

Keeping Well During COVID-19

A Resource for Staying Connected, Active, and
Healthy

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Overview of Oasis' Mission

The Oasis Senior Supportive Living Inc. program is designed to strengthen and sustain healthy **communities of seniors** by addressing important determinants of healthy aging such as isolation, nutrition, physical fitness, and sense of purpose.

It was developed as an innovative solution to **support aging well at home**. Oasis is founded to serve seniors who, with some support, are able to live independently.

It is a concept that recognizes the importance of self-determination and offers programs based on the identified needs and wishes of Oasis members. Oasis seeks to enable seniors to remain at home and age with dignity.

The purpose of the program is to provide, through collaboration with public sector, not-for-profit, and private sector organizations, a supportive living program for low- and moderate-income seniors that **builds community** among members in the setting of an existing private sector apartment building, thus:

- Preventing **social isolation**
- Facilitating better **nutrition**
- Promoting **physical fitness**

Impact of COVID-19

What is it?

Coronavirus disease (COVID-19) is an **infectious disease** caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. **Older adults**, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The COVID-19 virus affects different people in different ways. COVID-19 is a **respiratory disease** and most infected people will develop mild to moderate symptoms and recover without requiring special treatment.

People who have underlying medical conditions and those **over 60 years** old have a higher risk of developing severe disease and death.

Common **symptoms** include:

- fever
- tiredness
- dry cough

Other symptoms include:

- shortness of breath
- aches and pains
- sore throat
- very few people will report diarrhea, nausea or a runny nose.

How to protect yourselves

The best way to prevent and slow down transmission is to be **well informed** about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by **washing your hands** or using an alcohol-based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through **droplets of saliva** or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 2 metres (6 feet) distance between yourself and anyone who is coughing or sneezing (or anyone at all).

Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Where to get support

It is Oasis' hope that we can provide you with support and resources in order to manage and cope with this world-wide pandemic. The following manual aims to keep our communities connected, encourage physical fitness and healthy nutrition.

Other supports based on your specific cities may be found in the following pages.

How to learn more

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority.

World Health Organization.

https://www.who.int/health-topics/coronavirus#tab=tab_1

Government of Canada.

Contact us

For information on COVID-19, refer to our [frequently asked questions](#). If you are looking for information on COVID-19, specific to your province, refer to our [resources page](#).

If you have additional questions that are not answered on our website:

- call us at 1-833-784-4397 (interpretation services are available in multiple languages)
- email us at phac.covid19.aspc@canada.ca

Note that we are currently experiencing a high volume of requests and long wait times.

Email updates

Get COVID-19 email updates. Sign up to receive important health and safety information from the Government of Canada.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Ontario Updates.

<https://covid-19.ontario.ca/>

Combating COVID-19 Burnout

- Tips on ways to reset.
 - <https://www.forbes.com/sites/margiewarrell/2020/09/30/covid-burnout-seven-ways-to-reset-when-youve-hit-the-wall/?sh=3c34f9c8377f>
 - <https://blog.zencare.co/covid-burnout-remote-work/>
- How to build resilience.
<https://www.forbes.com/sites/margiewarrell/2020/04/07/build-resilience/?sh=53c5f174307a>
- Other tips from WHO. <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health>

Managing COVID-19 Anxiety

- Signs and Symptoms of Stress and Anxiety.
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Tips to manage anxiety.
 - <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-deal-your-covid-19-stress-anxiety-ocd>
 - <https://www.who.int/images/default-source/health->

[topics/coronavirus/risk-communications/general-public/stress/stress.jpg?sfvrsn=b8974505_14](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/)

- <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>
- <https://www.camh.ca/en/health-info/mental-health-and-covid-19/coping-with-stress-and-anxiety>
<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>
- Extensive resource list. <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

Face Masks

Wearing a homemade facial covering/non-medical mask in the community has not been proven to protect the person wearing it and is **not** a substitute for physical distancing and hand washing.

