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[UPDATE FROM NEPEAN HOUSING CORPORATION- \(COVID-19\)](#)

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

It's Friday!

Three Cheers for Friday! We made it through another week! Speaking of cheering, did you know that today is *Jersey Day 4 Canada*? A radio morning show host in Kingston started this rally cry for Canadian team spirit. First, Kingston's mayor got on board, then their fire and police departments and frontline healthcare workers at their hospitals... then local sports teams and then Mayor John Tory and Premier Doug Ford... well, you get the picture.

When it comes to the fight to end COVID-19, we're all on the same team. Show your support for our team, Team Canada, by wearing your favourite Canadian jersey or sports team t-shirt today! If you have Twitter or Instagram, you can snap a pic and use the hashtags: #JerseyDay4Canada #AllOnTheSameTeam and #UnitedBySport. Let's show everyone Canada's team spirit is stronger than ever!

City Parks Open Green Spaces

Starting this week, some outdoor activities in City of Ottawa parks are now permitted, including use of greenspaces. Playground equipment and amenities, including fields and courts, remain prohibited to stop COVID-19. Ottawa Public Health continues to advise that limiting activities to members of your own household remains important to limit the spread of COVID-19 and save lives and that physical distancing of at least two metres from non-household members be maintained during these activities. For more information, visit: <https://ottawa.ca/en/health-and-public-safety/covid-19-ottawa/impacted-city-facilities-and-services#city-parks-trails-and-natural-areas>

Examples of permitted activities for individuals in groups of up to five people or members from the same household include:

Playing catch, kicking a soccer ball and throwing a football
Flying a kite
Sitting on a blanket, grass or lawn chair
Exercising and stretching on a yoga mat, but not in a class
Letting young children run and burn off some energy

The amenities and spaces that are closed for use include

Public Sports Fields
Ball diamonds
Basketball courts
Tennis courts
Play structures
Swings
Slides

Climbers
Adult fitness stations
Benches and picnic tables
Skateboard parks
Off leash dog enclosures

Update: National Capital Land Use

Local use for limited activities is now permitted on most of NCC parks & lands. This means if they're accessible on foot/bike, you can now enjoy a picnic or toss around a ball, while ensuring physical distancing. For more information visit: https://ncc-ccn.gc.ca/news/covid-19?utm_source=twitter&utm_medium=social

CHEO is Offering Emergency Respite Services for Families of Kids with Special Needs

The Children's Hospital of Eastern Ontario (CHEO) is stepping up to help local families of children or teenagers with autism, or other special needs, during the COVID-19 pandemic. CHEO will be using a clinically-informed decision aide to fill its new program. Eligibility is not diagnosis-specific, it is needs-based, and the goal is to help as many children and youth with special needs as possible.

Considerations include the following factors:

Behaviour and level of distress of the child or youth

Family stress such as single parent, housing issues

Psychosocial factors such as increased isolation, cultural barriers

Access to support including family, friends, community organizations, spiritual support

Anyone interested in CHEO's respite care for children and youth with special needs is asked to email RespiteSpecialNeeds@cheo.on.ca.

Just for Fun

- The Canadian Tulip Festival kicks off (virtually) today! Daily posts and check-ins will be posted for all to enjoy from the comfort of their homes. Visit: tulipfestival.ca

