



Safehaven

Exceptional Lives. Exceptional Care.

MEMORANDUM

TO: All Employees
FROM: Susan Bisailon, CEO
DATE: Wednesday, May 27, 2020
SUBJECT: Update #8: Safehaven Self-Care Corner

This late May forecast is great because it allows us to embrace the outdoors and gives us more room to physically distance outside. This week's self-care corner is all about creating responsible ways to soak up the sun and make your own fun!

1. Take a nature walk – listen to the sounds of wind, water, birds.
2. Planting seeds and tending to the garden.
3. Express gratitude.



Outdoor Activities

- Whether planting and growing seeds indoors, or outdoors in patio pots, garden plots or mucking about in the mud, all ages can watch their garden grow. Don't have a green thumb? Here are pictures and descriptions of easy to grow plants for all ages.
- Do it yourself bubbles: Check out this recipe soon for DIY bubbles; or "fairy worlds".
- These kid-made wind chimes are easy and colourful! Wind chime made from colander and beads. Check out the full tutorial HERE for a painted stick (bamboo or other) wind chime.
- Who says nature walks can't be informative or inspire a little competitiveness? Introducing nature bingo, where you can explore the outdoors and loudly proclaim yourself a winner!

Escapes and Adventures on a Rainy Day

- The Toronto Zoo invites you to "Take a Walk on the Wild Side" through a new scenic safari drive!
- Missing Canada's Wonderland? Revel in their virtual rides and click here for the full experience of pulse-pounding camera views and the exhilarating music.
- **After** the rides, try Wonderland's classic funnel cake recipe with strawberry sauce.
- Check out some creativity and movement (dancercise?) for the whole family with Family Lockdown Boogie.

Your care for our clients, team, and one another has been next to none so I hope you are continuing to care for yourselves. Safehaven, with the strength of its exceptional people, will see this pandemic through!

Susan Bisailon, CEO

The Safehaven Project for Community Living