

Subject: COVID-19 Update - May 1, 2020
Date: Friday, May 1, 2020 at 3:27:33 PM Pacific Daylight Time
From: Ernie Baatz
To: Ernie Baatz
Attachments: image001.png, image002.jpg, image003.png, image004.jpg, image005.jpg, image006.jpg

Thank You Support Workers - A message from CLBC staff

Here is a video thank you message from CLBC staff to the frontline workers providing support to people with diverse abilities across the Province:



SPARC BC Project to Provide Phones that Remove Barriers to Accessing Phone Based and Online Supports

SPARC BC has purchased 3,500 mobile phones to remove barriers to e-health services and other online or phone based supports across the province. SPARC BC plans to send bundles of phones to organizations, or Nations to distribute, but can also send them directly to individuals in need.

The package includes a phone and a sim card, which has \$10 of pre-paid minutes. The phones work well on wifi so can be used sustainably at low/no cost. The package will also include a wallet card about how to access FNHA's virtual doctor of the day program, where the phones are provided to individuals who self identify as Indigenous, or where bundles are sent to Indigenous organizations or Nations for distribution. What is included in the package is below.

Individuals or organizations who are interested in receiving the phone package can contact Kristine Chew at SPARC BC by email at kchew@sparc.bc.ca





More ideas for activities at home

Arlene has continued her research on activities that people can do at home or in their neighbourhoods. These ideas and the others you have shared are on our website at:

<https://www.spectrumsociety.org/ways-to-stay-home-stay-safe-in-your-neighbourhood/>

Thirty Fun Things to Do at Home:

<https://www.lifehack.org/articles/lifestyle/30-fun-things-home.html>

The World's 15 Best Virtual Tours To Take During Coronavirus

<https://www.forbes.com/sites/laurabegleybloom/2020/04/27/ranked-worlds-15-best-virtual-tours-coronavirus/amp/>

Intro hip hop class (tagged “for ages 7 to 12 or first time adults” so sounds about my speed):

<https://www.youtube.com/watch?v=pFem6SwyQn4&fbclid=IwAR1feGIQepf-jntQfqbkPzfJF10UL5p7TTTcDcoOtEbPm5sgqZwWsfYkBjw>



BINGO!

Barb and Veronica had a great time playing Bingo yesterday! Here are some smiling faces to set you up for the weekend.



Have a nice weekend!

(Wash your hands, Keep your Distance, Stay Home if you are Sick)

Ernie Baatz

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