

# Burnside Gorge Community News

December 2020  
www.burnsidegorge.ca

## Support BGCA Christmas Hampers

This time of year is extremely busy and joyful at the Community Centre as we get ready for our annual Christmas Hamper program.

The families we support are currently involved with one of the many programs here at the Burnside Gorge Community Centre. Christmas Hampers include food cards for fresh produce, a box of non-perishables, and personal gifts for children to open on Christmas day.

### How can you Help?

Helping looks different to everyone and no gift or offer of support is too small. There are many ways to give:

- Sponsor a Christmas Hamper with friends & family or a work or faith group;
- Raise funds through your respective group to make a cash gift to the BGCA and we will purchase gifts and food vouchers;
- Collect non-perishable food items and grocery gift certificates to include with Christmas Hampers;
- Purchase gifts or gift cards for the BGCA to distribute in hampers;

However you choose to give, we greatly appreciate your support and contribution. Tax-deductible receipts are available upon request, where applicable. For more information, please contact us at 250-388-5251.

If you are collecting non-perishable food items or toiletries, here are some of the items needed most.

- |                                 |   |
|---------------------------------|---|
| • Sugar, Flour                  | • Fruit cups, snacks, leathers                |
| • Canned fish & meats           | • Cookie/cracker snack packs                  |
| • Canned veggies                | • Pudding packs                               |
| • Peanut Butter & jam, Nuttella | • Juice boxes                                 |
| • Pancake mix & Syrup           | • Laundry & Dish soap                         |
| • Cereal & Oatmeal              | • Toothpaste, toothbrushes, floss, mouth wash |
| • Condiments                    | • Shampoo & conditioner                       |
| • Rice, Pasta & Sauce           | • Toilet paper                                |
| • Instant Noodles, Kraft Dinner | • Diapers & wipes                             |
| • Granola / Cereal Bars         |   |



## Donate to Coats for Kids

The Burnside Gorge Community Centre is currently accepting donations for our annual Coats for Kids program. We are collecting clean, new or gently used winter coats for children ages 5+ and teenaged youth. We would also be grateful for boots, snowsuits, snow pants, mitts and scarves. Please drop your donations off at the Community Centre, 471 Cecelia Rd. For more information, call us at 250-388-5251.



## Receipts with Benefits

Do you love to shop? Do you want to support the Burnside Gorge Community Centre? Now you can do both through Hillside Shopping Centre's Receipts with Benefits program, running from Nov 27 - Dec 20, 2020!

Hillside Centre's 'Receipts with Benefits' program gives local non-profit organizations a no-risk fundraising opportunity for 2020. This event is being held in lieu of the annual 'Night of Lights' event which, was cancelled this year due to COVID-19.



Here's how to support BGCA:

1. Shop at any Hillside Centre retailer (*including Thrifty Foods & Canadian Tire*) between November 27 & December 20, 2020.
2. Bring your Hillside receipts to Hillside Guest Services.
3. Let them know that you're supporting Burnside Gorge Community Association. The total value of your receipts will be added to our total points. Receipts will be stamped and returned to you.

For every dollar spent during the fundraising window, BGCA earns a point. The 24 top point earners will share a total of \$8000.

Happy shopping & thank you so much for your support!

## Give the Gift of Good Food

Submitted by Fernwood NRG

The Gift of Good Food fundraiser launched on November 16th and now, more than ever, due to COVID-19, we need community support to reach our goal of \$100,000 by midnight on December 31st, 2020. Our goal is to support 200 families facing poverty across the CRD access fresh produce bi-weekly for a year. There are many ways to get involved with the Gift of Good Food fundraiser this year!

Donate Directly: <https://thegoodfoodbox.ca/donate>

Donations accepted online now until midnight on December 31st, 2020. All donations \$20 and over will receive a tax receipt via email. No contribution is too small! All funds support families directly in our neighbourhoods!

Start a Team: <https://fernwoodnrg.ca/fundraising-teams-ggf-2020/>.

Because of COVID-19 we may be experiencing feelings of separation from our loved ones. Creating a fundraising team is a way to connect with friends, families, and co-workers. Although physically you may be apart, you can set a fundraising goal and work together to achieve it! Staying connected is important, so why not connect over a good cause?

