



March 2021

Website: www.dpnchc.ca Phone: (416) 656-8025

Be well

Welcome to March – a month that brings the start of Spring (March 20), the hope of warmer days, gardens, spending more time outdoors (still wearing our masks and staying six feet apart) – and this year March means more vaccines should be arriving in Canada, too (see below for a vaccine update). There really is so much to look forward to!

But before we go on, let's check in on you.

During this past year of Covid-19 and lockdowns, you have heard how

important it is to take care of each other: stay home as much as possible, wear a mask, wash and sanitize your hands and always keep a safe distance apart. It's also important to take care of you.

Dr. Rhonda Collins wrote an article on Revera Living's website where she reminds us to watch for changes in our mental health and of those around us. Changes include "feelings of sadness, loneliness, anxiety, stress, fear, irritability, loss of appetite, trouble sleeping or loss of interest in things you normally enjoy." (To read more, visit **Covid-19's mental toll** from Feb. 19, 2021 at: <https://reveraliving.com/en/think-with-us/blog/covid-19s-mental-toll>.)

If you have any of these feelings, please speak to someone.



You can call our office at **(416) 656-8025**. Or call the **Gerstein Centre at (416) 929-5200**; **Toronto Seniors Helpline at (416) 217-2077**, **Distress Centres of Toronto at (416) 408-4357**, or the **Senior Safety Line at 1-(866) 299-1011**.

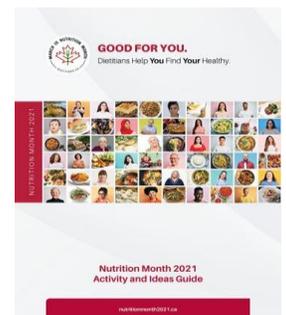
Be well-fed

March is Nutrition Month and the theme this year is "healthy eating looks different for everyone." The Dietitians of Canada has released a free guide called **Good For You** that you can find on the website at www.dietitians.ca or

www.dietitians.ca/Advocacy/Nutrition-Month/Nutrition-Month-2021.

The guide explains that "there is no one-size-fits all approach to healthy eating."

Instead, dietitians are looking at nutrition and "the unique needs of each person based on their health, their preferences and their culture and food traditions." The guide offers fun activities, recipes and it looks at myths and misinformation.



Be informed: Vaccine update

The government announced on Feb. 24 that an online booking system and a telephone booking system are to launch on March 15 for Ontario. The online portal and telephone line will allow only Ontario residents who are age 80 and over to book appointments for Covid-19 vaccines. If you are younger, you will not be able to book an appointment. A family

member and/or caregiver can book the appointment on your behalf. As long as there is a steady supply of vaccines, a proposed schedule will look like this:

- * April 15: people 75 years old and over can start booking
- * May 1: people 70 years old and over can start booking
- * June 1: people 65 years old and older can start booking
- * July 1: people 60 years old and older can start booking.

Be powerful

International Women's Day is on March 8 and this year the theme is "Choose to Challenge."



The first ever International Women's Day was celebrated in 1911 with just over 1 million people. Today it's a global movement.

If you think you are powerless to change how women are treated, just think about the girls and women in your life. Help them challenge the inequalities that hold them back in their personal and professional lives.

Encourage and celebrate the girls and women you know every day!

To learn more, visit: www.internationalwomensday.com or www.cfc-swc.gc.ca.

Be creative

Get in touch with your creative side with free classes:

- The **Davenport-Perth Seniors Services Department** is offering a virtual art class called **Art for All: Painting Workshop – Watercolour Techniques**. The class takes place on Wednesdays from 10a.m. to 12 noon with teacher Tania Iraheta. Contact Seniors Services at (416) 656-8025.
- The **Toronto Public Library** also offers online programs such as computer classes, author events and more. For a list of programs, visit: www.torontopubliclibrary.ca and click on "Programs."
- The **Art Gallery of Ontario** has launched **Virtual Seniors Social**. The videos are pre-recorded, and showcase works of art, artmaking and conversation. Visit: www.ago.ca/learn/ago-makes/virtual-seniors-social



Quick tips:

- Call **211 Toronto** at 211 for access to a wide range of social, health, food, housing and community supports, open 24/7 in 200+ languages.
- Call **Telehealth Ontario** at 1-866-797-0000 if you need health advice or information from a registered nurse.
- **Prevent slips, trips and falls** by making sure indoor living spaces are well-lit, clear and free of trip hazards. When outdoors, walk slowly and watch out for slippery surfaces like ice or frozen snow.
- **Stay active!** It helps to boost your immune system. The more you move, the better your body can fight inflammation and infections.



Daylight Savings Time begins on March 14. **Turn clocks ahead 1 hour** on Saturday night.