



SPRING NEWSLETTER

APRIL 2020

**Hamilton Mental Health
Outreach
987 King St. E
Suite 103
Hamilton, Ontario**

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Important Phone Numbers

COAST → 905-972-8338

HMHO → 905-522-9767

A Message about COVID-19

Dear HMHO Community,

During this difficult and uncertain time, we are reminded of the importance of community. Though many of us are physically apart from the people that are important to us, we should know that we are not alone.

We are not alone in our feelings about this current situation, whether they be overwhelmed, anxious or something completely different. We are not alone in wanting our routines to go back to how they were and to resume our day to day. We are not alone in how we cope with everything that is going on, whether that be by watching movies, looking out the window or simply staying in bed.

We are not alone in picking up the phone to connect with family, friends or acquaintances, even those we haven't spoken to in a long time. We are not alone in staying indoors to protect the vulnerable people in our community and support the frontline workers like nurses, doctors and first responders. We are not alone in reflecting on what is really important in our lives, like our health, time spent with others and a good cup of coffee from our favourite coffee shop.

Now more than ever, we are not alone. HMHO has always been and will always be a place of community. Please reach out and call us if you need support, we are here for you.

HMHO Staff (Vida, Erin, Joanna, Dr. Rotstein, Kevin, Priscilla, Marina, Erika, James, Jumoke and Julia)

OFFICE CLOSURES

The office remains closed for in-person visits (except nursing clinics) and groups until further notice. Please speak to your Case Manager or the Occupational Therapist Julia (ext. 214) if you have any questions.

Newsletter Contest

For this issue, write your favourite part in an email and send to Julia at jquinn@hamiltonmentalhealthoutreach.ca OR call Julia (ext. 214). The \$10 Tim's gift card draw will take place on April 24th to be mailed to the winner!

GOOD LUCK!

Important Group Update

Virtual Groups are STARTING at HMHO!

Welcome to the new HMHO group calendar! Beginning **Monday April 20th**, groups will be offered through telephone and/or computer – so simply call in or click/type in the link to connect from the comfort of your own home! As always, groups are FREE and run by our Occupational Therapist Julia. These groups are a great way to stay connected to the HMHO community and have FUN while passing the time at home. Please join us!

All groups will be offered through Zoom, with the option to connect with computer video/audio OR phone in with your telephone line. Here are instructions for the two ways to connect:

1) Computer Audio and Video

- Join the group with this link:
<https://us02web.zoom.us/j/694128469?pwd=V213Wi9vaG51TGZEvbE04SGxQU3RQUT09>
- You may either type the link into your web browser OR email Julia (at jquinn@hamiltonmentalhealthoutreach.ca) who will provide you with the link to click.
- Once you click/type the link, zoom will download automatically and you may need to click “run” or “open”.
- Once downloaded, zoom will open and you will choose the option “Join with Computer Audio”.
- Your audio will be connected to the meeting and you will be able to see Julia. You may choose whether you would like to have your video connected by using the options on the bottom left hand side of your zoom window (which look like a video camera).
- You will be muted when joining the meeting, meaning you can listen but not speak into the meeting. Use the options on the bottom left hand side of your zoom window to unmute yourself (which look like a microphone).
- Julia will open the group 10 minutes before the start time.

2) Telephone

- Join the group by dialing this phone number: (647) 558-0588 (in the event the line is busy or having trouble connecting, please try this number (647) 374-4685)
- Enter this meeting ID: 694 128 469 followed by #
- Enter # as your Participant ID
- Enter this password: 9767 followed by #
(The first 4 steps should dial like this: (647) 558-0588, 694 128 469 #, #, 9767 #)
- You will be connected through telephone only to the group. You will not be able to see other participants, though you can hear them.
- You will be muted when joining the meeting, meaning you can listen but not speak into the meeting. Dial *6 on your phone to unmute yourself and speak.
- Julia will open the group 10 minutes before the start time.

With this new way of joining groups, we anticipate that there might be some challenges and you may need some assistance. Please call or email Julia at (905) 522-9767 ext. 214 or jquinn@hamiltonmentalhealthoutreach.ca for assistance with connecting to groups.



