



July 2020: **THE COMPASSION CARE CLASSIC**

A project by the Hospice of Windsor & Essex County

TO OUR DEDICATED VOLUNTEERS: Thank you to all of our volunteers who have provided support to our members! We also appreciate your support to help members navigate resources and information. The WECCC project is not possible without your commitment to improving quality of life for others. You help makes our community a better place to live!

Racism is a systemic issue in Canada that increases risk of mental health problems and illnesses.

CARE FOR YOUR MENTAL HEALTH: If you or someone you know is experiencing mild to moderate distress, call **519-946-3277** or **1-877-451-1055**. For those experiencing severe mental illness or are in a crisis, call Community Crisis Centre at **519-973-4435**.

RESULTS OF THE GIVE 65 CROWDFUNDING CAMPAIGN FOR WECCC

Thanks to the generosity of our community and supporters outside of Windsor and Essex County, we raised **\$5,055** through the **Give65 Home Instead Senior Care Foundation** online crowdfunding campaign! Funds raised will help local seniors get the support they need.

Shout out to **Wolf & Rebel** for being a part of our Give 65 campaign! Check out their hand stamped keychains and other goodies at www.wolfandrebel.com



Thank you to our City of Windsor Employees for all your help!



Pictured above is Samantha Thomas. We would like to take this opportunity from the WECCC team to share our thanks and gratitude to Samantha Thomas and Sharon Johnston from City of Windsor. Samantha and Sharon have been redeployed to our agency during the 2020 Covid-19 pandemic. It has been an honour to have them both with us and they really had an impact here. We sincerely thank them for being part of our WECCC Team. We wish them all the best as they, and when they, return to their work at the City of Windsor, we will miss them!!



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Resources for staying connected during a global pandemic: As much as we are ready for life to move on from the COVID-19 Pandemic, we must continue to be cautious of how we interact with others. Here are a few ways you can connect with people online and/or access resources that could lessen the feelings of loneliness:

- **EkhartYoga:** access to 12 free yoga and meditation classes, good for relieving anxiety and stress.
 - <https://relief.ekhart yoga.com/>
- **Parenting for Lifelong Health:** offering free tip sheets for parents during the pandemic in 90 languages.
 - <https://www.covid19parenting.com/>
- **YouTube Channels:** YouTube has enough content to keep anyone busy for hours, however, feel free to check out these relevant channels.
 - Canadian Mental Health Association Windsor Essex County Branch: <https://www.youtube.com/user/cmhawecb>
 - Windsor-Essex County Health Unit: <https://www.youtube.com/user/wechealthunit>
- **Discord:** Discord offers a digit platform where you can connect with individuals, groups, or communities via text, image, video, and/or audio. You can connect one-on-one or be a part of a chat channel where there are many members.
- **Netflix Party:** Netflix Party is an extension you can add on to Google Chrome that allows you to watch Netflix content in synchrony with other people. Offers a group chat feature where users can converse while the T.V. show or movie is playing.