

Subject: COVID-19 Updates - May 15, 2020
Date: Friday, May 15, 2020 at 2:01:37 PM Pacific Daylight Time
From: Ernie Baatz
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Spectrum's Slow and Careful Restart Process

In March of this year, two months ago now, the Provincial Health Officer issued orders to reduce the size of groups and close some businesses. She asked everyone to stay home and limit their interactions with people outside their family bubble. Essential businesses were allowed to continue providing services, as long as they put safety measures in place to reduce the risk of infection. For Spectrum, most of our services are essential, providing supports to people in their homes. We developed steps to help people keep their physical distance, and to have the proper equipment if they could not keep their physical distance. We closed the office and developed procedures to keep the essential functions happening – supplies are delivered, payroll is calculated, and receipts are reimbursed.

Now government is beginning a process of restarting or recovery of our ability to resume more of our typical routines. It is meant to be a slow and careful process though, because the coronavirus is still in BC and we can prevent it's spread by continuing to keep our physical distance, by keeping our groups small, by washing our hands, and by staying home when we are sick. They are reducing restrictions for a number of reasons:

- People need access to important services like dentists and physiotherapy.
- Businesses can re-open, provide services and bring employees back to work.
- People who have been isolated can get back to regular routines that keep them healthy and connected.

Spectrum's Slow and Careful Restart Process needs to keep these precautions and motivations in mind as we adjust our services. Dr. Bonnie Henry gave us a hierarchy of controls that are most effective in preventing infections:

- Physical Distancing – keeping 2 meters away, and limiting interactions – MOST EFFECTIVE
- Engineering Controls – physical changes such as plexiglass shields
- Administrative Controls – such as guidelines for the number of people in a room or appointments for coming to the office
- Personal Protective Equipment (PPE) – using masks, gowns and goggles when all of the above measures cannot be used – LEAST EFFECTIVE

Some of the changes we are planning over the next three months (did we mention slow and careful?), are increasing the use of the office, welcoming back some of the staff who have been on leaves, and helping teams build some capacity to give each other some vacation time.

We are also expecting further guidance from Community Living BC, the Provincial Health Officer and from WorkSafeBC, and will share this guidance with you as it arrives.

Have a safe and quiet long weekend! Below is CLBC's weekly bulletin for Individuals and Families.

Ernie Baatz

Executive Director

Spectrum Society for Community Living

Express yourself. Build your network. Find your voice.



Stay apart, stay local,

and stay safe.

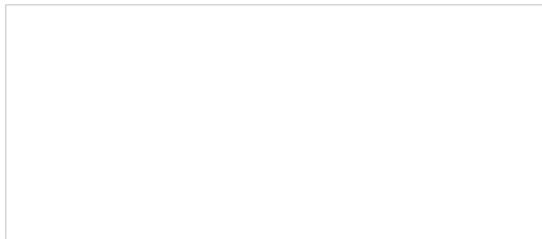
[View this email in your browser](#)

Welcome to the May 14 edition of CLBC's Update for Individuals and Families. As a reminder, you can find all Updates (including past editions) [posted on our website here](#). If you know of anyone who would like to receive future Updates, please share [the link to our sign up page](#) with them. If you have a specific question, or feedback about this update, you can send an email to CLBCInfo@gov.bc.ca.

CLBC and Government Updates

Vela helps to navigate emergency funding

This message is to acknowledge and thank Vela Canada for its support to families particularly during this time of crisis. It is also to clarify the [recent \\$35.6 million funding announcement](#) for emergency COVID-19 supports and how CLBC and Vela are working together.



The emergency COVID-19 funding will help adults with developmental disabilities who use

residential services have the ongoing support they need to stay safe and connected during the COVID-19 pandemic.

