



A Message to the Bellwoods' Community:

Thank you for your continued support and understanding as we navigate through this uncertain time. Under Ministry of Health regulations, Bellwoods is considered an essential service and therefore will remain open during this time. The Head Office is open and operating as usual. During this period, members of the Senior Leadership Team will be visiting our Supportive Housing sites and providing support to staff at our sites, as required.

Much of the spread of coronavirus has happened in people's homes. As a result, the government has recommended that people who you don't live with cannot come into your home, unless you have formed an extended household (or "bubble") with them. Likewise, you should not be visiting other people's homes.

Given the current lockdown in Toronto, we encourage everyone to do their best to adhere to the guidelines including restricting visitors who are not in your social bubble.

In addition, everyone visiting our sites should continue to be vigilant in following all of the COVID-19 protocols. If you have any questions about the protocols contact Huy Ngo, Director of Quality & Stakeholder Engagement at hngo@bcclsp.org
Stay safe and healthy.

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RESPONSE TO COVID-19

Staying Safe During the Current Toronto COVID-19 Lockdown

As you know the City of Toronto and Peel Region are in lockdown in an effort to slow the spread of COVID-19 and protect capacity across the health care sector. We encourage everyone in our community to continue to stay home, except for traveling to work or going out for essential travel (e.g., groceries, prescriptions, medical appointments).

The Centre for Independent Living in Toronto (CILT) recently hosted a Zoom Webinar on the **Second Wave: Infection Prevention and Control (IPAC) for COVID-19 and People with Disabilities**. This may be of interest to some of our clients. The recording is available to access at the following link: <https://us02web.zoom.us/rec/share/73SBaoFHXriE9tm-bXAgxGkgSyFag35PMzLNOkAwc5gHlk2mmjV7m5tpEB58dqtu.vQcL-VHfMtHbYbMf>

Learn more: <https://covid-19.ontario.ca/covidalert/>

Ways to help your neighbours

We continue to be inspired by how neighbors are coming together to offer support to one another. Here are some simple ways that you can help each other:

1. **Volunteer to help a neighbour in need:** Drop off groceries, run small errands or make a daily phone call to someone who is housebound.
2. **Stay connected with your friends and family:** Try organizing a group of neighbours via virtual platforms to stay connected and keep entertained.
3. **Support local businesses.**
4. **Give to local organizations.**
5. **Share a random act of kindness.**



RESPONSE TO COVID-19

Don't Forget to Get the Flu Shot

Everyone is encouraged to get their flu shot this year. Bellwoods has been hosting mobile flu clinics at our various housing sites. The response to the clinics has been terrific!

It may be hard to tell the difference between cold, flu and COVID-19 as some of the symptoms are similar. Here are some of symptoms to look out for.

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometime
 Sore throat	Sometimes	Common	Sometime
 Diarrhea	Rare	No	Sometimes for Children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

Reference: <https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-flu-cold.pdf>

ORGANIZATIONAL NEWS

November is FALL PREVENTION MONTH

Fall prevention reduces injuries, long-term care admissions, hospitalizations, and overall health care costs. Bellwoods staff, clients and caregivers are welcome to reach out to our Mobile Independent Living Education (MILE) team if they have any concerns regarding their equipment, or have experienced a fall(s) or are interested in enhancing their safety at home. You can access the MILE team by connecting with your Supervisor and requesting the teams support or contact them directly via email: mile.team@one-mail.on.ca

The following tips may help you decrease your risk of falling.

