



MARCH 2020

# THE COMPASSION CARE CLASSIC

**OUR COMMUNITY CARES** – The Windsor-Essex Compassion Care Community (WECCC) movement is continuing to work for its members during the Covid19 outbreak. WECCC members include some of the most vulnerable and isolated members of our community. The WECCC team is calling members to check in and confirm that they have the help they need including getting their groceries and medications. We are keeping track and sharing a list of important resources such as: grocery delivery, medication delivery and health care services. To get reliable and up to date information, members are being directed to accredited websites such as Public Health Ontario and The Windsor Essex County Health Unit. Members are also being encouraged to follow social distancing while checking on their families, friends and neighbours via technology if possible. Some apps that can be used with technology include WhatsApp, FaceTime for iPhone users, [Zoom.us](https://zoom.us), and DISCORD. For more information or to contact WECCC visit [www.weccc.ca](http://www.weccc.ca) or call 519-974-2581 ext. 2420



## **Rx COMMUNITY SOCIAL PRESCRIBING IN ONTARIO FINAL REPORT RELEASED**

In these critical times social and community support is crucial to the health and wellness of our communities most vulnerable. The Rx Community report explains findings and drives this message home. "Research into the effects of relatively short-term quarantine and mandated social distancing, such as during the SARS epidemic of 2003, show that such **short-term isolation can have long-term impacts on mental health**. People who have been isolated or quarantined experience fear, loneliness, boredom, and anger. In some cases, these feelings led to longer-term negative mental health outcomes including insomnia, mood disorders and posttraumatic stress disorder. Substance abuse, domestic violence, and rates of suicide are reported to rise. Such impacts are most severe for women and for individuals with lower education levels, poorer self-perceived health, and lower emotional support, as well as those who were more economically affected by isolation or quarantine.

Conversely, **those with denser social networks, better relationships, and someone to share their worries with were less likely to experience adverse outcomes.**" For the full report visit

[https://issuu.com/aohc\\_acso/docs/rxcommunity\\_final\\_report\\_mar2020\\_fullweb](https://issuu.com/aohc_acso/docs/rxcommunity_final_report_mar2020_fullweb)

**PARTNERS PUSHING THROUGH** – As people in our community continue to take precautions to protect them, friends, family and our most vulnerable against the Covid19 virus, many are taking to social media, online apps and technology to stay connected. This is exactly what our partners at WE Trans Support are doing to make sure they continue their mission to "strengthen our Trans and Queer community, their families, friends, and allies in Windsor-Essex." Using an online chat room through <https://discordapp.com/>, WE Trans Support has created an online drop in for the community to stay engaged while social distancing. It's what Derrick Biso, President of the Board of Directors, says is "a way of bringing people together while they practice physical distancing." For more information about WE Trans Support visit <https://wetranssupport.ca/> or call 226-674-4745.



**W.E. Trans Support**  
Transgender and Allied Support



# COVID19 Connecting Community Stories

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Finding the right community connections at this time may be challenging. Whether you are a caregiver, an isolated individual or simply looking for support or things to do, this list is meant to help keep you connected, motivated and healthy. Enjoy!

**Windsor-Essex Compassion Care Community** <https://www.weccc.ca>

This movement is working together with volunteers and trained staff to ensure that some of Windsor and Essex County's most vulnerable citizens have access to medical supplies, food, and they are supporting The Hospice of Windsor & Essex County to ensure palliative needs are met.

**Windsor Essex Covid Care Coalition** <https://www.facebook.com/groups/WECovidCareCoalition>

This coalition is looking out for the City of Windsor's most vulnerable. From delivering groceries to the elderly to providing meals for families in need, it's a way for the community to connect, volunteer, or get what they need.

**The Metta Collective** <https://www.meetup.com/metta-collective/>

Guided meditation and wellness services are offered FREE online when you meetup with the Metta Collective.

**Yoga For Everyone TV** <https://www.yogaforeveryone.tv/>

Diane Bondy is a local and world-renowned yoga instructor who offers 2 free weeks of unlimited classes. Cancel before April 24<sup>th</sup> to avoid charges.

**Julie's Paint Party** [https://www.facebook.com/juliespaintparty/?hc\\_location=ufi](https://www.facebook.com/juliespaintparty/?hc_location=ufi)

Join Julie's virtual paint party on Facebook or find her online! This is a great way for the family to get together and create a work of art that will last a life time!

**Respira Yoga** [https://www.youtube.com/channel/UCKfhdTedAMD-](https://www.youtube.com/channel/UCKfhdTedAMD-HD1XERvVYGQ/?fbclid=IwAR00x9XuWxaXsz74OUqFwP9vYJ6W2x1FKKPdhONE4Jp7tklc5_DmjW2lCXg)

[HD1XERvVYGQ/?fbclid=IwAR00x9XuWxaXsz74OUqFwP9vYJ6W2x1FKKPdhONE4Jp7tklc5\\_DmjW2lCXg](https://www.youtube.com/channel/UCKfhdTedAMD-HD1XERvVYGQ/?fbclid=IwAR00x9XuWxaXsz74OUqFwP9vYJ6W2x1FKKPdhONE4Jp7tklc5_DmjW2lCXg)

Lisa is a former Windsorite who now lives in Italy. She is a certified yoga instructor and offering free yoga on YouTube.

**The Windsor Essex Community Foundation** <http://wecf.ca/>

This foundation will be featuring organizations and individuals that are pulling their resources together to help in this time of need through our W/E Cares campaign.

**Brother Nature** <https://www.youtube.com/user/Aisik/?fbclid=IwAR1ETC3Bt7dXEDbXoUkdPd2xJlqaxnFM-TK9AwURYgCLFmkl6MlrvsjL2g0>

Isaac is a Windsor native and horticulturalist working to get people inspired to grow their own gardens.

**Action For Happiness** [www.actionforhappiness.org](http://www.actionforhappiness.org)

This is a great resource to help you stay connected, grateful, and motivated during this time. Specifically the Coping Calendar is filled with great ideas you can follow each day.

**University of Windsor**