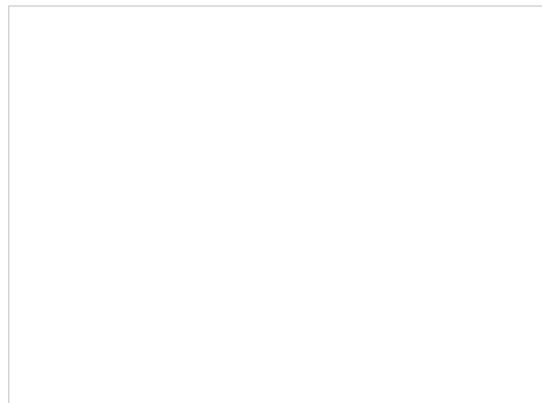
People who receive residential support through Individualized Funding (IF) or person-centred societies (PCS) can request emergency funding.

Given its expertise with individualized funding and microboards, Vela has agreed to help families who use IF and/or PCS to complete and submit funding requests. We are grateful that they are willing to do this. Vela can also help families with the reporting process after receiving the funds. Vela, however, is NOT involved in funding allocations or in the disbursement of the funding. For more information please visit the [CLBC emergency funding page here](#).

Project supports recruitment and retention

Prior to COVID-19, the Family Support Institute (FSI) and Vela Canada applied for and successfully received a two-year grant for \$125,000 from the British Columbia Government's Ministry of Social Development and Poverty Reduction to develop a recruitment and retention project. The project supports families with their recruitment efforts when searching for employees, and with other employer/employee issues. This grant is separate from and not part of the recent \$35.6 million COVID-19 funding announcement, although we hope the work will also help families who are experiencing recruitment challenges during this pandemic.

During COVID-19, CLBC is very excited to be working with FSI and Vela Canada on the recruitment and retention campaign, [which you can read more about here](#), and they have temporarily re-introduced [the Support Worker Central website](#). Some quick improvements are being implemented on Support Worker Central so that it can function during this time to help bring more people – particularly those who find themselves without work as a result of the COVID-19 pandemic – into the community living field to work with individuals and families.

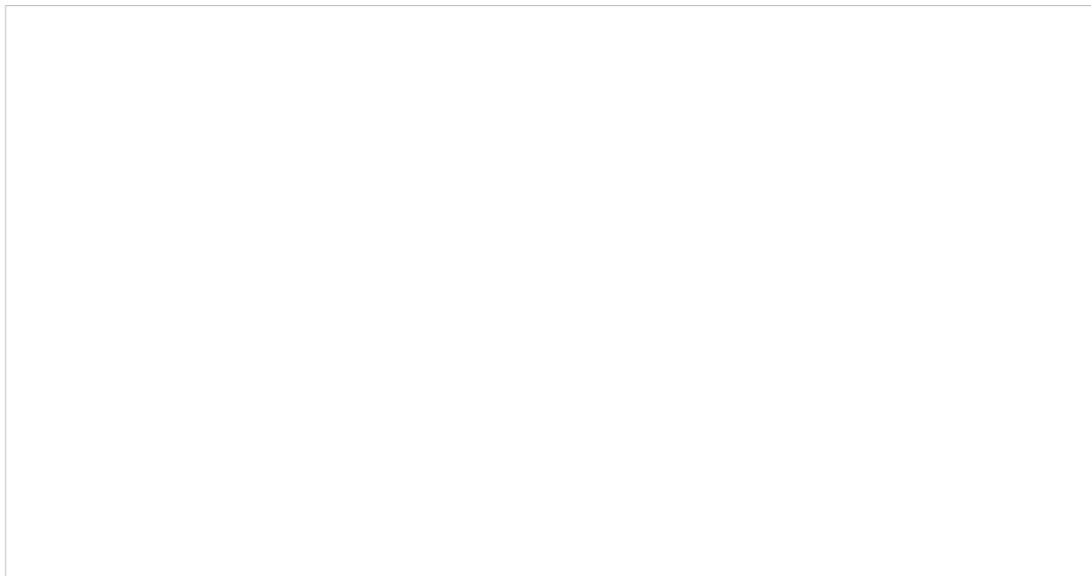


CLBC is very grateful to all our community partners as we work together to ensure individuals and families have the information and support they need to be safe and connected especially during these challenging and unchartered times.

