

**Subject:** COVID-19 Updates - April 15, 2020  
**Date:** Wednesday, April 15, 2020 at 5:48:21 PM Pacific Daylight Time  
**From:** Ernie Baatz  
**To:** Ernie Baatz  
**Attachments:** image001.jpg, image002.jpg, image003.png

## Get Outside but Stay Close to Home

It is a bit of a confusing message, but the Provincial Health Officer has been consistently stating that we should definitely be outside and enjoying this Spring weather. We just need to stay close to home, and stay away from people outside of our bubble, our family grouping.

As well, in her briefing today, she was very clear that we are not close to getting back to normal. We must continue to stay home, to physically distance, and wash our hands. You can see her briefing summary here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/case-counts-press-statements>

Henry said that despite no recent spike in the number of cases or deaths, she does not believe that this will change her orders, such as banning gatherings of 50 or more people, or any other restrictions, in at least the next few weeks.

"We're not there yet," she said. "We need to hold the line."

Below is an update from Bill, our office assistant, who has been going across the street and walking around the high school race track. He keeps his distance from the other neighbours out for their walks, but really enjoys getting out and getting moving.

What have you been doing to stay healthy and happy for the past four weeks? Are you baking?

Are you looking for more ideas? We are hosting a zoom call for anyone interested in talking about new home activities and ways to connect with each other, while staying safe.

Tuesday, April 21, 2020 at 10am. You can sign up for the zoom here by registering and we'll send you the link and the password:

<https://www.eventbrite.ca/e/keeping-active-at-home-tickets-102845106482>





## **Teleconference with CLBC for Individuals and Families**

Please join **Shane Simpson, Minister of Social Development and Poverty Reduction, David Galbraith, Deputy Minister, Dr. Daniele Behn-Smith, Deputy Provincial Health Officer, and Community Living BC Board Chair Michael J. Prince and CEO Ross Chilton** for an update to self advocates and families on services and supports during the current COVID-19 pandemic.

**When:** Friday, April 17, 2020

**Time:** 11:15 a.m. – 12:15 p.m.

### **How to call in:**

Vancouver – 604-681-0260

Elsewhere – 1-877-353-9184

Participant code: 37568#

**Special Instructions:** Due to the large number of participants, please start dialing in at 11:05 a.m.

Speakers will provide updates and respond to questions we have recently received. If you have a question you would like us to consider for this call, please email us at [CLBCInfo@gov.bc.ca](mailto:CLBCInfo@gov.bc.ca) and put the following text in your subject line: **April 17 Teleconference Question**. Email your questions by 4 p.m. on Thursday, April 16. Due to an anticipated high volume, all the questions may not be able to be answered on the call, but we will endeavour to respond to as many as we can.

We look forward to having you join us. For the latest information from CLBC, please [visit our COVID-19 web page for families here](#). You can submit a question anytime to [CLBCInfo@gov.bc.ca](mailto:CLBCInfo@gov.bc.ca).

## **Bill's Update**

We miss seeing Bill every day at the office. It's great to know he's staying connected to the people he cares about and finding things to do closer to home to pass the time. Teri says of their new daily routine: "The first couple of weeks were the hardest to work through but we are starting to fall into a groove lately."

Bill has been staying in touch with people through facetime and Zoom. Here's a picture of Bill and others virtually attending Kathy's birthday party (Thanks to Kim for setting that up!):



And here's one of Bill and Jeriah's feet (physical distancing during one of their weekly visits at the park

across the street from Bill's house):



Bill wanted everyone to know he's doing fine and provided this update:

- I've been to Portland and Seattle already [before the pandemic].
- I remember to take a shower everyday.
- I run the marathon (track) and I get second prize, they say good job Bill Nazar!
- Pastor and Carol work from home now. No more church on Joyce [Teri says they have zoom church services on Sundays and meet to socialize before and after the service].
- I like the Waltons, his name is grandpa and John, they live a long time [Teri ordered Bill's favorite shows on amazon, ie. Gilligan's Island, the Waltons, Love Boat, etc].
- Jeriah comes Saturdays [they go for walks and have a pop together].
- Jay's mom is at the cemetery. [Bill wanted to visit his mom at Mountainview, so after they went to visit Jay's mom's grave – he seems to find a sense of kinship in the m both having moms in the cemetery].
- That's all for now he says.

Thanks for the update, Bill! And thank you Teri for helping Bill stay connected to his friends, and for all that you're doing to keep people safe!

## **Daily Self Care Tips – Movement and Mindfulness**

**To-Do:** Today is about movement and mindfulness.

Take five minutes to practice mindful stretching or yoga (you can pick any pose). There are myriad guided options on YouTube - pick a channel or instructor that resonates with you! As you stretch, focus on breathing deeply. Think about how your body feels in each position and picture your breath flowing through your entire body. Also, express gratitude for your body and the ability it gives you to move (we often take this for granted!).

**Why?** Stretching and focusing on our breath are easily accessible ways we can cultivate practicing and strengthening our mindfulness skills. Breathing connects us to the present moment, which is an important grounding exercise that inspires calmness and keeps stress at bay. Focusing on our in-the-moment physical state provides a focal point that helps us be mindful in the here-and-now. Plus, these movements are easy and fun—there's no downside!

**Self-Reflection Tip:** Pay attention to times you're stationary for extended periods of time (for example at your desk during the day or in front of the TV in the evening) and consider how you can add a few minutes of stretching and movement into your daily routine. Focus on stretching and releasing tension from areas that are particularly tense - such as your neck, lower back, or hip flexors.

Let us know if you have any questions or we can help in any way.

**Ernie Baatz**

Executive Director

Spectrum Society for Community Living

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