



Thoughts For The Week

“It’s okay to fall apart sometimes. Tacos fall apart sometimes and we still love them.”

~ Anon.



“The best way out is always through.”

~ Robert Frost, poet

“Act as if what you do makes a difference. It does.”

~ William James, philosopher

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WELLNESS TOGETHER CANADA

NEW CANADIAN HEALTH & WELLNESS INITIATIVE DURING COVID-19

For many Canadians, COVID-19 is having a major impact on their everyday lives, as they work to pay their bills, put food on the table, and take care of themselves and their families. That is why it is more important than ever that Canadians have access to the tools and resources they need to support their health and well-being.

Wellness Together Canada is a new, **no cost** online portal dedicated to:

- Wellness self-assessment and tracking
- Self guided courses, apps, and other resources
- Group coaching and a community of support
- Counselling by text or phone

It connects Canadians to peer-support workers, social workers, psychologists, and other professionals for confidential chat sessions or phone calls, and makes it easier to find credible information



Inspirational chalk art on Dallas Road

and help to address mental health and substance use issues.

There is also up-to-date, accurate COVID-19 information and a physical self-assessment of symptoms.

You can access the portal at:

<https://ca.portal.gs/>

ORDER FREE HEALTHY MEALS ~ RED CEDAR CAFE

The Red Cedar Café is a not-for-profit food delivery and take-out service, run on a 100% volunteer basis. It is providing **healthy meals free of charge** to seniors, people in self-isolation and other people in need in Lekwungen and WSÁNEĆ territory (Victoria, BC).

The meals will be delivered frozen to your home, or can be picked up frozen at the takeout window (537 Johnson Street) during specified hours.

The Red Cedar Café adheres strictly to public health guidelines in the preparation, serving, and delivery of healthy food to community members.

To order meals: Call 778.817.0395. Online ordering is also available; details are available directly from the café.

WEEKLY PUZZLE: WORD SEARCH

A	G	D	I	T	S	N	I	G	N	G	G	N	U
A	H	E	N	U	E	R	N	I	A	A	I	R	N
A	A	M	I	E	A	I	G	P	P	N	G	N	I
A	N	I	N	N	E	O	T	U	E	K	D	T	
A	A	A	D	E	R	A	U	H	T	A	R	R	E
N	D	L	M	I	E	R	R	A	A	A	N	U	D
E	R	G	A	A	L	G	A	I	N	A	I	A	K
I	C	E	L	O	A	E	I	L	Z	E	C	S	I
C	A	R	A	G	D	N	L	A	A	N	A	P	N
H	B	I	Y	N	N	T	I	N	N	I	N	A	G
I	U	A	S	O	A	I	N	D	I	A	A	I	D
N	R	D	I	C	G	N	D	M	A	R	D	N	O
A	M	K	A	R	U	A	I	D	R	K	A	D	M
D	A	A	I	B	A	R	A	I	D	U	A	S	E

- NIGERIA
- UKRAINE
- SPAIN
- PERU
- ALGERIA
- INDIA
- CONGO
- ARGENTINA
- CHINA
- UNITED KINGDOM
- TANZANIA
- GHANA
- BURMA
- CANADA
- UGANDA
- SAUDI ARABIA
- IRAN
- THAILAND
- MALAYSIA

Locate the words in the grid, running horizontally, vertically, or diagonally. Answers in next week's issue!

ANSWER TO LAST WEEK'S WORD SCRAMBLE PUZZLE
 Theme: Spring

1. Frog	7. Dandelion
2. Butterfly	8. Flower
3. Grass	9. Bee
4. Earthworm	10. Ladybug
5. Sunlight	11. Bloom
6. Bud	12. Green

5 FASCINATING FACTS

1. Scientists estimate there are more trees on Earth than there are stars in the Milky Way galaxy (3 trillion trees vs. 100 ~ 400 billion stars!)
2. 17% of the total area of Sweden is covered by blueberry bushes.
3. The actors who voiced Mickey Mouse and Minnie Mouse got married in real life.
4. The periodic table, the structure of our DNA, and 'Yesterday' by the Beatles are all ideas that were conceived in dreams.
5. A group of flamingos is referred to as a 'flamboyance'.



Tell Us Your Thoughts! Tenants from Sitkum and Grafton won our last raffle!

We would like to know what you think! Please write your answer in the space provided. Don't forget your unit number and building name. Tear at the dotted line and drop the slip in your caretakers' mailbox by **12noon on Friday, May 22nd**, for inclusion in our **raffle draw**. Two \$100 gift cards donated by **Red Barn Market** to be given away!!

Unit #: _____ Building Name: _____ Winners will be contacted by **Thurs, May 28th**.

QUESTION: What silver lining, however small, have you experienced from our society's recent changes?

May we use your answer anonymously on GVHS social media platforms? Yes No