B.C.'s Restart Plan

Last week, the B.C. government [introduced the province's Restart Plan](#) which lays out a series of steps to protect people as restrictions on different types of activities and gatherings are gradually lifted. CLBC knows individuals and families will have lots of questions about how we will work together to move into the 'new normal'. We will make sure to keep you updated in the coming weeks. Stay tuned for teleconferences aimed to answer your questions.

As B.C. Premier John Horgan shared on Twitter, the restart plan “isn't a return to normal, but it's a hopeful, careful step toward a real recovery for all of us. COVID-19 won't be behind us for many months (until there's a vaccine). The new normal means following these golden rules.”



Information on COVID-19 presented in Sign Language

To help make information about COVID-19 more accessible, the BC Centre for Disease Control has created a series of videos with answers to common questions in American Sign Language. Information includes [how to practice safe physical distancing](#) and [what the symptoms are of COVID-19](#). You can [click here to find all of the videos](#).

Staying connected and supported

Upcoming sessions offer chance to talk about anxieties

Anne Halas is a Training Facilitator with



Developmental Disabilities Mental Health Services who is hosting online group chats for people to talk about the worries they are experiencing during this COVID-19 pandemic. An upcoming session for people with developmental disabilities takes place on May 25, and [you can find more information about it here](#).

Upcoming sessions for caregivers, including parents and support workers, take place on May 20 and 27, and [you can learn more about them here](#). If you are interested in joining, please send an email to anne.halas@fraserhealth.ca for instructions.

Vela’s online conversations continue

Vela Canada continues to host online conversations every Thursday at 7:00pm to support Microboards and people receiving individualized funding and any other self-directed supports. This is an opportunity to speak with a Vela team member and other families who are experiencing similar issues during COVID-19. Topics of discussion include: staffing, contingency planning, funding, ways to stay socially connected, and ideas of daily activities. Next Thursday, May 21, the online conversation will focus on emergency funding. Find more information, including how to join, [by visiting their website here](#). You can also submit questions before each session to info@velacanada.org.

Nidus hosts webinar for self advocates on Representation Agreements

In our [last edition of this Update](#), we shared information about Nidus, and their webinars and resources. Another upcoming webinar has now been scheduled and provides information specifically for self advocates about representation agreements. The webinar will take place Tuesday, May 26, from 1:30pm to- 3:30pm and anyone who is interested [can use this Zoom link to take part](#) at that time.

Self Advocate Corner

Join BC People First’s “We’re all in this together” Tuesdays

Every Tuesday, BC People First is hosting "We're in this together Tuesdays" for self advocates to connect, learn, share stories and

concerns, and ask questions. Each Tuesday will bring new discussion topics, guest speakers, mini-lessons and activities. These sessions are open to BCPF members and non-members alike.

This weekly event happens every Tuesday from 7 p.m. to 8 p.m., and people can attend one session, or many. To learn more and find information about how to join, visit: bcpeoplefirst.com/tuesdays

People First Canada shares “a few things to do”

These days, many of us on the look out for suggestions of interesting ways to spend time. [Here are a few ideas that People First Canada put together.](#)

Cooking up a storm

For many, being at home more during these times means looking for new, healthy recipes to prepare. Michelle Goos, one of CLBC’s Strategic Initiatives Advisors, recommended this “Easiest ever stir fry” and we thought we’d share it with you. [Check out the recipe here.](#) Bon Appétit!

Stories of hope and encouragement

Kindness Rocks!

Diana Simmons from Victoria, B.C. stays connected by painting rocks for family and friends: “I started collecting rocks from Cordova Bay Beach. I worked on painting the rocks. Then I put my first coloured rock under the mail box, down at the bottom of the hill. The next rock I painted and gave it to a friend for her front door-step. I’m still continuing painting stones, for my friends and my family.”

Diana’s “kindness rocks” helped inspire Integra Support Services’ virtual programming initiative asking people to go outside for a walk and look for a rock big enough to paint on. Then, paint the rock with kind words or pictures and after it dries, go lay it somewhere outside like near a sidewalk, at the park, or by a tree. Integra is collecting pictures of people’s kindness rocks to create a “Solid as a Rock” collage. The initiative is away to cultivate connections within communities and lift others up through simple acts of kindness. Rock on!