However, it can be an additional measure taken to protect others around you, even if you have no symptoms. It can be useful for short periods of time, when physical distancing is not possible in public settings, such as when grocery shopping or using public transit.

Non-medical face masks or face coverings **should**:

- allow for easy breathing
- fit securely to the head with ties or ear loops
- maintain their shape after washing and drying
- be changed as soon as possible if damp or dirty
- be comfortable and not require frequent adjustment
- be made of at least 2 layers of tightly woven material fabric (such as cotton or linen)
- be large enough to completely and comfortably cover the nose and mouth without gaping

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

How to put on a non-medical mask or face covering

1. Ensure the face covering is clean and dry.
2. Wash your hands with warm water and soap for at least 20-seconds before touching the mask.
 - If none is available, use hand sanitizer with a minimum 60% alcohol base.
3. Ensure your hair is away from your face.
4. Place the face covering over your nose and mouth and secure to your head or ears with its ties or elastics.
 - Adjust if needed to ensure nose and mouth are fully covered.
 - The mask should fit snugly to the cheeks and there should not be any gaps.
5. Repeat Step 2.

While wearing a non-medical mask or face covering, it is important to avoid touching your face. If you do touch your mask or face, you should immediately wash your hands with warm water and soap for at least 20 seconds. You can also use hand sanitizer with a minimum 60% alcohol base.

How to remove a non-medical mask or face covering

1. Wash your hands with warm water and soap for at least 20-seconds. If none is available, use hand sanitizer with a minimum 60% alcohol base.
2. Remove the face covering by un-tying it or removing the loops from your ears. Avoid touching the front of the mask when removing it. It can be placed in a plastic bag temporarily if you are not at home.

- Make sure you close or zip seal the bag while storing it.
3. After removing the face covering, repeat Step 1.

Cleaning and disposing of non-medical masks and face coverings

If you plan to reuse the mask, wash it before wearing it again. Change your cloth mask as soon as it gets damp or soiled by:

- putting it directly into the washing machine
- washing it with other items using a hot cycle, and then dry thoroughly

Non-medical masks that cannot be washed should be discarded and replaced as soon as they get damp, soiled or crumpled. After use:

- dispose of masks properly in a lined garbage bin
- do not leave discarded masks in shopping carts or on the ground

Instructions for Making Home-Made Sew and No-Sew Non-Medical Masks

- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html>

Where to Buy Disposable Masks

- **Walmart Online Shopping.**

<https://www.walmart.ca/en/ip/50pcs-Disposable-3-Layer-Protective-Face-Mask-Anti-Dust-Breathable-Earloop-Mouth-Face-Mask-Comfortable-Sanitary-Mask-50pcs-Pack-Blue/PRD0ZVWWPS4GDR0?rrid=richrelevance>

- At least a 2-layer protection mask is recommended, freeshipping, takes about 4 weeks to arrive**
 - These types of masks may not be effective in blocking virus particles that may be transmitted by coughing, sneezing or certain medical procedures. They do not provide complete protection from virus particles because of a potential loose fit and the materials used**

COVID-19 City-Specific Resources

London

- **Get Updates on COVID-19 in London**
 - <http://www.london.ca/newsroom/Pages/COVID-19.aspx>
 - <https://www.healthunit.com/news/covid-19-public-health-guidance>
- **Local Resources in London**
 - Supports for basic needs pdf on website page with information on emergency food, resources, and is updated daily*.
 - https://www.informationlondon.ca/123/Information_London_COVID19_Resources_Page/ (has additional support services currently running).
 - Phone: 519-661-CITY (2489) for questions about city services.
- **Pillar Nonprofit Network**
 - <https://pillarnonprofit.ca/resource/covid-19-resources>
- **Middlesex-London Health Unit**
 - Updates on COVID-19 and local resources to stay safe
<https://www.healthunit.com/novel-coronavirus>

- **Telehealth Ontario**

- Call the province's toll-free service with any questions or concerns about symptoms and to get health advice. A registered nurse will take your call 24 hours a day, seven days a week.

