



*Some Wigwamen staff serving Christmas dinner in 2019!*

Dear Friends,

Even with all of the challenges we have faced with COVID-19 in recent weeks, it moves me to think there is still much we can be thankful for.

We see people working tirelessly to serve their communities - hospital, clinic and EMS staff on the front lines of the pandemic literally putting their lives at risk every day; essential workers keeping our water, hydro, gas and other vital infrastructure operating; truckers away from their families, working to keep vital supply lines open; grocery store workers and food bank volunteers helping to ensure food security. To slow the spread of the virus, many have made huge economic sacrifices, shuttering their businesses, while others have chosen to work remotely from home.

As I watch Wigwamen staff and tenants stay hopeful, upbeat, and vigilant - going about their work and daily lives and determined to be strong for the sake of others - I'm reminded yet again of what a pleasure and a privilege it is to serve.

We can't picture what things will look like when we have gotten through this (because we will get through this), but I am confident that each one of us will have played an important part in how we managed to weather this storm.

We send you this newsletter in hope that it will be of some small use as you rise to the challenges of each day.

My thoughts - our thoughts - are with all of you.

*Angus D. Palmer*

*General Manager*

*On behalf of your friends and staff at Wigwamen*

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# Got Time on Your Hands?

What do we want to look back on when this world pandemic is over? With more time indoors than we're probably used to, today is as good a day as any to get up and start (or finish) something! Why not find and learn a short exercise routine on YouTube; or learn a language; or pick up that instrument that's been collecting dust? Perhaps call a friend you haven't spoken to in a long time? Reach out to those who may be struggling around you, and don't stop making memories worth cherishing for years to come!



**EAST  
END  
ARTS**

## BYOBeads

### ONLINE BEADING CIRCLE


With Adam Garnet Jones

### BYOBeads Indigenous Beading Circle Online

Bring a cup of tea, share your bead work and chat online with people who share your love of this traditional craft!

Presented by East End Arts and bead artist, novelist, & film-maker Adam Garnet Jones, BYOBeads is an intimate opportunity for traditional bead artists, hobby-beaders just learning their craft, experts, elders, and enthusiasts to gather and work together on current projects! **Email [adam@eastendarts.ca](mailto:adam@eastendarts.ca) for the Zoom link and tune in anytime from 7pm to 9pm on April 16, & 30!**

### How Do You... Protect Your Immune System?



1. Get enough sleep
2. Eat healthy foods
3. Stay active
4. Manage your stress



**brainfuse**

### TPL Brainfuse— Tutoring for Learners!

Homework help for Kindergarten to Grade 12 students, offered daily from 2:00 p.m. to 11:00 p.m.

Includes practice tests, adult learner support, writing assistance, skills building & many more!

### No Gym? No Equipment? No Problem!

You can use **bodyweight exercises** (free, perfect for any fitness level, and easily customizable) to make progress on your fitness goals!

**Find some online!** Just a few minutes each day can boost your body's metabolism, increase energy levels, & build strength. Be patient and kind with your body. Why not start with "just" 3 exercises for 5 minutes each day? Slowly build into your daily routine; go for consistency to maximize long term gains :)



# You can even savour nature from the comfort of your home!

Get “hands-on” with 3D animals on Google:  
<https://9to5google.com/2020/03/28/google-3d-animals-list/>

Tour Landscapes around the world with Google Earth  
<https://www.google.com/earth/>

Watch animals in zoos around the world:  
<https://animals.sandiegozoo.org/live-cams>

Check out Cherry Blossom Bloomcams:  
<https://nationalmall.org/bloomcam>

Catch the Northern Lights:  
<https://explore.org/livecams/zen-den/northern-lights-cam>



## GIVE & RECEIVE CARE!

Struggling to cope with physical distancing? Want to help a friend through their panic and anxiety? How about sharing the value of doing a “digital detox” to help someone get better sleep? Look online for useful resources or head over to [kidshelpphone.ca](http://kidshelpphone.ca) for these articles and more!