Stay Active: <https://thegoodfoodbox.ca/donate/ways-to-support>

Our friends at Fernwood Yoga Den and The Athlete Centre are offering a series of yoga and functional mobility classes with proceeds going to the Gift of Good Food fundraiser throughout the month of December.

For more information, and to register, please visit: <https://thegoodfoodbox.ca/donate/ways-to-support>







# Community News

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The Burnside Gorge Community Association  
471 Cecelia Road, Victoria, BC V8T 4T4  
Phone: 250-388-5251  
Website: [www.burnsidegorge.ca](http://www.burnsidegorge.ca)

Note: Written contributions do not necessarily reflect the opinions of the BGCA or its staff.

## BGCA Board of Directors

Greg Arnold, Treasurer  
Sara Maya Bhandar, Director  
Elizabeth Cull, Vice-Chair  
Kyle Empringham, Director  
Kirsten Mah, Director  
Michelle Peterson, Secretary  
Avery Stetski, Chair  
Christine Troskie, Director

## To Advertise

Establish yourself as a community supporter with an ad in your community newsletter.

The deadline to purchase ad space is the 15th of each month prior to the month of publication. Please contact us for current rates.

## Contributions

The BGCN welcomes submissions. Submissions are subject to editing as required for clarity and brevity. Please note that submission does not guarantee publication. Contact us for submission guidelines and deadlines.

**Editor:** Rachel O'Neill

**Email:** [rachel@burnsidegorge.ca](mailto:rachel@burnsidegorge.ca)

**Phone:** 250-388-5251



## About us

Founded in 1991 in response to community need, the Burnside Gorge Community Association provides a continuum of programs and services that strengthen the lives of children, youth and families in Greater Victoria.

Programming includes: a range of childcare programs for ages 3.5 to 11; community and school based youth and family services; housing and asset development supports for youth and families; community recreation and special events for all ages; and a variety of community development initiatives.

As a non-profit organization, we rely on the support of individuals, businesses and partner organizations to continue providing a high level of service to our communities. If you're passionate about the work that we're doing there are a number of ways that you can get involved.

## Join our team!

Want to join a fun and dynamic team? BGCA is a great place to work. To see current opportunities please see our website at:

<http://www.burnsidegorge.ca/opportunities/employment>

## Volunteer!

Do you have some time to spare and a passion for community? We're always looking for volunteers to help out. Current opportunities are listed at:

<http://www.burnsidegorge.ca/opportunities/volunteer>

## Become a member!

Are you interested in being a part of our mission? Become a member and take an active role in shaping our community. For more information contact the BGCA directly at:

[info@burnsidegorge.ca](mailto:info@burnsidegorge.ca)

# Community Virtuals with City of Victoria



Looking for inspiration to make your neighbourhood even better? The City of Victoria's Neighbourhood Team has created Community Virtuals, a series of Lunch and Learn sessions open to the community. Topics are centered around ideas to help build strong, resilient neighbourhoods, including personal connections within communities.

## Upcoming Offerings

"The Great Disconnect" Documentary and Discussion - Wednesday, December 9, 12 pm- 1:30 pm

In December, a time when loneliness can be extra challenging, the Neighbourhood Team will host a screening and discussion of "The Great Disconnect", a documentary exploring the health and social impacts of loneliness about why neighbourhood connections are so important. The film will be followed by a Q&A with the director, Tamer Soliman and retired UVic professor Dr. Trevor Hancock, who is featured in the film.

Register here for a free ticket to "The Great Disconnect."

<https://www.eventbrite.ca/e/my-great-neighbourhood-community-virtuals-the-great-disconnect-tickets-12857561011>

# Congratulations to FSS Grads!

This holiday season is bittersweet for the Family Self Sufficiency team as it marks the end of a three-year phase of FSS as well as the start of a brand new three-year phase. For many FSS participants this graduation is the culmination of three years of hard work, striving to meet goals in important areas of their lives: developing financial skills such as budgeting and building savings; seeking out employment and volunteer opportunities; reducing debt; planning for their children's future and more.

Congratulations to all of the FSS participants for their accomplishments. BGCA and the FSS team wish participants all the very best going forward. The learning and inspiration provided by this year's graduates will shape and guide the direction and work during the new upcoming phase which begins in January 2021.

Applications for the new phase are being accepted now so share widely with any families living in subsidized housing or in market housing receiving a rent subsidy. Program packages are available on our website or contact program staff directly at 250-388-5251.