- Toll-free: 1-866-797-0000

- <https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>

- **Crisis Services Canada**

- Suicide prevention and support
- Call 1-833-456-4566
- Available 24/7
- www.crisisservicescanada.ca/

Ontario-Wide Resources

Option for a Virtual Oasis

- **Daily or weekly Coffee & Chat**
 - Can be done over the phone, video-call (ie. Skype, Zoom, Google Hangout)
- **Buddy Calls**
 - Sign up for a buddy to call and check in with each other every day or week
- **Planned Online Events**
 - Zoom Bingo
 - Games Group
 - Trivia
 - Exercise classes (ie. chair yoga, seated exercises etc.)
- **Book Exchange**
 - Organized book drop offs and pick-ups within your site building as facilitated by Oasis organizers
- **Facebook Oasis Members Group**
 - For Facebook users or those who want to join Facebook
 - Can create a group page of Oasis members at your site to keep in contact by posting updates, uplifting quotes or photos, checking-in, organizing member virtual events etc.

Keep Connected Virtually

- **Zoom Meetings**
 - Zoom does not require a person to make an account but must download the Zoom app on their computer.
 - It is also available for teleconferencing into the meeting via

telephone - requires dialing the teleconferencing number and entering the meeting ID number when prompted using the dial pad

- Link to download <https://zoom.us/download>
- Link to Zoom help center on joining a meeting <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

- **Virtual Happy Hour**

- Choose your communication platform, schedule a meeting time with your group, and have your happy hour!
- Phone call, FaceTime, Zoom, Google Hangout, Skype, Facebook Videochat

- **Virtual Tours**

- The Great Wall of China
 - <https://www.thechinaguide.com/destination/great-wall-of-china>
- The Louvre Museum in Paris, France
 - <https://www.louvre.fr/en/visites-en-ligne>
- Canadian Farm and Food Tours
 - <https://www.farmfood360.ca/>
- Canadian Places You Can Visit From Your Home
 - https://hihostels.ca/en/magazine/awesome-canadian-places-you-can-visit-virtual?utm_source=HI+Master+List&utm_campaign=92dd830086-EMAIL_CAMPAIGN_2020_03_EN&utm_medium=email&utm_term=0_a727ff84fa-92dd830086-177830465
- More tours
 - Buckingham Palace, Ancient Rome, Berlin Philharmonic Digital Concert Hall, Zoos, Museums, Conservation areas and so much more!
 - <https://virtualschoolactivities.com/>

- **e-Learning**
 - Khan Academy
 - Has many free online courses to learn - math and sciences, arts and humanities, economics and finance etc.
 - <https://www.khanacademy.org/>
 - Podcasts
 - TuneIn Podcasts
 - <https://tunein.com/podcasts/>
 - Spotify Podcasts
 - Sign up for free podcasts and music!
 - <https://open.spotify.com/genre/podcasts-page>
 - Apple Podcasts
 - Download the app on your iPhone or iPad
 - <https://apps.apple.com/ca/app/apple-podcasts/id525463029>
 - TED Podcasts
 - Listen on Spotify, TuneIn, GooglePlay or Apple Podcasts apps
 - TED Talks Daily
 - Youtube
 - Explore various learning content
 - <https://www.youtube.com/learning>

Keep Connected Offline

- **Pull out your phonebook and call an old friend!**
 - Check up on how they're doing and what may be new
 - Make it fun and play some games or choose topics!
 - Trivia (ask each other challenging questions)
 - Take turns recalling your favourite memories
 - Play 20 Questions
 - Think of a noun (person, place or thing)
 - The other person has 20 Yes or No questions to guess what it is!
 - Play Categories
 - Choose a category (ie. food, countries, movies, songs, colours etc.)
 - Take turns making your way down the alphabet choosing a word from that category with the first letter being the letter from the alphabet (ie. Category: food → **A**pple, **B**read, **C**orn, **D**onut...)
- **Do a nice deed for a neighbour or friend**
 - While maintaining social distancing, keep connected with your neighbours or friends
 - Make them a card or a send a note
 - Bake them something nice
 - Deliver a craft (ie. knitting, painting, seasonal etc.)
- **Have a Pen-Pal**
 - Remember when we communicated through mail?
 - Choose a friend you would like to write and exchange letters with - the good old way!