April



Monday	Tuesday	Wednesday	Thursday	Friday
20 Music Request Line 1:30 to 2:00 p.m.	21 Trivia 1:30 to 2:00 p.m. Video ONLY Chair Exercise 2:30 to 3:00 p.m.	22 Good News Stories 1:30 to 2:00 p.m.	23 Fun Facts 1:30 to 2:00 p.m.	24 Riddles & Jokes 1:30 to 2:00 p.m.
27 Music Request Line 1:30 to 2:00 p.m.	28 Trivia 1:30 to 2:00 p.m. Video ONLY Chair Exercise 2:30 to 3:00 p.m.	29 Good News Stories 1:30 to 2:00 p.m.	30 Fun Facts 1:30 to 2:00 p.m.	May 1 Riddles & Jokes 1:30 to 2:00 p.m.



May



Monday	Tuesday	Wednesday	Thursday	Friday
4 Music Request Line 1:30 to 2:00 p.m.	5 Trivia 1:30 to 2:00 p.m. Video ONLY Chair Exercise 2:30 to 3:00 p.m.	6 Good News Stories 1:30 to 2:00 p.m.	7 Fun Facts 1:30 to 2:00 p.m.	8 Riddles & Jokes 1:30 to 2:00 p.m.
11 Music Request Line 1:30 to 2:00 p.m.	12 Trivia 1:30 to 2:00 p.m. Video ONLY Chair Exercise 2:30 to 3:00 p.m.	13 Good News Stories 1:30 to 2:00 p.m.	14 Fun Facts 1:30 to 2:00 p.m.	15 Riddles & Jokes 1:30 to 2:00 p.m.
18 NO GROUPS	19 Trivia 1:30 to 2:00 p.m. Video ONLY Chair Exercise 2:30 to 3:00 p.m.	20 Good News Stories 1:30 to 2:00 p.m.	21 Fun Facts 1:30 to 2:00 p.m.	22 Riddles & Jokes 1:30 to 2:00 p.m.
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Group Descriptions

Music Request Line: Is there a song that you've been wanting to hear for a while? Something that brings back happy memories, makes you want to dance or lifts your mood? Then the music request line is for you! Request your favourite songs and have them played for you live while you listen, sing or dance – it's totally up to you!

Trivia: Show off your knowledge in geography, history, music, famous celebrities and more! There are many ways to play, whether it is simply listening in, listening and playing with those you live with (pets included!) or participating live with Julia, it's guaranteed to be a fun time!

Good News Stories: Couldn't we all use some good news right about now? Listen in for positive news stories from all around the world and maybe even share something good that happened to you with your peers! Focusing on the positive elevates our mood, gives us a boost and allows us to cope better during these difficult times.

Fun Facts: Listen in for some interesting facts about a variety of things like people, places, animals and more - you may even want to share your own fun facts! If you want to learn something new and have some fun, this group is for you!

Riddles & Jokes: Laughter is the best medicine! Join us for some jokes and riddles to brighten your day. Smiles and laughs are guaranteed while you listen!

Video ONLY Groups

Chair Exercise: Join Julia for a LIVE chair exercise class! Enjoy the positive health and mood benefits of physical activity while in the comfort of your own home. Minimal equipment is required, all you need is a sturdy chair! Come have fun and move with us!

Group Expectations

We ask that if you are connecting to group through computer video, you be in an appropriate environment and aware that your video is shared with all other participants. Ask Julia if you are unsure whether your video is connected. Julia may disconnect your video if you are not in an appropriate environment.

Additionally, we ask that you do your best to reduce or eliminate background noise as other people may not be able to hear and enjoy group. As much as possible, mute your computer microphone (through controls at the bottom of your zoom window) or mute your phone line (by dialing *6). Julia may mute your audio at any time during group. If you would like to speak and contribute, ensure you unmute yourself before doing so. We want everyone to have a chance to contribute so do your best not to speak over anyone else.

Each group will open 10 minutes before it is scheduled and Julia will admit you to the group from the virtual "waiting room". Julia may remove you from the group at any time for inappropriate conduct including using profane or offensive language, arguing with other participants, being inappropriate on video or generally being disruptive to the group.

Please be kind and patient with others, this is a new way of participating in groups and may take some time to get used to!

Mental Wellness Tips during Physical Distancing

By: Julia Quinn OT Reg. (Ont.)

During this time of physical distancing, we may be experiencing difficulty with our mental well-being. Finding things to do that make us feel positive, hopeful or interested despite the challenges we are experiencing is good for our mental wellness. We are each unique individuals with different likes, dislikes, interests and talents, so we may find different activities that work for us. Here are some ideas for things to try that may promote your mental wellness:

1. Create a new daily routine: Keeping a consistent schedule of activities (whether it be one or a few) helps us feel that we are back on track.