## WHAT IS PHYSICAL DISTANCING?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Cancelling group gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



No visits to long-term care homes and other care settings

**If you must go out, keep a distance of 6 feet from others.**



# We're All in This Together!

**IF YOU ABSOLUTELY MUST HEAD OUT,  
CALL AHEAD TO CHECK FOR ADJUSTED STORE/SERVICE HOURS;**

In light of the COVID-19 pandemic, many stores and services that remain open are shortening their hours to promote physical distancing. Plan your trip and call ahead before heading outdoors.

**SENIORS AND HIGHER RISK COMMUNITY MEMBERS  
CAN MAKE USE OF DEDICATED STORE HOURS!**

Various grocery stores and pharmacies offer dedicated shopping hours (typically the first hour of opening) to seniors and others at higher risk. Please check online or call your local store to get most up to date information.

**IF YOU MUST TAKE THE TTC OR PUBLIC TRANSIT,**

Try to schedule your commute earlier or later to miss rush hour. If possible, consider using other transportation (e.g. walk or cycle).

**DEAL POSITIVELY WITH MINOR HASSLES; GET CREATIVE!!!**

To avoid commonly touched surfaces, have you tried using tissues or your knuckles to touch elevator buttons and light switches? And with handshakes no longer acceptable, have you tried using a slight bow, elbow bump or toe kick to greet your family members? Gently now, the whole idea is to remind each other to be careful and keep each other safe ;)

**STOP THE SPREAD OF MISINFORMATION.**

Fact check before sharing information on social media, and trust only reliable sources. See [Canada.ca/coronavirus](https://Canada.ca/coronavirus) for more info!

**LOOK BEYOND YOURSELF; STAY VIGILANT.**

Remember, not all carriers of COVID-19 show symptoms (this includes children and pets), and no one is immune to contracting and spreading COVID-19.

Cancel all non-essential appointments, disinfect commonly touched areas, and remember to wash your hands!

## Helplines

### Friendly Neighbour Hotline

This service offers support purchasing and delivering groceries and essential household items to seniors in low income housing during the COVID-19 pandemic. Call 1-855-581-9580 (Toll Free) from 9 AM to 5 PM. Monday to Friday.

### Community Navigation and Access Program

Call 1-877-621-2077 (Toll free) or 416-217-2077 to have CNAP help you locate seniors' services near your home.

### Telehealth Ontario

Call 1-866-797-0000 (Toll Free) or 1-866-797-0007 (TTY) for free, 24-hour, confidential access to a qualified healthcare professional who can help you figure out next steps regarding your medical concerns.

### Kids Help Phone

Call 1-800-668-6868 (Toll Free) for 24-hour, bilingual, anonymous and confidential phone counselling, web counselling and referrals for children and youth.

### Crisis Support-Lines

Gerstein Crisis Centre: 416-929-5200  
Distress Centres 24-hour support: 416-408-4357 (GTA)



## Watch Out for Phishing Scams; Protect Your Personal Information.

Be on guard against anyone offering money transfers over text, call or email. Do not proceed if you are asked to open links and provide personal information.

Regarding Employment Insurance (E.I) and other government benefits, please note, the Government of Canada **WILL NEVER**:

- Threaten or try to scare you
- Ask you to deposit money into a personal bank account
- Ask you to use a private money transfer service
- Ask you for any type of payment over telephone
- Ask you for personal information over email
- Use a free email service (e.g. Hotmail) to contact you

If in doubt, please don't hesitate to reach out to a friend, loved one or staff to double check your concerns.

# Let's cheer each other on :)

## CONGRATULATIONS!

Dorothy Wear  
Sylvan Crooks  
Ebony King  
John MacMillan



All tenants who pay their rent in full and on time are automatically entered for a chance to win a \$50.00 prize!

## Have You Considered Applying for the \$2000 Kathleen Blinkhorn Aboriginal Student Scholarship?

To be eligible, you must

- identify as an Indigenous person
- live in non-profit ON housing during school term
- be enrolled in a program at a recognized school

Please check the ONPHA website, or contact [atan@wigwamen.com](mailto:atan@wigwamen.com) for more details!

CAN YOU SOLVE THIS?  
First person to send in a picture of their own/family's completed puzzle gets special mention in the next newsletter!