<http://www.burnsidegorge.ca/family-self-sufficiency-program>

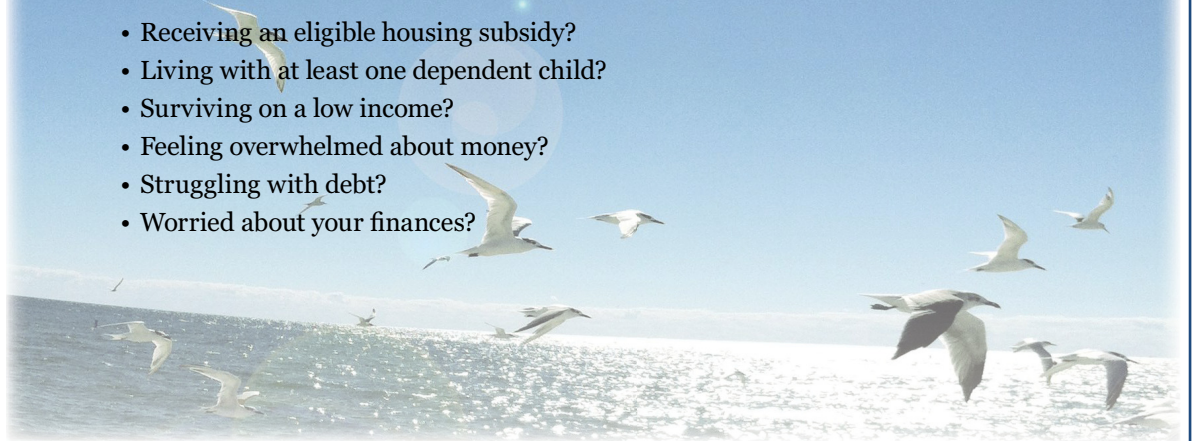
# Family Self-Sufficiency (FSS) is currently accepting applications!

## The FSS Program can support you to...

- Start saving with a matched savings program
- Gain more control of your money
- Face your financial fears and move forward
- Begin a debt reduction plan and reduce your debt
- Access supports that will assist you and your family as you move towards a brighter future

## Are You:

- Receiving an eligible housing subsidy?
- Living with at least one dependent child?
- Surviving on a low income?
- Feeling overwhelmed about money?
- Struggling with debt?
- Worried about your finances?



We can help! Call the FSS program today at 250-388-5251 or visit [www.burnsidegorge.ca](http://www.burnsidegorge.ca) to find out more.

 Burnside Gorge

FSS is generously funded by:



# YOUR AD GOES HERE!

Call today to book ad space  
in your favourite community  
newsletter!

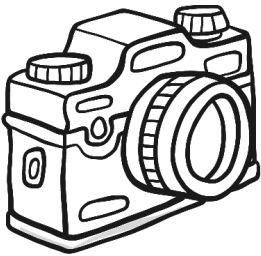
250-388-5251



# Photovoice Activity: Submit your Photos Now!

by University of Oklahoma Urban Design students

Hello, Burnside Gorge Community! We are a team of graduate students pursuing the Master of Urban Design at the Gibbs College of Architecture. Our studio uses an approach called service-learning where we ask community partners to provide us a learning opportunity, and in exchange we hope to provide something of value to the community. This year we are working with the Gorge View Society and the Burnside Gorge Community Association on a vision and plan for the future of Chown Place.



In this opportunity, we want to engage the community by doing a Photovoice activity. Photovoice is a participatory photographic research method. It asks neighbors to take photographs that represent their individual perspectives and lived experiences. The following link will take you to a Google Form with further instructions and information regarding this activity. You will need to Sign up and Consent before you begin taking photos.  
<https://forms.gle/vhAkS3kTGFEiNEiLA>

Activity Deadline: We will be receiving your photos until JANUARY 30th, 2021. This activity is open to all residents over the age of 18. If you have further questions or concerns you can reach our Director Shawn Schaefer at [sschaefer@ou.edu](mailto:sschaefer@ou.edu)

We hope you can help us learn more about the Burnside Gorge neighborhood! If you wish to learn more about this project you can follow our website: <https://fall2020studio.wixsite.com/chownplacedesign>

## United Way Helps Bridge Digital Divide

Thanks to generous funding from United Way Greater Victoria (UWGV), the Coalition of Neighbourhood Houses has launched a pilot community help desk and technology lending program for non-profit agencies providing support to the most vulnerable individuals, families and seniors in Greater Victoria.