2. Sign up for an online library card: The Hamilton Public Library has free books, audiobooks, newspapers, magazines, movies and music. To check it out visit: <https://www.hpl.ca/articles/read-watch-listen>. To sign up for free visit: <https://www.hpl.ca/online-registration>.

3. Try some virtual groups: HMHO is now offering virtual groups using your telephone or computer. See pages 2 to 4 of this newsletter or call Julia at ext. 214 for more information.

4. Play some board games or complete a puzzle: Dig out old games or puzzles that you might have at home. If you have internet, there's plenty of online games websites like https://games.washingtonpost.com/?itid=sf_subnav or jigsaw puzzles <https://www.jigsawplanet.com/>.

5. Read a book: Now is a great time to read a book that you might have at home!

6. Listen to the radio: Tune into your favourite station or try to find a new one that you have never heard before.

7. Clean your space: There is no better time for spring cleaning! Take some time to clean and de-clutter your surroundings.

8. Draw or colour: Pick up an old colouring book or draw your own picture to colour!

9. Start writing: You could: start a diary, record a dream journal, begin a story or a memoir about your life, write creative short stories about a variety of things or even write yourself or an important person in your life a letter!

10. Try meditation or deep breathing: Try to take 5 deep breaths in through your nose and out through your mouth while focusing on something you are grateful for.

11. Do some physical activity: There are many different things you can do to be physically active indoors, like dance to your favourite song or go from sitting to standing a few times in a row.

12. Call friends, family or neighbours: Call, text, email or send a letter to those important to you!

13. Watch TV or movies: Now is a great time to catch up on your favourite shows, re-watch movies or explore different ones! You might even want to start a movie or TV club with your friends to share your best recommendations.

14. Bake or cook: Try some new recipes and make something delicious!

Important Resources for COVID-19

Health-Related Resources

Name	Contact Information	Description
Telehealth Ontario	1-866-797-000	Assists with health-related questions or concerns
Public Health COVID-19 Hotline	905-974-9848	Assists with COVID-19 related questions or concerns

Mental-Health Resources

Name	Contact Information	Description
COAST	905-972-8338	Mental health crisis line
Barrett Centre	1-844-777-3571	Mental health crisis support centre
COVID-19 Isolation Relief Support Line	289-804-2343	Free phone line that offers listening, conversation, support and connection. Call or Text 7 days a week between 6-9 p.m. (Tuesdays Text Only).
Coronavirus Anxiety Website	www.virusanxiety.com	Tips for coping with anxiety and depression related to COVID
BounceBack	www.bouncebackontario.ca	Free program by CMHA to help learn to manage mood
Big White Wall	www.bigwhitewall.ca	Free online mental health service for self-help programs
MoodGym	www.moodgym.com.au	Free online self-help program to help manage depression and anxiety
Anxiety Canada	www.anxietycanada.ca	Online self-help resources for managing mood

Grocery & Supplies Resources

Name	Contact Information	Description
Caremongering-HamOnt Facebook Group	Disability Justice Network (905)297-4694 ext 201	A facebook group for sharing resources by posting requests for aid/support, as well as receiving important information. Facebook: https://www.facebook.com/groups/Hamont.Response.COVID19/
Centralized Delivery Service	289-768-3170 care@djno.ca	A volunteer service for shopping and delivery. Volunteers that shop request an e-transfer for payment of the goods purchased. More information on Caremongering facebook.
Downtown East Hamilton Mutual Aid	289-768-1108 downtowneastmutualaid@gmail.com	A volunteer service that: shops and delivers items for individuals for free and offers telephone support. Only serve those living in the area bounded by Main St. E, Barton St. E., Wellington St. N and Gage Ave N.

Community Contributions

Thank you to everyone who contributed to this edition of the Spring newsletter!



Folk Art Mask

By: Rolfe

The artist described how he made his work and his inspiration: "Frame is wire covered with yellow construction paper using white glue also called wood glue! After artwork was put together it was sprayed with contact cement and sprinkled with sand and parts were painted! I tried to capture the flavour of native aboriginal spirit which was also a theme to some soapstone carvings I have done!" Beautiful work!



Gage Park Photography (3 Photo Series)

By: Lisa

The artist captured different seasons in Gage Park perfectly! Notice the effect of the sun peeking through the trees and the different angles of the photographer. Excellent photographs!

Spring Sayings

More art, quotes and poems for inspiration!