- **Spend time with your housemates (including furry friends!)**
 - Do a puzzle
 - Play a card game
 - Find some ideas here
<https://playingcarddecks.com/blogs/all-in/40-great-card-games-for-all-occasions>
 - Have a movie night!
 - Play a board game
 - DANCE PARTY
 - Get your favourite music on and dance the night (or day) away
 - Teach your furry friend(s) a new trick!
- **Make future (exciting) plans**
 - What's something you can't wait to do once everything is back to "normal"?
 - Start making your plans, big or small! Who will you bring, what will you need, where will you go, how will you get there, what makes you most excited?

London Resources

- **London Facebook Page**
 - Caremongering London, ON. Community & Activist Responses to COVID-19 (Search "Caremongering London, ON", then click "Groups" and the group will come up) or click this link:
<https://www.facebook.com/groups/LondonCaremongering>
 - The purpose of this group is to organize the local community on the grassroots level to ensure community members have access to food, housing, healthcare, and other necessities. You can also post requests for aid/support.

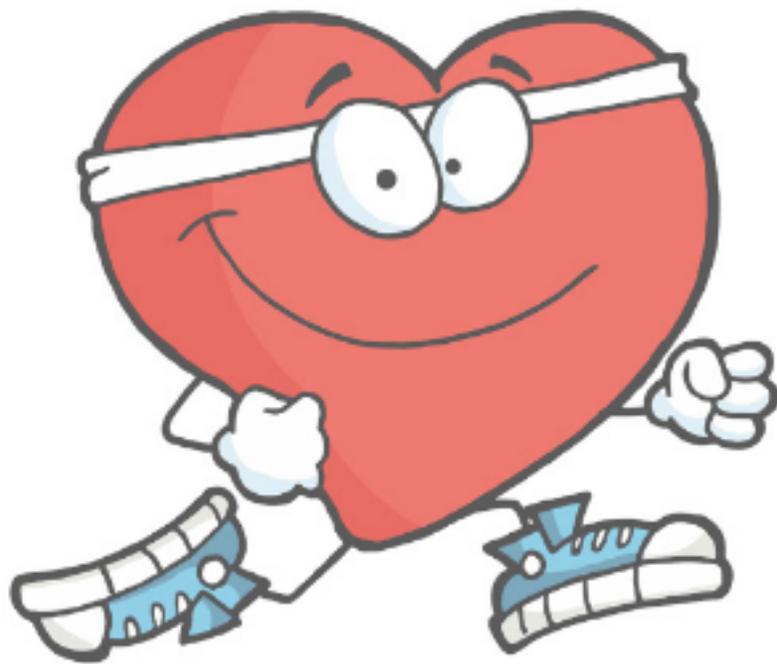
- **Daily TV Mass**
 - Youtube channel that offers Catholic mass daily
 - <https://www.youtube.com/channel/UCi6JtCVy4XKu4BSG-AE2chg>
- **Westpark Church**
 - Online Sermons Live Stream: <https://www.westparkchurch.ca/>
 - Sundays at 9 am and 11 am
- **Riverside United Church**
 - Website: <http://www.riverside.on.ca/>
 - Online Sermons on Youtube every Sunday: <https://www.youtube.com/channel/UCIIMWaMtiHeQ1V54HeeCrVA>
- **West London Alliance Church**
 - Online Sermons Live Stream: <https://www.wlachurch.org/>
 - Sundays at 10 am
- **Forest City Community Church**
 - Online Live Stream every Sunday at 9 am, 11 am, 7 pm, and Wednesday at 7 pm
 - <http://fcc.ca/>
- **Friendly Callers: Senior Support Program**
 - CMHA Middlesex
 - Provides seniors with friendly weekly calls and referrals to services and social supports in their communities.
 - Monday - Friday 8:30 am- 7:30 pm
 - Phone: 519-434-9191 ext. 2223
- **Online Art Exhibitions and Museums in London**
 - Tap Creativity. <https://www.tapcreativity.org/exhibitions>