The Community Technology Help Desk will provide a virtual community help desk(s) and create a community-based technology/computer equipment lending program along with support services to help vulnerable individuals, families, seniors and non-profit service providers to navigate the virtual world.

This pilot program, hosted by the Sooke Family Resource Society, has been made possible through the generous support of the Federal Government’s Emergency Community Support Fund in which UWGV plays a pivotal role in managing and distributing funds locally.

Technology is paramount to pivot and reinvent community programming, igniting opportunities to create resilient agencies, individuals and families as we learn to navigate and succeed in the virtual world for the long-term.

.....

***Do you need tech support?***

Call the Community Technology  
Help Desk

Monday to Friday, 9am-7pm.

236-638-2610 or 250-217-4978.

.....

## Create memories, not waste

Submitted by CRD Environmental Services

From gift giving to meal planning, here’s how to make the 3Rs work during the holidays!

The holiday season brings a lot of joy into our homes but it can also bring a lot of extra waste. Packaging and wrapping paper, leftover food, plastic toys that often aren’t loved for as long as they last ... it all adds to the local waste stream. The good news is that it doesn’t have to. Following the principles of the ‘3R pollution prevention hierarchy’—reduce first, reuse second and recycle third—can help to reduce the environmental impact of the holiday season.

Here are ten simple ways to create a holiday that's memorable in all the right ways!

- 1. Opt for low-waste gifts:** Gift experiences—memberships, subscription services, a gift card to a local restaurant; homemade gifts like preserves and cookies; or gifts made to last like heirlooms, camping gear or quality cookware.
- 2. Recycle shipping materials:** Shopping online? Most shipping materials can be recycled—paper envelopes in your blue bag, rigid plastic packaging in your blue box and cardboard can be flattened and cut down (max. 30” square).
- 3. Recycle** bubble wrap, plastic envelopes, inflated air packets and Styrofoam blocks for free at a [Recycle BC depot](#).
- 4. Go gift wrap-less this year:** There are many ways to hide what’s inside without the traditional giftwrap/tape/bow combo. Use materials you already have around the house—things like newspaper, paper bags, old calendar pages or reuse old gift wrap/gift bags. Wrapping a kitchen or food-themed gift? Use a pretty tea towel!
- 5. DIY your holiday décor:** You’ll find many decorations right in your own backyard: pinecones, cedar boughs and sprigs of holly look beautiful in a wreath, centrepiece or garland. The added bonus? They smell amazing, too!
- 6. Green up your holiday dinner:** Keep your holiday dinner green by using reusable or recyclable items. Swap out disposable linens, dishes and cutlery for the real deal.
- 7. Right-size your dinner plans:** Having a smaller gathering this year? Reduce food waste by planning portions appropriately and preparing only what you and your guests will eat. Consider buying a smaller bird or forgoing those less popular dishes; save leftovers in reusable containers or deliver them to a friend.
- 8. Be waterwise:** Thaw your turkey in the fridge instead of using running water or reuse the water from cooking vegetables in soups gravies, sauces or for watering the plants.
- 9. Keep your sink fat-free:** Holiday cooking means more fats, oils and greases—save and store fats for use in future recipes or dispose of them in your green bin. Whichever you decide, be sure they don’t end up down the drain where they don’t belong.
- 10. Recycle your containers:** After dinner, recycle your aluminum trays, whipped cream cans, egg nog cartons and deli trays in your blue box, and place paper plates and food scraps in your green bin.



It’s that easy! Learn more at: [www.crd.bc.ca/holidayrecycling](http://www.crd.bc.ca/holidayrecycling).

BURNSIDE GORGE  
COMMUNITY CENTRE  
RECREATION PROGRAMS

PROGRAM  
REGISTRATION

We have an exciting line-up of programs for all ages, from toddlers to seniors. To register for a program call 250-388-5251 or drop by the Centre in person. Pre-registration is required for all programs. The Front Desk hours are 8:30am-5pm, Monday to Friday. We are closed on statutory holidays and weekends, unless noted otherwise.

Payment is required at the time of registration and can be made by cash, cheque, credit card (VISA & MC), Debit or City of Victoria LIFE credits.