Hope and Sunshine

By: Jenn

The artist wanted to bring hope and sunshine to the HMHO community by sharing her work! The close-up perspective and vibrant colours make this picture a burst of spring! Wonderful photo!

“No matter what kind of day you’re having it takes one thing to make your day change.”

By: Leanne

“To err is human; to forgive, divine.”

Original author: Alexander Pope

Submitted by: Dorica

“Remember no matter how rough or depressing your day might be, if you learn one thing or one thing made you smile in the day then that day was worthwhile.”

By: Leanne



Could It Be

By: Lisa

“The world is at a standstill, an invisible enemy so they say.

We are in turmoil isolated, but still wanting to live.

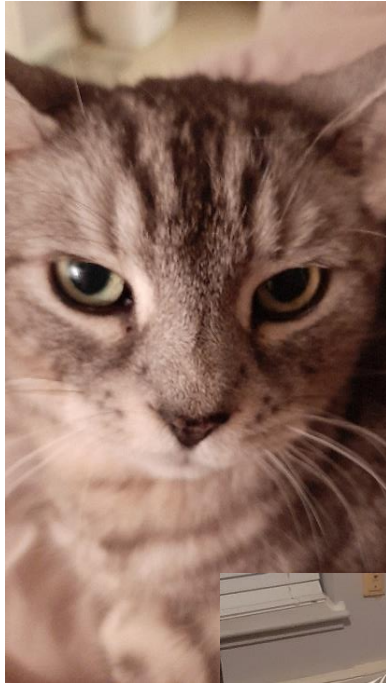
Maybe now we’ll see life for what it is to have it all taken away.

Not only do I suffer, but the world as a whole shall too.

And then, maybe then, we will truly love one another.”

Cat Corner

Some cute cats to brighten your day!



Thank you Lisa and Mia for
submitting pictures of your adorable
pets!

Kitchen K creations

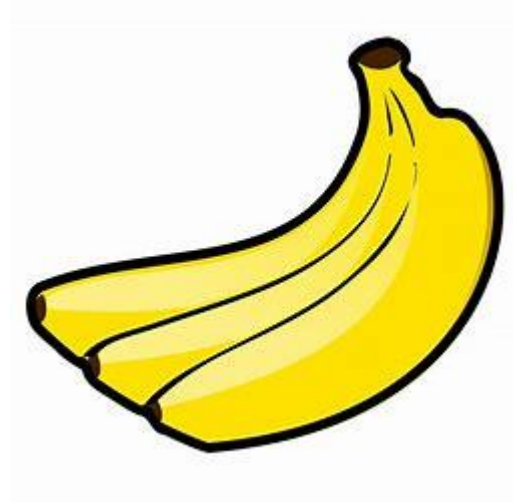
Delicious new recipes for you to try!

Banana Bread Muffins

By: Jenn

Ingredients

½ cup unsalted butter, softened (or margarine)
1 cup sugar
2 eggs
3-4 over-ripe bananas
1 tsp vanilla (optional)
2 cups flour
1 tsp baking soda
¼ tsp salt
½ cup walnuts (optional) (or chocolate chips)



Instructions

- 1) Preheat oven to 325 degrees
- 2) Cream butter and sugar until light and fluffy. Add eggs one at a time. Add vanilla.
- 3) In a separate bowl mash bananas with a fork. Add to wet ingredients and mix.
- 4) In a separate bowl, combine dry ingredients and sift with a whisk. Add to the wet ingredients in 2 or 3 batches. Mix until just combined.
- 5) Bake in a greased muffin tin for 18-22 minutes, until toothpick comes out clean.
- 6) Cool on wire rack.

Yields 2 dozen.

Kitchen Kreations

Delicious new recipes for you to try!

Magic Cookie Bars

By: Barb

Ingredients

- 2 cups graham wafer crumbs
- 3/4 cups of melted butter or margarine
- 1 can eagle brand sweetened condensed milk
- 1 1/3 cups semi sweet chocolate chips
- 1 1/3 cups of unsalted roasted peanuts (break up nuts)

Instructions

- 1) Preheat oven to 350 degrees
- 2) Combine graham wafer crumbs with butter or margarine and evenly press into a 13 by 9 inch pan.
- 3) Pour condensed milk over the graham wafer mixture evenly.
- 4) Sprinkle the nuts and chocolate chips over the mixture in the pan evenly and press down lightly.
- 5) Bake at 350 degrees for 25 to 30 minutes or until lightly browned.
- 6) Cool totally then cut into bars and serve.



