

**To access this and past Updates, please visit NHC's website, or Ctrl/click on this link UPDATE FROM NEPEAN HOUSING CORPORATION- (COVID-19)**  
**PLEASE SHARE THIS INFORMATION WITH NEIGHBOURS  
WHO DON'T HAVE AN E-MAIL ADDRESS**

### **The Council on Aging (COA) Supports for Seniors during COVID-19**

The Council on Aging is a bilingual voluntary organization that works with and for seniors to enhance their quality of life through sound public policy and program decisions. COA has put together a compressive list of resources for older adults include government benefits, taxes, banking, managing your money, and information on frauds and scams. For more information, visit:

<https://myemail.constantcontact.com/COA-INFO-FLASH-News---Special-COVID-19-Update-2020-04-24.html?soid=1130840519919&aid=786Rwf0ch1k>

### **COA Community Events**

The COA, like all other seniors' organizations, has put off upcoming in-person events. They continue to promote online and telephone-based events through their community events page and are updated weekly. For more information, visit:

<https://coaottawa.ca/cat/community-events/>

### **Doctors Day**

May 1st is Doctor's Day! Shine your light to show your appreciation for Ontario's doctors this Friday. Through your window, on your balcony, on your front porch, or wherever you are, turn on your phone's flashlight and hold it high.



### **Ottawa Public Health- Aging Well In Ottawa Facebook Page**

OPH is excited to launch its new Aging Well in Ottawa Facebook page. It will be a source for sharing information about a variety of health topics, including information about COVID-19, and how it affects you. For more information, visit:

<https://www.facebook.com/AgingWellInOttawa>

### **Cloth Mask Facebook Group**

A group of volunteers created a grassroots community driven Facebook group designed to provide Ottawa residents with a way to obtain and share homemade cloth masks to reduce the spread of the Coronavirus. This is a space for gifting and receiving masks. They are not able to provide masks for organizations or for direct medical use. All members participate at their own risk and will need to coordinate their own pick up. If you would like to learn more, search on Facebook: FREE Ottawa Cloth Masks for the Public.

### **Crossroads Mental Health Centre**

Crossroads offers mental health support services for children under age 12 and their families. If you or your children are struggling during this difficult time, please give them a call - they can help. (613) 723-1623 ex 232. All appointments are currently done by phone or video conference. For more information, visit: <https://crossroadschildren.ca/>

### **Free- Pandemic Parenting Playbook Webinars-**

**Presented by ECHO Ontario Child and Youth Mental Health in Partnership with PLEO (Parents Lifeline Eastern Ontario).**

Learn practical strategies to support your child and youth's mental health needs through the COVID-19 pandemic. The webinars are 1-hour no-cost virtual sessions and include a question and answer period with a panel of Mental Health Hub Specialists. You can join via desktop, laptop, smartphone or tablet. No other special equipment is required to join. For more information visit: <https://cheo.echoontario.ca/parent-caregiver-sessions/>

### **The Province Expands Emergency Childcare**

Emergency child care is now available to even more frontline workers. To view the emergency child care expanded list, visit: <https://www.ontario.ca/page/child-care-health-care-and-frontline-staff>

### **Eyes to the sky, Canada!**



The Snowbirds are crossing the country to salute Canadians doing their part to fight the spread of #COVID19, dubbed Op INSPIRATION. To learn more, visit: <http://www.rcaf-arc.forces.gc.ca/en/article-template-standard.page?doc=canadian-forces-snowbirds-launch-cross-canada-tour/k98frkmr>. You can also follow the Snowbirds on Facebook and Twitter for schedule information!

## Ottawa Humane Society (OHS) Pet Food Bank

The OHS will provide a supplemental two-week supply of pet food for dogs and cats of all sizes and ages to help pet owners through hardships they might be experiencing during the COVID-19 pandemic starting Thursday, April 30th. Any individual experiencing financial hardship due to circumstances resulting from COVID-19 qualifies. Clients can pick up pet food once per month at the drive-thru emergency pet food bank at the Ottawa Humane Society, 245 West Hunt Club Rd. Food bank will be every Thursday from 1 p.m. to 4 p.m. Appointments are required, clients can request an appointment on line by visiting: <https://clinichq.com/online/7a01d595-2110-439e-870a-f15ef89ef8b4> or by calling 613-725-3166 ext. 221.

