was the book, "Make Your Bed: Little Things that can change your life" based on? Who is the author?

Please email your answer to mantha.kumaresh@thp.ca. The first person with the right answer will win the prize.

French Connections

La rentrée scolaire 2020

Le retour en classe cette année après les vacances estivales, ne sera pas comme les autres. Certains redoutent et certains attendaient ce retour en classe pour retrouver leurs collègues de classes ou de travail. Il est important de prendre en compte les recommandations de la santé publique. Le gouvernement de l'Ontario a donné des consignes très claires en lien avec le retour en classe :

- ◆ Les enfants resteront dans la même cohorte.
- ◆ Les heures de récréations et des pauses seront modifiées.
- ◆ Les enfants plus âgés porteront des masques à l'école.
- ◆ le lavage des mains sera encore plus présent.
- ◆ Le Gouvernement de l'Ontario a aussi préparé un guide afin d'élaborer un plan de sécurité pour les employeurs ceci favorisera la sécurité
- ◆ Ce guide permettra à l'employeur de mieux comprendre les risques liés à la Covid-19.

Certains parents sont très inquiets car dans de très rares cas, certains enfants ont développé une maladie inflammatoire similaire celle de Kawasaki. On parle de fièvre, d'inflammation des yeux, des pieds, des mains et des douleurs abdominales. Aucun lien n'a été fait avec la Covid-19. Par contre, selon la société canadienne de pédiatrie, il semble que ces symptômes soient plutôt liés à une réponse tardive du système immunitaire.

Afin d'aider vos enfants à mieux comprendre la Covid 19, voici un vidéo expliquant la maladie

<https://www.youtube.com/watch?v=tRQVLt7d5t4>

Voici un autre vidéo expliquant le lavage des mains aux enfants.

<https://naitreetgrandir.com/fr/sante/lavage-mains/>

D'autres liens pour plus d'information

<https://www.cps.ca/fr/blog-blogue/une-pseudo-maladie-de-kawasaki-associee-a-la-covid-19-ce-que-les-parents-doivent-savoir>

<https://www.caringforkids.cps.ca/handouts/the-2019-novel-coronavirus-covid-19>

<https://www.ontario.ca/fr/page/guide-relatif-la-reouverture-des-ecoles-de-lontario#section-2>

Bonne rentrée scolaire



Francoise Jacob RN

gOT a Minute?

Top 10 Strategies to staying well in uncertain times



For many of us, the coronavirus and the COVID-19 illness make for a very uncertain future. People worry about their own health and the health of their loved ones, both here and abroad. People may also have a lot of concerns around their daily life such as grocery shopping, their ability to take part in important community and social events such as vacation, wedding and graduation, and hobbies, and other important parts of their lives.

10. Notice and acknowledge your feelings

During the Coronavirus outbreak and through periods of lockdown, it is an unprecedented time all across the world, so it is normal to feel anxious. The research indicates that identifying a name to our feeling itself can reduce intensity of our worries and other negative emotions. A strong feeling can be overwhelming and unfamiliar, but putting a name to the feeling can reduce the anxiety caused by a strange and unfamiliar emotion.

The part of the brain responsible for language is different from the part responsible for emotions. By naming a feeling, the brain has to switch gears into the language centre. This can help us to express a feeling with a more controlled and positive action.

9. Have a routine.

Routines can reduce your mental fatigue and provide structure to our day more so during times like these. Getting up at your usual time, showering and getting dressed as you normally would for work can be helpful. Eating healthy, drinking water and getting plenty of sleep are also important factors.

8. Stay connected socially

We need to PHYSICAL DISTANCE, but need to connect SOCIALLY. If you find your days are very boring, try scheduling pleasure activities during the day because it is certainly an important part of our mood and sleep. The City of Mississauga and local community Centres are running weekly activities such as fitness classes, coffee conversation group and hot topics virtually.

Also right now we are finding new ways of connecting online, people are staying connected with games, videoconferencing, and movie nights. It is important people stay connected

7. Exercise Regularly

According to World Health Organization, it is recommended that adults should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity. This is the time to get resourceful and creative.