- All London Museums. <http://museumlondon.ca/news/2020/museumfromhome>
- Museum of Archeology. <http://archaeologymuseum.ca/online-exhibitions/>
- **Self-guided Tours of London**
 - London's Ghost Walk. <https://www.londontourism.ca/best-of-london/londons-ghost-walk-a-self-guided-tour>
 - Tour of London. <https://www.londontourism.ca/best-of-london/fall-in-love-with-fall-in-london-ontario>
- **List of Fun To-Do's**
 - <https://www.londontourism.ca/best-of-london/accessible-london>

The Three Pillars: Physical Fitness

Ontario-Wide

London



Ontario-Wide Resources

YOUTUBE

Yoga with Adriene (Youtube Channel)

- <https://www.youtube.com/user/yogawithadriene>
- Chair yoga with Adriene
 - <https://www.youtube.com/watch?v=-Ts01MC2mlo>

HASFit 30-min Standing & Seated Exercises

- <https://www.youtube.com/watch?v=1zyWa3vko6k&list=PLRCgg2aTq5NWjbav8TVXatCRijJlwuU0M#action=share>
- <https://www.youtube.com/watch?v=DiPVjjPS9zk&list=PLRCgg2aTq5NWjbav8TVXatCRijJlwuU0M&index=5>
- <https://www.youtube.com/watch?v=azv8eJgoGLk&list=PLRCgg2aTq5NWjbav8TVXatCRijJlwuU0M&index=8>
- Check out their Youtube channel (HASfit) for more exercise videos
- You can refine your search on their channel to “seated” if desired

FitnessBlender 40-min Low Impact Workout for Beginners

- <https://www.youtube.com/watch?v=QiuJ3ZFAiBg&feature=youtu.be>

Exercises at the Kitchen Sink

- Youtube Videos
 - Part 1. <https://www.youtube.com/watch?v=xO0gxu03WCs&t=26s>
 - Part 2. <https://www.youtube.com/watch?v=N4okjAxDvnU>
- PDF Documents
 - Level 1 Exercises

<https://www.interiorhealth.ca/YourHealth/AdultSeniorsHealth/FallsInjuryPrevention/Documents/821142%20Level%201%20Sitting%20Client%20Package.pdf>

- Level 2 Exercises

<https://www.interiorhealth.ca/YourHealth/AdultSeniorsHealth/FallsInjuryPrevention/Documents/821143%20Level%202%20Standing%20Client%20Package.pdf>

- Level 3 Exercises

<https://www.interiorhealth.ca/YourHealth/AdultSeniorsHealth/FallsInjuryPrevention/Documents/821144%20Level%203%20Moving%20Client%20Package.pdf>

The Three Pillars: Nutrition

Ontario-Wide
London



Ontario-Wide Resources

Grocery Pick-Up and Delivery Services

- **Instacart**

- Delivers groceries from local stores in cities across the country
 - Including Ottawa, Kingston, Hamilton & London
- Same day delivery
- Handpicked by personal shoppers based on your preferences
- Stores available through Instacart include Real Canadian Superstore, Shoppers Drug Mart, Walmart and Valu-Mart
- Follow the link to the website <https://www.instacart.ca/>
- Enter your postal code and follow the next steps!
- Join Instacart Express (subscription) Monthly (\$9.99) FREE delivery for orders over \$35 per retailer OR Yearly (\$99).
- Able to shop from multiple stores in 1 delivery.

