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**PLEASE SHARE THIS INFORMATION WITH NEIGHBOURS
WHO DON'T HAVE AN E-MAIL ADDRESS**

Happy Monday everyone. Yes, we are entering week 6. We know it's hard to think positive at times like this, but with everything going on in the world, we have to give ourselves credit where it's due: we made it through another week trying our best to flatten the curve! Since we are on the topic of flattening the curve, for an overall picture on how Canada is doing, you can visit: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html> or <https://experience.arcgis.com/experience/2f1a13ca0b29422f9b34660f0b705043/>

Myth Busters- COVID-19

With information about the COVID-19 pandemic spreading almost as rapidly the virus itself, it is important to separate fact from fiction. While physical distancing remains the safest way to prevent the spread of the virus, it is important to address some of the misinformation and mistruths circulating about COVID-19. Visit the World Health Organization fact sheet: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Ottawa Public Health

Ottawa Public Health has launched a new website which features COVID-19 resources in over **30** languages. Visit: OttawaPublicHealth.ca/COVIDmultiling

The Nepean Rideau and Osgood Community Resource Centre (NROCRC)- Community Check in Survey

NROCRC is looking to hear from residents in their catchment area about their needs are during the COVID-19 pandemic. NROCRC would like to make sure that their emergency services reflect the current needs of community members. If you would like to complete a survey you can visit: <https://www.surveymonkey.com/r/Q2DXBV9>

City of Ottawa- Friendly Reminder- Garbage Pick Up

Garbage collection continues with its regular schedule. To help operators continue to serve you, the City of Ottawa is asking that you:

- limit your leaf and yard waste bags to 2-3 per week
- not put bulky items (furniture, mattress, etc.) out for pickup

Grocery Shopping, Meal Planning, and Cooking During COVID-19

Eating meals at home is a new routine for many individuals and families. Keep meals simple and be sure to include the foods you enjoy best. During these uncertain times planning meals and cooking at home is the best way to stretch your food budget.

Try some new recipes. If you have never made homemade pizza, roasted a whole chicken, or cooked meatballs from scratch, now is a good time to try! There are lots of

great recipes online or try pulling out those cookbooks that have been collecting dust. Look for recipes that call for only a few ingredients and use common kitchen tools. If you have children, get the family involved: kids can help set the table, pour the water, make the salad, or grate the cheese. Make mealtimes a family affair.

Here are some helpful tips from the city of Ottawa:

https://www.ottawapublichealth.ca/en/public-health-topics/grocery-shopping.aspx?utm_source=OPH&utm_medium=Friendly_URL&utm_campaign=Coronavirus&utm_content=Friendly_URL

<https://www.ottawapublichealth.ca/en/public-health-topics/cooking-videos.aspx>

Canada Celebrations Go Virtual

The federal government intends to mark Canada Day with virtual celebrations this summer in place of the traditional gathering on Parliament Hill. Mayor Watson said: "The cancellation of Canada Day celebrations on the Hill is regrettable, but it's the right decision to keep everyone safe. I'll be celebrating our country virtually with Canadians from coast to coast on July 1st, and I look forward to welcoming you all back to Ottawa in 2021!"

Just for Fun

Check out the nightly Opera Stream on The Metropolitan Opera website: <https://www.metopera.org/>

Take a virtual tour of the Great Wall of China - [Click here](#)