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## GOT IDEAS FOR YOUR COMMUNITY NEWSLETTER ?

Please email Aliza at [atan@wigwamen.com](mailto:atan@wigwamen.com) to share ideas, feedback and suggestions!

## PROTECT YOURSELF, YOUR FAMILY, YOUR FRIENDS AND YOUR CITY!



**Practice self-care**  
read a book, listen to music, have a bath, meditate, bake.



**Foster family time**  
keep a routine, make art, plan activities you can do together.



**Maintain social connections**  
call a friend, video chat with family, host a virtual dinner party.



**Stay healthy**  
take media breaks, eat a proper meal, do a free online fitness class.



**WIGWAMEN** Incorporated provides safe and affordable housing to hundreds of Indigenous and non-Indigenous families, singles, and seniors throughout Toronto and Ottawa.

## WIGWAMEN HOUSING

- The Terrace (104 units for Indigenous seniors) 14 Spadina Road, Toronto, ON, M5R 3M4
- 20 Sewells Road (92 units for Indigenous/ non-Indigenous individuals & families) Scarborough, ON, M1B 3G5
- 228 Galloway Road (60 units for Indigenous/ non-Indigenous individuals & families) Scarborough, ON, M1E 5G6
- Pam Am (145 units for Indigenous/ non-Indigenous individuals & families) 75 Cooperage Street, Toronto, ON, M5A 0J5
- Scattered Housing (for Indigenous families) 214 homes located throughout the GTA
- Place Perrault (41 units for Indigenous/ non-Indigenous individuals & families) 205 Eric Czapnik Way, Ottawa, K1E0A5
- 55 Thora Avenue (20 units for Indigenous individuals & families) Scarborough, ON, M1L 2P7
- 3738 St. Clair Avenue East (22 units for Indigenous individuals & families) Scarborough, ON, M1M 1T7
- 525 Markham Road, Scarborough, ON M1H 3H7

## TO APPLY FOR WIGWAMEN HOUSING

**Families & individuals of Indigenous descent should fill out Wigwamen applications that are available:**

**By mail:** call 416-481-4451 to request; or

**Online:** at [www.wigwamen.com](http://www.wigwamen.com)



You must submit proof of legal status in Canada and a copy of either your Status Card or an Affidavit of Indigenous Descent for Housing Purposes with your application. Affidavits can be obtained from Aboriginal Legal Services of Toronto.

**Non-Indigenous Families & Individuals should fill out an application that is available:**

**By mail:** call 416-981-6111 (Toronto) or 613-702-5358 (Ottawa) to request a form



**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca) (Toronto) or [www.placeperrault.ca](http://www.placeperrault.ca) (Ottawa)

You must submit proof of legal status in Canada and your income with your application.



## Wigwamen Head Office

23 Lesmill Road, Suite 106,

Toronto, Ontario, M3B 3P6

Tel: 416-481-4451 | Fax: 416-481-5002

Email: [info@wigwamen.com](mailto:info@wigwamen.com)

From York Mills Station take the 122 bus, which stops directly in front of the building; or any 95 bus, which all stop at Upjohn, just 200 metres south of Head Office. Alternately, from Pape Station, take the 25 Bus, get off at York Mills and transfer to a westbound bus, or walk west for about 5 minutes.

## Wigwamen Maintenance ✂

If you have a maintenance issue, please contact your building manager. If you do not have a building manager on site, please call the Head Office at 416-481-4451.

**Online Maintenance Request Form:**  
[www.wigwamen.com/housing/maintenance-request-form/](http://www.wigwamen.com/housing/maintenance-request-form/)

**In the event of an after-hours emergency (e.g. a flood or heating failure), please call 416-481-4451 (Toronto) or 613-805-9604 (Ottawa).**

This newsletter issue was compiled by Aliza Tan.

## MEEGWETCH!

Special thanks to the following for their assistance in securing content and images for this issue:

**Angus Palmer, Cindy Chen, Jennifer Ragas, Karla Julian, Amber Seager, A.J. Tan, Joshua Robinson.**

*Unsplash Images— (1) bed of snowdrops by Annie Spratt, (3) flowers in vase by Maarten Deckers.*

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