May in Motion

Following its Active April initiative, Special Olympics BC has a new challenge to get everyone moving this month: May in Motion. They want to help everyone stay active, healthy and having fun. [Visit their website here](#) to find weekly wellness calendars with activities for each day of the week throughout the entire month.

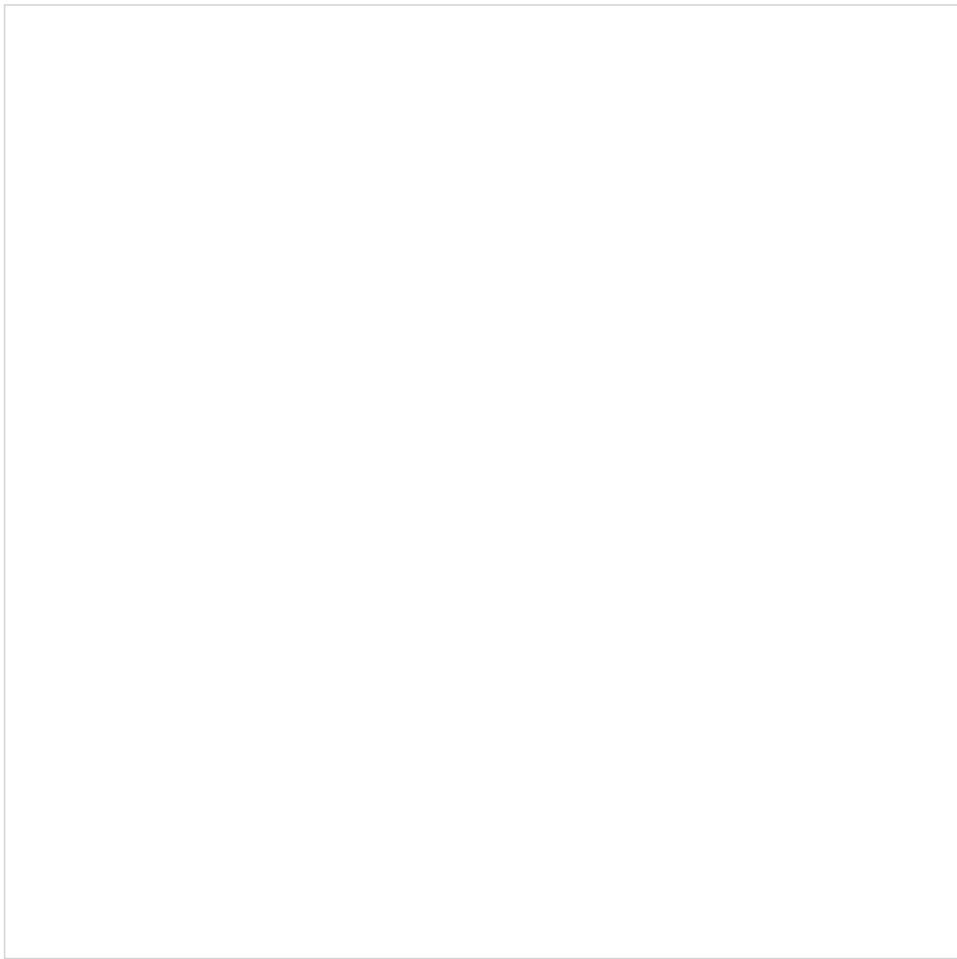
Take the quarantine bingo challenge

Happify is a group that uses science and innovative technology to empower individuals to improve their emotional well-being. Learn more about them [by visiting their website here](#), or [checking out their Facebook page here](#).

For anyone looking for ideas of what to do while physically distancing, [check out Happify’s quarantine bingo challenge here](#) and see if you can complete five tasks in a row.

Signing off

While we can all benefit from finding ways to connect with each other, or new activities to do from home, it’s important to remember that we each have our own uniquely personal approach to dealing with a challenge like the current pandemic. So, until next week, we’re leaving you with this message:



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