- Make sure settings on power wheelchairs are set to a speed you can drive safely for your environment
- Always lock the brakes on a manual wheelchair when transferring
- Don't use wheelchairs on stairs or sharp inclines, even if another person is pushing the chair
- Consider attaching tail lights to your wheelchair for night use so you are easily seen
- Avoid overreaching for objects
- Do not lean forward too far in the chair
- Use a seat belt if one was provided for your unique chair
- Avoid driving over soft ground (e.g., lawns, unpaved paths) if possible, to avoid tipping
- Use extra caution in rain and snow to avoid slick sidewalks and slipping

Source: <https://williamslifts.com/how-do-you-stop-someone-from-falling-out-of-a-wheelchair/amp/>

Improving Communication with Clients: Bellwoods' Digital News

A digital communications presentation at our Dundas and Shaw sites is being trialed, Television screens have been set-up in the lobby at each site. This is a pilot project being undertaken to test a new way of communicating important community, organizational and site-specific information to clients, staff and visitors. **We look forward to hearing feedback from clients residing at these sites.**



ORGANIZATIONAL NEWS

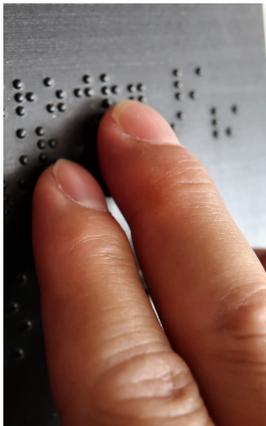
Holiday Celebrations



Unfortunately, we will not be able to host gatherings at our Supportive Housing sites over the holidays this year. However, Bellwoods is committed to continuing with holiday festive meals for our clients. Stay tuned for more information!

NEWS FOR CLIENTS

International Day of People with Disabilities (IDPWD)



Bellwoods would like to take this opportunity to recognize and celebrate the International Day of People with Disabilities (IDPWD) that is being held on December 3rd. This year's theme is: "Not all Disabilities are Visible." The theme spreads awareness and understanding of the broader category of disabilities including mental illness, chronic pain or fatigue, sight or hearing impairments, diabetes, brain injuries, neurological disorders, learning differences and cognitive dysfunctions, among others.

Further information and resources can be found here: <https://idpwd.org/>

Extended Deadline for the Disability Tax Credit (DTC)

After several months of delay, the Federal Government's one-time payment for Canadians with disabilities was distributed on Friday, October 30, 2020. Those eligible, will receive a tax-free payment of up to \$600 to help offset additional costs incurred over the last couple of months to help those who are struggling through the pandemic.

In order to receive the support, applicants must have had an existing and valid Disability Tax Credit (DTC) certificate or be a beneficiary of the Canada Pension Plan Disability, the Quebec Pension Plan Disability Pension, and/or one of the disability plans under Veterans Affairs Canada as of July 1, 2020. If you are in the process of receiving your DTC certificate or received it soon after September 25, you are still eligible for the one-time payment until December 31, 2020.

For more information, please visit: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

NEWS FOR CLIENTS

Virtual activities for you and your family

Check out Stay, Play, Learn @ Home for a list of 100+ free, virtual activities that you and your family can enjoy. The site includes high-quality recreation, active living, arts and culture activities for all ages.

For more information visit: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/covid-19-stay-play-learn-at-home/?s=03>



Bellwoods' Bridging the Gap Fund (BTGF)

This fund is intended to '**Bridge the Gap**' for Bellwoods' clients whom are experiencing periods of greater financial hardship.

If you need help or know of a client that does, apply or reach out to the Bridging the Gap Coordinator at 416-447-1168 or by email at ayip@bcclsp.org

Applications are being accepted anytime for the Bridging the Gap Fund (BTGF)



Health does not always come from medicine. Most of the time it comes from peace of mind, peace in the heart, peace of soul. Sometimes it comes from... laughter and love.



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This newsletter is produced by Bellwoods a charitable, non-for-profit organization headquartered in Toronto. Bellwoods provides housing, personal support services and reintegration services to individuals with a broad range of disabilities and also provides transition programs and supports for clients transitioning from hospital and/or those at risk of homelessness.

Electronic copies of this newsletter are available on our website <https://bellwoodscentres.org/resources/> See Publications > Newsletters. For a printed copy and/or suggestions on content for future topics contact Anna Yip, Communications & Development Associate at 416-447-1168 or by email at ayip@bcclsp.org