REGISTER EARLY  
TO AVOID  
DISAPPOINTMENT!

Programs may be cancelled or postponed if there are not enough registered participants. Decisions to run or cancel a program are usually made two days prior to the first class.

REFUND POLICY:

- For a full refund, request for withdrawal must be received at least 1 day prior to the first class.
- A full refund will be issued if BGCA cancels a program.
- If a participant withdraws after the first class, they will be refunded the pro-rated cost of the program.
- Withdrawing after the second or third class, the participant will be refunded the pro-rated cost of the program minus a \$5 administrative fee.
- No refunds for withdrawals after the lesser of the 4th class or 50% of the course has been completed.

GET IN TOUCH

Do you have an IDEA for a program that you would like to see offered at Burnside Gorge Community Centre? Are you an instructor interested in running a program with us? Contact Travis Chater, Community Recreation Coordinator, at 250-388-5251 ext 225 or email [travis@burnsidegorge.ca](mailto:travis@burnsidegorge.ca).

FACILITIES

The Burnside Gorge Community Centre is located just outside downtown Victoria at 471 Cecelia Road, between Burnside Road East and Gorge Road East. Outdoor public facilities include the Cecelia Ravine Park, Sport Court and Bike Skills Park, adjacent to the Centre.

The Community Centre is readily accessible by public transit: buses #8, 11, 21 and 22 routes on Gorge Rd East, Jutland Rd and Burnside Rd East, run parallel or border Cecelia Road. It is also easily accessible by the Galloping Goose Trail, which is adjacent to the Centre.



Burnside Gorge Activity Guide

DECEMBER/JANUARY PROGRAMS

All programs held at Burnside Gorge Community Centre, 471 Cecelia Rd, unless otherwise noted. Schedule is subject to change without notice – please call 250-388-5251 for the most current info.

FAMILY – REGISTERED PROGRAMS

All Family Centre programs will be closed through the month of December. We look forward to seeing you again in the new year.

SPECIAL EVENTS

SANTA'S PANCAKE BREAKFAST

Santa's Pancake Breakfast is going ahead but with some changes. Breakfast will be available for pick up only and registration is required. In addition to a delicious pancake breakfast, registration will also include a crafting kit with a link to an instructional video as well as a gift for the kiddos. Registration will open as of November 16th by calling the centre, 250-388-5251. **The deadline to register is Dec 4th.**  
Saturday Dec 12th pickup from 9-11:30am



ADULT RECREATION

The following COVID-19 protocols are in place to keep everyone safe:

- no shared equipment - participants are asked to bring their own (yoga mats & blocks, weights, bands, etc). Please contact Travis at 250-388-5251 for info if you do not have your own equipment.
- No drop in registration. Class size has been reduced to ensure safe distances
- Spaces are sanitized between each class.

XL YOGA

For those living in large bodies taught by a person living in a large body. The benefits of yoga – increased balance, flexibility, stamina, and relaxation – are wonderful for everybody. We'll make the poses work for everyone using modifications and props (bolsters, blankets, and straps). Our classes are fun and light-hearted. If you do not have your own equipment please email the instructor [jillxlyoga@gmail.com](mailto:jillxlyoga@gmail.com) and she can loan you what you need for the class series. *Instructor Jill Moran*  
Th Jan 14 – Feb 18 7-8:00 pm 6/\$72

ZUMBA

Join us for one of the fastest growing Latin dance-inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss! *Instructor Ximena Londono*  
W Jan 13 – Feb 17 6-7:00 pm 6/\$48

ZUMBA GOLD AND YOGA

Always wanted to Zumba but thought it might be too much for you? This class combines gentle Zumba Gold dance and fitness moves with yoga stretches, breathing exercises and deep relaxation. It is ideal for beginners, active older adults and other participants who may need program modifications. *Instructor Ximena Londono*  
W Jan 13 – Feb 17 9:30-10:30:00 am 6/\$48

50+

STRENGTH, CONDITIONING & BALANCE FOR 60+

The first step is the most important! This well rounded program will focus on activities to improve strength, balance, mobility and cardiovascular fitness. A certified BCRPA instructor will use light weights, resistance bands, fitness props and a fun selection of agility games to improve overall fitness. Have fun, make new friends and feel good about yourself. All abilities welcome. *Instructor Janice Arnot*  
Tu Jan 12 – Feb 16 9-10:00 am 6/\$48  
10:15-11:15 am 6/\$48

