



Cadboro Bay

A SPECIAL GAZETTE EXTRA

APRIL 2020

Dear Goward House members,

We miss you! At this time, we can only imagine what each of you is going through. We are all in this together, which can't be said enough! We hope you are all well, and taking this time, if possible, to be with your loved ones. It may have to be physically distant, but thankfully, we have technology to connect with family and friends. Give that Facetime, Skype, or video messaging a try if you haven't already. Good old-fashioned phone calls work too. Goward House's re-opening date remains a moving target so we will be sure to keep you informed. We are looking forward to the day when we can all be back together, however, in the meantime we thought a little (hopefully uplifting) letter would bring you some distraction and give you ideas to pass the time.

Marlene Abney

with Heidi Hodgins and Suzanne Ball



Recently seen at Goward House

A MESSAGE FROM OUR PRESIDENT

Spring has sprung, but with a vengeance we did not anticipate! As you know, Goward House has been closed since St. Patrick's Day - luck of the Irish? We will re-assess the situation on April 9, and keep you posted.

In the meantime, the bathroom renos are going well. In fact, the main floor washrooms are ready to go as of March 20, and the downstairs renos are underway. When the House opens again, you will get to see and use our new bathrooms!

Highlights from our March Board meeting were: volunteer meetings scheduled (although only the Kitchen meeting managed to move forward due to the House closure. . . stay tuned for the rebooking of the Front Desk meeting!), other Special Events scheduled (stay tuned for potential re-bookings of our Volunteer Appreciation event, our Strawberry Tea and Music on the Lawn), preparations for our AGM (again, info to come), a COVID-19 plan (we have now enacted House closure - stay tuned), and brand new Anti-Harassment Policy and Procedure.

I wish everyone a safe self-isolation. A little humour at this time is always welcome: what will we call children born as a result of this? Coronials may be the buzz word for 2021. ☺

Stay healthy and safe but connected,

Barry Mah Ming (Goward House Society President)



Elk Lake



LOOKING FORWARD

We have many things to look forward to at Goward House down the road. Most will need re-scheduling as we wait to re-open.

An interesting event in the works is a special, interactive presentation about the *Canadian Museum of Human Rights*. The Canadian Museum for Human Rights first opened its doors on a cold and raining September 14, 2014. The idea for the museum came from Israel Asper, who suggested it to his friends. This group formed Friends of the Canadian Museum in July 2000, which organized funds from the public and the corporate worlds. As of the opening day, approximately 151 million dollars of the 352 million needed was achieved! The building has a silver LEED designation. (Leadership in Energy and Environment Design). We look forward to you joining us for this informative and interactive presentation by Brian Head.

Our Money Matters host, Pam Katunar, will be rebooking all missed presentations for “financial catch up” once we re-open.

We will be hosting our AGM, by hook or by crook - stay tuned. Our Volunteer Appreciation Event & Strawberry Tea might need to be delayed, but we will host these special events in some form or another, at some point.

Our April Art Show is postponed until fall.

SOME ENTERTAINING SITES, JUST A CLICK AWAY!

Virtual Tours

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tour/>

<https://www.lonelyplanet.com/articles/virtual-tours-travel-destinations>

Music Streaming

<https://www.yourclassical.org/listen/relax>

<https://www.jazz24.org/>

Scrabble Digital

<https://www.scrabblegames.info/>



Woodlands

photo credit Everett Peterson

FINALLY,

Please remember we are all in this together. Stay connected, stay healthy, get your exercise and nutrition and let's all look out for each other. We will meet again.

Goward House Staff

SELF CARE

B.C. 211 - Safe Seniors, Strong Communities a Service for Seniors and Volunteers

<https://bc211.ca/>

Here's a link to a very helpful article:

A Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty

[https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/?highlight=free guide to living with worry](https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/?highlight=free+guide+to+living+with+worry)

Yoga with Adriene - on YouTube

Guided Meditation

<https://www.chopra.com/>

GROCERY TIP

A good plan to keep your food safer, is to sanitize items you buy at the grocery store. Making a home-made bleach solution is easy. 1 - 2 tablespoons of bleach mixed with a litre or so of water and put in a spray bottle. When you get home from the grocery store, pull one item at a time out of your bag and wash anything without wrapping with soap and water (veggies and fruit etc.) All other items that have packaging can be sprayed with the bleach solution and left to air dry or use a paper towel to wipe down after a minute.

You may even want to try "self-check-out" if you haven't already, or delivery.