Cont.....

gOT a Minute?

Top 10 Strategies to staying well in uncertain times cont.....

Some gyms such as the YMCA or City of Mississauga are offering live streaming exercise classes and schools are providing online PE classes. Simple way is walk around the home and if you have stairs at home, go up and down the stairs 2-3 times per day. If you are using zoom and video conferencing for work, break your long time sitting and stand up. In fact, make tasks a little longer (counterintuitive!), consider carrying 1-2 things at a time and go back more times. Look for opportunities throughout the day. It all accumulates.

6. Stay connected outdoors

Canadians are being asked to practice physical distancing to decrease the spread of COVID-19 in the community. Physical distancing involves 'taking steps to limit the number of people you come into close contact with'. Unless you are told to self-isolate, practicing physical distancing includes going outdoors; go for a walk, run or bike ride through neighbourhood.

5. Start some new tasks or projects

Take time to organize your home such as pantry, closets, or cupboards. Start something that you have put off (art projects or writing cards to your friends. Accomplishing something makes you feel better and reduce your stress and worries. Start small.

4. Stay grounded and calm

Practice mindfulness, meditation or yoga to help you stay grounded and focused on the present. Some ideas include, doing deep breathing exercises, keeping a gratitude journal, practice mindfulness or yoga.

3. Taking care of yourself

Taking care of self is very important. Particularly, you are someone who is taking care of your loved one.

Taking care of yourself is not a selfish act. We all need to take care of ourselves before taking care of others. Some examples: connecting with friends over phone, go for a morning walk, read, pray, write poetry etc.

2. Keep informed while taking a newsbreak

The news cycle is relentless and people are connected more than ever. On one hand, we do need information with what's going on so we can know what to do but the extent to how much we are can be too much sometimes. An hour before bed wind down period COVID 19 blockade you don't need that information before bed and that will be helpful

1. Ask for professional help if you find any of these symptoms.

Warning Signs of stress may include the following:

- ◆ Difficulty concentrating on daily activities (which may affect your memory)
- ◆ Loss of interest in daily activities

- ◆ Difficulty eating
- ◆ Sleep problems, like difficulty falling asleep, staying asleep, or sleeping too much
- ◆ Increasing physical distress symptoms (like headaches, stomach pains, or restlessness)
- ◆ Increased fatigue
- ◆ Feeling guilty, helpless, or hopeless
- ◆ Use of substance, alcohol, and drugs to cope with stress
- ◆ Thoughts of suicide and thinking of suicide plan

Remember it is normal to feel anxious and afraid while we deal with the effects of this pandemic. If you or someone you know is struggling, the resources are here to support you. Remember: no matter where you are or what you're going through, you don't have to go through it alone.

Resources: Canadian Mental Health Association. Bounceback reclaim your health. <https://bouncebackontario.ca/bounceback-offers-quick-tips-to-support-your-mental-health-during-covid-19/>

Yoko Tsuyuki MSW RSW and Marina Rezkalla OT

Upcoming Events



- Fall Prevention Sessions
 - September 16th - Age Related Physical Changes (OT)
 - ⇒ September 23rd - Role of Medications (Pharmacist)
 - ⇒ September 30th - Role of Diet and Healthy Eating (Dietician)
 - ⇒ October 7th - Environment & Home Safety (OT/RN)
- Prevention to Managing Chronic disease
- Coping with Uncertainty during COVID-19 (Sep 30)
- Stress Management Sessions (12pm – 1pm)
 - ⇒ Oct 21 - Session 1: What is stress?
 - ⇒ Oct 28 - Session 2: Coping with Stress: Relaxation and Self-care.
 - ⇒ Nov 4 - Session 3: Coping with Stress: Reframing our thoughts
 - ⇒ Nov 11 - Session 4: Coping with Stress: Self-compassion

More information is available on our website in mid-September: <https://www.cvfht.ca/>