LEARN FOR LIFE

HOME STAGING AND INTERIOR DESIGN WITH MAUREEN POWELL

Learn home staging skills such as furniture selection, colour matching, flooring options, and drapery treatments that will set your home apart for a quick sale or help you to take pride in your next do it your self-project. Maureen Powell is a Home Stager and interior designer with over 40 years' experience.  
Wed Jan 13 – Feb 17 5:30 pm – 7:30 pm 6/\$250



## December Calendar Listings

## Saanich Peninsula Toy Drive

This year the annual toy drive is going virtual from Nov 13 – Dec 18. Though they will not be accepting toy donations, the monetary donations will be used to purchase gifts on the Saanich Peninsula to support community businesses. Donations can be made online or by calling 250-656-0275. <https://tickets.marywinspear.ca/TheatreManager/1/login?donation=0>

## Light Up the City

In place of the usual Santa Clause Parade the Greater Victoria Festival Society is hosting a 5 week “Light up the City” Campaign from Nov 28th – Jan 3rd. A set of drive through drop off events every Saturday will be accepting donations to be passed on to local food banks. Events will also be host to Santa and Mrs. Claus, lights, music and more. Stay tuned to for more info in the coming weeks. [https://gvfs.ca/gvfs\\_events/2020-light-up-the-city/](https://gvfs.ca/gvfs_events/2020-light-up-the-city/)

**Victoria Artisans Live Showcase Event – Nov 30 – Dec 4, 6pm-7pm**

Every evening from November 30th to December 4th you can join over 30 Local Etsy Artists in showcasing their creations on Facebook Live. Purchase directly from the artist and pick up at the retail location at Tillicum Centre. Join the event here: <https://www.facebook.com/events/509244903190177>

## RBCM@Home: Emily Carr Christmas

A webinar from Dr. Lorne Hammond showcasing what Christmas was like during Emily Carr's lifetime. Dec 8, 12pm-12:30pm. Watch on Zoom or Facebook Live. <https://zoom.us/j/92025506053>

## RBCM@Home: Carol Along with the Carillon

Learn about the carillon through photos and videos with Provincial Carillonneur Rosemary Laing. Carol-along from home while she plays a carol from her piano. Dec 1, 12pm-12:30 . Watch on Zoom or Facebook Live.  
<https://zoom.us/j/97419222096>

## Play Reading – A Christmas Carol

Watch the Belfry's Holiday favourite A Christmas Carol by Charles Dickens (Adapted by Michael Shamata) read on Facebook Live. Dec 23, 7pm. For more info visit <https://www.belfry.bc.ca/play-reading-a-christmas-carol/>

## Canada Learning Code Week Summit

A virtual event to explore introductory computer science concepts hosted by Bill Nye the Science Guy. Dec 12, 1-2pm. Register to Attend: [https://www.canadalearningcode.ca/events/?mc\\_cid=5ac1408a71&mc\\_eid=54792b49ba](https://www.canadalearningcode.ca/events/?mc_cid=5ac1408a71&mc_eid=54792b49ba)

## Daniel Lapps Home for Christmas Concert

Watch the 17th annual holiday concert live from your home. Daniel Lapp brings together local ensembles and music artist for an online holiday celebration filmed at different locations around Victoria. December 20th, 3-5pm. Premiers live on Youtube, the recording will be available until Dec 26. <https://www.youtube.com/user/victoriaconservatory>

## Outdoor Ice Rink at Uptown Mall

In addition to the yearly holiday installation of The Cottage at Uptown Mall where families can get photos taken with Santa (this year with COVID friendly adjustments) there will be a 150ft mural hand painted by Canadian Artist and a Nordic inspired ice skating rink. Starting November 28th bubbles of up to 6 people will be able to rent the rink for exclusive skate time. Ice time cost \$10 for a half hour and skate rentals are an additional \$2.

## Habitat for Humanity's Gingerbread Showcase

Go on a self-guided tour to see spectacular gingerbread creations on display at various host locations in Downtown Victoria. Download the Host Map and vote on your favorites. November 21st - January 3rd. All donations go towards building homes for local families in North Saanich.

