

**Subject:** COVID-19 Updates - May 27 2020  
**Date:** Wednesday, May 27, 2020 at 3:59:17 PM Pacific Daylight Time  
**From:** Ernie Baatz  
**To:** Ernie Baatz  
**Attachments:** image001.png

## **Complete the COVID-19 Survey from the BC Centre for Disease Control**

B.C. has flattened the curve and we are preparing to carefully re-start services, the economy and our lives. Your input is important as we develop our action plans.

### ***Your story, our future***

**BC COVID-19 SPEAK: Your story, our future** is a population health survey to elicit citizen experience, knowledge and actions during the COVID-19 pandemic. This survey is the first of several activities that will strengthen our pandemic response and our understanding of the impacts of COVID-19 to date (social, economic, mental wellness and community wellness).

At the end of the survey, you will be asked about participating in two important initiatives:

- **A serology survey** (blood testing) to help determine immunity across the population
- **Planning for future waves** in which identifying, containing and tracing are substantially strengthened through technology tools to enable integrated and coordinated information sharing

Please use the latest web browsers for optimal experience. **The survey will be open until May 31.**

For more information and to take the survey:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-survey>

For people we support who need assistance with web forms, please sit with them and help them complete the survey from their perspective. If you would like someone to assist you with completing the survey, we have a volunteer who will talk with you on the phone and ask you the questions, filling in the survey as you give the answers. Let's get everyone's voices included in the plan going forward.

## **CLBC Conference Call for Individuals and Families – Thursday, May 28<sup>th</sup> 2020**

Please join us for a teleconference call to hear about how Community Living BC (CLBC) will be working with service providers to adjust services for the next stage of the pandemic.

Speakers on this call will include:

- Shane Simpson, Minister, Social Development and Poverty Reduction
- Dr. Daniele Behn-Smith, Deputy Provincial Health Officer
- Ross Chilton, CEO, Community Living BC
- Jack Styan, VP Strategic Initiatives, Community Living BC

When: Thursday, May 28, 2020

Time: 10:05– 11 a.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 9:50 a.m.

Previous CLBC Conference Calls were recorded and you can listen to them when it is convenient by following these links:

Service Provider calls:

<https://www.communitylivingbc.ca/for-service-providers/information-about-the-novel-coronavirus-covid-19-for-clbc-funded-service-providers/teleconference-calls-service-providers/>

Individuals and Families calls:

<https://www.communitylivingbc.ca/resources/information-about-the-novel-coronavirus-covid-19/teleconference-calls-individuals-and-families/>

## The Opening – A Meditation Retreat



### About this Event

Can you feel the significance of this time? Do you sense the opening, a portal of awareness showing us that the old ways of seeing and being are falling away, making room for a transformational shift?

We are all part of a radical change in our humanity -- and with that comes an invitation to heal, to deepen, and to lift into the highest self. With that comes a new capacity to rise up and out of fear, soften our hearts, and reconnect with our core nature of goodness.

Whether you're new to meditation or are already rooted in practice, join me in a 3-hour retreat to honour the opening, to learn and practice the meditation tools to support the transformation, and take time to reflect and ask questions alongside our community.

From the comfort of your home, let's steady our energy together. Let's establish consistent refuge.

The steps for this daily approach to meditation can help open up a gateway to freedom unlike any other method I have used in over 20 years of mind-body health practice and I'd be honoured to share it with you.

**The Opening:** A meditation retreat to attune with the openings of this time & heal the mind-body, run by Michele Kambolis, MA, PhD. (cand.)  
Over three hours of awareness training, I will share what I have learned over 35 years of dedicated meditation practise and my more recent research on approaches proven to help you stay committed. I'll interweave the latest scientific dharma with wisdom teachings, laying the foundation for your ongoing practice and ultimate freedom. You'll discover what it means to embody the wisdom of meditation in all that you already are and are bringing to the world.

For more information and registration, [CLICK HERE.](#)

**Be Kind, Be Calm, Be Safe!**

**Ernie Baatz**

Executive Director

Spectrum Society for Community Living

Express yourself. Build your network. Find your voice.

[www.spectrumsociety.org](http://www.spectrumsociety.org)

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