



Exceptional Lives. Exceptional Care.

MEMORANDUM

TO: All Employees
FROM: Susan Bisaillon, CEO
DATE: Monday, April 27, 2020
SUBJECT: Update (#3) Safehaven Self-Care Corner

This issue's theme is ***Healthy at Home***. What is usually our place of serenity, or rest, has now become busier with additional people working from home, remote schooling, and maintaining physical distance requirements in the outdoors. Eating and sleeping well, connecting with friends, differing your activities, and finding some quiet in meditation, exercise, music or, whatever resource works for you has never been more important. We are here to support you on your journey to find some spare time for self-care: however, that may manifest.

- A Page-turner of endless resources for home! A PDF *Resource Booklet: Self-Isolation Activities* is attached in the email with this memo. It covers a broad range of ideas and websites, from Animal treats to baking and cooking, Calming and Relaxing, virtual tours of Museums, Music and Live Performances, Caregiver Supports, Yoga, Spa and Sensory Activities... the list goes on. A wonderful comprehensive resource that you and any family member can pick up and explore.
- Two Free eBooks were written to communicate the confusions of COVID-19 to children:
 - *My Hero is You: How kids can fight COVID-19!* A group of mental health and psychosocial specialists developed this to assist with family conversations, using a dragon-ride as a child's vehicle for explaining COVID-19.
 - *Coronavirus: A Book for Children* is a free downloadable book for pre-school age children. It's written under the guidance of educational and infectious control experts in the U.K. but illustrated to deliver important understandings to children during the pandemic.
- You will find more tips and helpful scripting for talking to kids during times of uncertainty and social isolation is by clicking [here](#). The Canadian Paediatric Society did something similar, click [here](#) to continue exploring.
- Click [here](#) to see a list our friends at Markham-Stouffville Hospital developed, detailing Grocery Tips and Healthy Eating.
- See [this video](#) shared by Developmental Services, Toronto which answers the question: "What should I be buying; How do I get groceries & medications?
- You have done an exceptional job of letting the healthcare system "lean on you" – click [here](#) to see some Canadian singers form of celebrating you and attempting to return the favor.

I hope these resources are useful you and your loved ones. Stay safe and stay tuned for next week's edition!
Susan Bisaillon, CEO

The Safehaven Project for Community Living