[www.habitatvictoria.com/gingerbread2020](http://www.habitatvictoria.com/gingerbread2020)

**Do you have an event coming up  
that you'd like to share?  
Send it to [info@burnsidegorge.ca](mailto:info@burnsidegorge.ca)  
for inclusion!**

The Community Centre will be closed on:

Friday, Dec 25  
Monday, Dec 28  
Friday, Jan 1

We wish you all the very best  
over the holidays!

# Point Ellice House Launches Online Store

*Submitted by Dr. Kelly Black, Executive Director*

The United Nations Educational, Scientific and Cultural Organization (UNESCO) recently reported that 1 in 3 museums around the world may close permanently due to COVID-19. As the stewards of one of Victoria's most significant heritage sites, the staff and volunteers at Point Ellice House Museum and Gardens are working to create new opportunities for the community to support our work. Our latest initiative is the launch of an online store for Point Ellice House.

To create unique offerings for our store we have turned to the Point Ellice House collection. For example, historical and seasonal recipe cards are available for purchase and include instructions for the O'Reilly family's turkey stuffing, brown cake, and mince meat (among others).

The store also has a variety of Victorian Christmas and holiday cards. Imagery and text on these cards are different from what we might see today - they often have a Christmas greeting but not with imagery familiar to us today - think animals, flowers, and cartoon jokes rather than Rudolph and Frosty. During the Victorian era, the concept of exchanging greeting cards was new, in part brought on by the emergence of inexpensive postal stamps. As a fresh tradition, cards were still a novelty and so customs and expectations on how they should look were not established. This left much more room for creativity in their design and, in 2020, makes for a unique piece of correspondence!

While ongoing and sustainable funding from the government remains crucial to the success of heritage sites, we hope that the launch of our online store will provide an additional opportunity for the community to support the work of caring for Point Ellice House. At a time when cultural organizations across the globe are facing permanent closure, support through volunteering, donations, and purchases is more important than ever. Please consider buying local this holiday season. Visit our store anytime at [www.PointElliceHouse.com/Store](http://www.PointElliceHouse.com/Store)





### Everyone Deserves Joy

You can make the holidays brighter for someone spending Christmas at a shelter. Your donation will buy gift cards that will be given directly to people staying at a Cool Aid shelter this holiday season.

**Donate at [CoolAid.org/holidaygifts](https://CoolAid.org/holidaygifts) or 250-383-1977**

# Cool Aid

## Health Services

### On the Frontline with Hannah Roy

# Pandemic Outreach Nurse

VicCoolAid Victoria Cool Aid Society

**How has the pandemic affected you?**

After four months, I am starting to settle into the “new normal”. As healthcare professionals we like certainty, but now we are living in a time of uncertainty and it’s different every day out there.

**Why is it so critical that we protect populations who are vulnerable?**

People who are homeless and/or living with mental illness and addiction are more vulnerable to COVID-19 than housed individuals as they often have inadequate shelter, decreased access to hygiene and sanitation, and poor physical distancing because of overcrowded conditions.

It is easier to isolate people when they have their own room and having everyone live indoors will make contract tracing much easier than people who might sleep somewhere different every night.

**How has your job changed during the pandemic?**

Because of the increased toxicity in the supply of street drugs, more poisonous substances are being mixed in leading to more overdoses and deaths among patients than we have previously seen.

**Can you share a story about one of your clients?**

There is one fellow who I have been working hard at building a rapport

with for three months. Initially he was very reluctant to engage and would barely talk to me. Through providing consistent care, respect and empathy, he is gradually demonstrating a willingness to connect.

Previously, this man had encountered many negative interactions with traditional healthcare and government agencies. Understandably, this created a sense of mistrust.

Because of his newfound interest and investment in addressing his primary health care needs, his overall wellbeing has improved.

**Do you have any reason for hope through these times?**

We are practicing more preventative medicine now which both improves the individual’s health and puts less stress on the system. For example, treating hepatitis C, preventative HIV medications, providing opioid agonist therapies for opioid users, and screening for sexually-transmitted infections all reduce the need for other, more costly, medical interventions.

**What aspect of your team’s response to COVID-19 makes you most proud?**

I am so impressed with how we are going into uncharted territory, working with individuals who have multiple barriers. We are actually working in an ever-changing environment that requires creative and flexible responses.

## Our Frontline Nurses