



GVHS EMERGENCY PHONE NUMBER

USED FOR:

- Emergencies**
- After Hours**
- Weekends**
- Holidays**

CALL:

1-866-654-8273

This number is to be used only for emergency issues that must be addressed immediately to avoid damage to your suite or to the building.

EXAMPLES:

- Electrical problems
- Toilet malfunctioning
- Flooding
- You are trapped in an elevator (with no elevator phone)

INSIDE THIS ISSUE:

<i>Create A Self-Care Plan</i>	1
<i>Emergency Phone Info</i>	1
<i>Amenities/Service Update</i>	1
<i>Weekly Puzzle</i>	2
<i>Neat Trivia</i>	2
<i>DIY Mask-Making</i>	2

CREATE A SELF-CARE & RESILIENCY PLAN

Even with BC opening up services, many individuals will still find their daily routines significantly altered for quite some time. Creating a self-care plan can help to cultivate emotional resilience in the face of the significant changes we have all been facing.

1. Maintain a daily routine that promotes resiliency. Get plenty of sleep, remember to eat regularly, and have one event that you look forward to each day.

2. Exercise regularly to the extent that your health permits. Get some fresh air, even just a walk around the block.

3. Try not to keep your worries bottled up: make new connections, talk to people you trust, or reach out to a helpline ~ BC211 has numerous support resources.

4. Schedule regular chats with friends or loved ones, through phone, online chat, or video network. For grandparents/grandkids: try meeting for a storytelling session once a week!

5. Try new (or forgotten!) hobbies: join an online book club, try a craft like collage, make a vision board from old magazines, or try writing in a journal.



Try to seek out small positives every day.

6. Even if others around you are struggling, remember to “put on your own oxygen mask first” and ensure your own needs are met before trying to care for others.

7. Set personal limits on how much world news and COVID information you can reasonably manage. It can be overwhelming. Take time away to focus on your breathing and re-centre yourself.

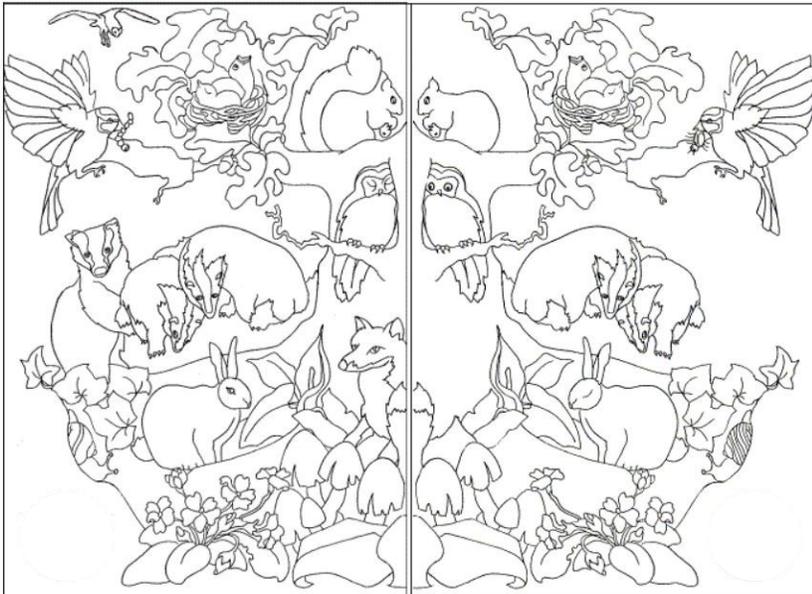
8. It’s hard to see the good when times are tough. When you feel really overwhelmed, try thinking of a few small things in your world that you are grateful for. Even focusing on the smallest positives, such as sunshine and spring flowers, can bring changes to your mood. ♦

COMMON AREA ACCESSIBILITY & NON-EMERGENCY MAINTENANCE IN YOUR BUILDING

Many of you have been asking about when the common rooms will open again. We currently estimate that this will not happen until the end of June, at the very earliest. This is also the case for staff entering units for non-emergency work. More information will be forthcoming pending provincial developments.

WEEKLY PUZZLE: SPOT THE DIFFERENCES

The photo on the right is a mirror image of the one on the left ~ or is it? See if you can spot the 10 differences between the two images! Answers in next week's newsletter.



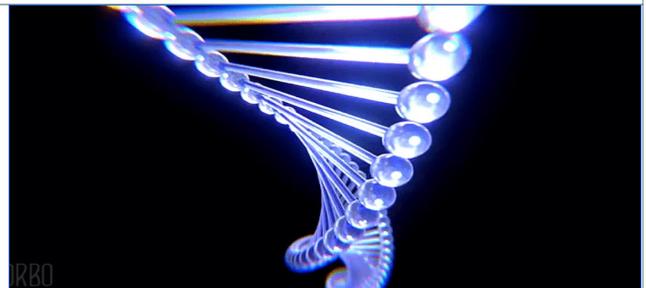
Last Week's Answers

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	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	N	I	A	P	N
H	B	I	Y	N	N	T	I	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

Puzzle courtesy of: Barn Owl Trust

5 FASCINATING FACTS

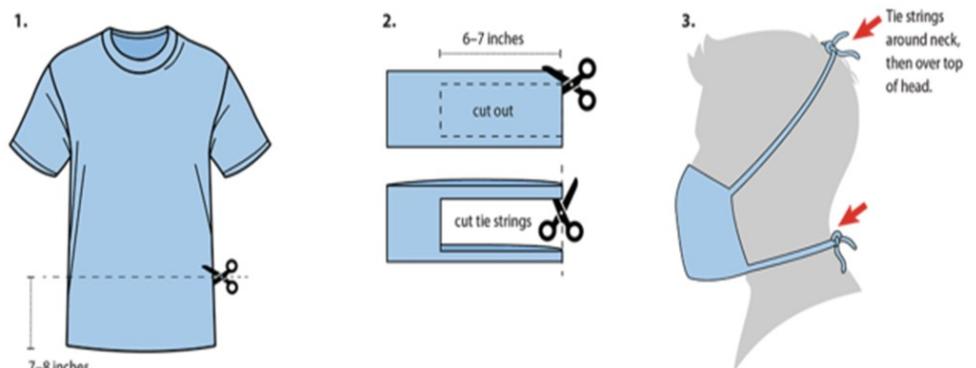
1. Octopuses actually grow their own gardens on the seafloor. They gather and cultivate sea sponges and marine plants.
2. If all of a human being's DNA was laid out end-to-end, it would stretch 10 billion miles! That's 600 return trips to the sun.
3. Camels have 3 eyelids to protect their eyes from blowing sand in the desert.
4. The woolly mammoth still walked the Earth when the Great Pyramids were being built.
5. Honey does not spoil! You could feasibly eat 3000 year old honey.



DIY MASK HOW-TO

The CDC recommends wearing cloth face coverings in public where a 2m distance may not be possible. Tips for mask-making:

1. Only use breathable cotton.
2. Wash after every use.
3. Remove mask carefully: do not touch eyes, nose, or mouth.
4. Wash hands thoroughly after removing mask.



Courtesy: CDC website