



RICHVIEW REVIEW

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BUILDING OPERATIONS

Stay at Home Order - Because of rising Covid-19 case numbers, Ontarians are now under a Stay at Home Order until May 6th, 2021. **Public Health guidance regarding precautions to reduce virus transmission remain the same for vaccinated and non-vaccinated individuals.** By Order:

- ◆ You are not allowed to gather indoors with anyone you do not live with. No social visitors into your home and do not visit socially in other people's homes.
- ◆ You should not travel outside your region (community) unless necessary.
- ◆ Outside group gatherings now limited to 5 people and the recommendation is to wear your face mask over the nose and mouth at all times when outside of your apartment.
- ◆ Allow only essential visitors into your home: cleaners, health care professionals, building staff for urgent reasons and drop-off deliveries. These individuals should wear a mask covering their nose and mouth at all times when inside your home. Use a disinfectant on high touch areas once they leave.
- ◆ Limit essential item, grocery and pharmacy shopping trips (do not use shopping as a method of recreation). Try grocery and pharmacy delivery services.

Nominate A Fellow Resident - If you see a resident who always wears a mask and practices social distancing, let us know. Their name will be entered in a draw for a prize in recognition of their efforts to keep all of us safe. For this month of April, winners are: Dave, Helene & Lucia

Uninvited Visitor - You may have encountered a younger gentleman who attempts to gain access to our buildings, takes any paper material at hand and then leaves. Signs have been placed up at main entrances with his picture to discourage him from entering. Please do not help this individual gain access but do not stop him either. Call the emergency building number at to inform staff if you see him.

RECEPTION HOURS

Monday to Friday from 10:00 a.m. - 12 noon and from 1:00 - 2:00 p.m.

Packages of coins for laundry are available for purchase in \$5 and \$10 amounts.

LOOK AFTER YOUR HEALTH

You've all heard it before but it is worth repeating. To maintain good health, we need to look after both our bodies and our minds.

- 1) Make a routine for every day. Try to keep your sleeping and awake times the same every day. Exercise safely.
- 2) Get outside everyday if you can. Enjoy the signs of Spring all around us.
- 3) Talk to someone everyday. Make a list of people you like to talk with. Make plans with a friend or family member to connect regularly.
- 4) Watch what you watch and listen to. Pay attention to your level of anxiety when you are listening or watching the news. Take a break from it and see if you feel better. Watch a fun program or movie that has nothing to do with the pandemic.
- 5) Do something nice for someone else. Write a card to someone, make them something or call or email them. You will feel better and so will they.
- 6) Eat a variety of healthy foods to ensure you are getting proper nutrition.
- 7) Pray or meditate.

Below are some links to resources from the Canadian Coalition for Seniors' Mental Health:

<https://ccsmh.ca/resources/covid-19-resources/>

<https://ccsmh.ca/wp-content/uploads/2020/04/Activities-to-do-While-Physical-Distancing.pdf>

<https://www.cfn-nce.ca/wp-content/uploads/2020/04/Tip-Sheet-Avoid-Social-Isolation-WITH-Technology-1.pdf>

<https://www.cfn-nce.ca/wp-content/uploads/2020/04/Tip-Sheet-Avoid-Social-Isolation-WITHOUT-Technology-1.pdf>

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Note: Please include your name when making a contribution. Contributions from other newsletters cannot be reprinted without permission from the original publisher.

DINING OPTIONS



Meals on Wheels
416-236-3180



Heart to Home
1-866-494-4333
(local number)

Grocery Delivery Options Available



Grocery Gateway 1-877-447-8778, press 2 for customer ordering
www.grocerygateway.com



Voilà by Sobeys 1-877-864-5222 www.voila.ca



Call ESS at (416)243-0127, ext. 555 to register and place your grocery order. ESS will pick up your groceries and deliver them to your door. Cost = Cost of groceries plus \$3.50 delivery fee.



Purchases items from stores in addition to grocery stores. Go to www.instacart.ca for details. You can also email at help@instacart.com or call 1-888-246-7822.

Hot food tables/restaurants/take-out

- Metro, 201 Lloyd Manor Road, 416-236-3217
- 250 Wincott Drive - Richview Square Plaza:
Richview Bakery & Bistro, 416-248-4662, <https://richviewbakery.com/>
Asian Express, 416-242-6688, <http://www.asianexpress.ca/>
Tasty Grill Shawarma, 416-248-6372
M&M Meats (frozen food), 416-247-9858

Food Bank

- Westway Christian Church Food Bank, 647-242-2381
foodbank@westwaychristianchurch.ca

ONLINE BIBLE STUDY AND PRAYER & HYMN SING

Topic: Hymn Sing on April 18th, 2021 at 06:00 pm

Join Zoom Meeting

<https://zoom.us/j/94783541904?pwd=VU5zU2d6cVFjZmRXeHVObDNuQU9zdz09>

or Call (647) 558-0588 Meeting ID: 990 9049 9282 Passcode: 562596

Topic: Bible Study on Tuesdays at 10:30 am

Join Zoom Meeting

<https://zoom.us/j/93113922641?pwd=d3BpeVB1M1lQzITdWdqa1BaWnlvdz09>

or Call (647) 558-0588 Meeting ID: 931 1392 2641 Passcode: 772657

Topic: Morning Prayer on Thursdays at 11:00 am

Join Zoom Meeting

<https://zoom.us/j/97268915441?pwd=QThsZnZwT3NTN2owS1BrcGhIWW1FUT09>

or Call (647) 558-0588 Meeting ID: 972 6891 5441 Passcode: 360588

To connect directly with our Chaplain, Jonathan, call (416)708-3570.

RICHVIEW CHURCH

Richview Church is still open on Sunday, strictly following all guidelines - room capacity, masks, social distancing and sanitizing. The balcony remains open to residents only. People will not be allowed to gather socially at all - no chatting or visiting before or after the service. Thank you for following the guidelines to keep us all safe.

1. To participate online, go to richviewchurch.online.church on Sunday mornings. Service starts at 10:30 a.m. but arrive earlier and say hello to others through the chat feature!
2. Call in with your telephone. Call Zoom at (647)558-0588. The meeting I.D. is 367 498 216. Password: 453521

Choose whichever method is right for you but we hope that you will join us.