- **PC Express**

- Same-day home delivery and pickup options at grocery stores across Canada
- Including Loblaws, Real Canadian Superstore, No Frills, Independen, Zehrs, Valu-Mart
- Follow the link to the website <https://www.pcxpress.ca/>
- Consider downloading the PC Express App on your phone

- **Walmart**

- Offers grocery delivery and pickup services
- Shop online and choose your groceries
- Follow the link to the website <https://www.walmart.ca/en/grocery/N-117>
- Consider downloading the My Walmart App on your phone

- **Metro Online Grocery**

- Search online to see if your local Metro does pickups and/or deliveries (only select stores)
- Shop online for your groceries, order and pick up or get delivery
- Follow this link to find out how it works
<https://www.metro.ca/en/online-grocery/how-it-works>

- **Costco Grocery**

- *Must have a Costco Membership
- Order online and offers a 2-day delivery option
- Follow the link to the website
<https://www.costco.ca/grocery-household.html>

Food Subscription Boxes

- **Goodfood:** <https://www.makegoodfood.ca/en/home>

- How it works: You choose from a weekly menu of recipes, they deliver fresh ingredients right to your door, and you cook delicious meals at home! They offer meals for breakfast, lunch, and dinner!
- Choose from the Classic Basket, Family Basket, or EasyPrep Basket! Options for vegetarian and low carb meals. Choose from 2-4 recipes with 2 or 4 servings per week!
- Pricing: **\$10.83-12.50** price per serving (2 people), shipping **FREE**
- If you'd like to skip the week free of charge or swap your selection, you can do so at any time before 11:59 pm (EST) on Wednesdays (for deliveries on Sundays, Mondays, Tuesdays, and Wednesdays) and 11:59 pm (EST) on Saturdays (for deliveries on Thursdays and Fridays) by visiting "yourselection" in the member section of the website.
- Typically has larger portion size than other brands (more leftovers).

- **HelloFresh:** <https://www.hellofresh.ca/?locale=en-CA>
 - How it works: You choose from a weekly menu of recipes, they deliver fresh ingredients right to your door, and you cook delicious meals at home!
 - Choose from the Pronto Plan, Family Plan, or Veggie Plan and customize your plan size with 2 or 4 servings and choose 3 or 4 recipes per week.
 - Pricing: **\$12.33-13.33** price per serving (2 people), shipping **\$9.99**
 - HelloFresh is a weekly auto-renewing subscription service, which means it will automatically charge you each week and send you food if you do not choose meals, UNLESS you choose to skip a week!
 - Skip a week or cancel any time before the weekly cutoff on Wednesday the week before delivery at 11:59 pm EST
 - Typically has larger portion size than other brands (more leftovers).
- **Chef's Plate:** <https://www.chefsplate.com/>
 - How it works: You choose from a weekly menu of recipes, they deliver fresh ingredients right to your door, and you cook delicious meals at home!
 - Personalized meal plans: choose from Classic, Family, 15 minute, or Vegetarian Meal Plans.
 - Pre-portioned ingredients, with step-by-step instructions that are easy to follow! Ready in 30 minutes or less!
 - Pricing: **\$9.99-12.99** price per serving (2 people), shipping **\$6.00**, or **FREE** when you order 3 or more meals per week.
 - Chef's Plate is a weekly auto-renewing subscription service, which means it will automatically charge you each week and send you food if you do not choose meals OR choose to skip a week!
 - Skip a week or cancel any time before the weekly cutoff on Wednesday the week before delivery at 11:59 pm EST. You

can manage your orders up to 4 weeks in advance!

London Resources

Food Banks

Please be advised that some programs and services have changed or suspended their services. This information is current as of November 10, 2020 at 2 pm.

- **Salvation Army Food Truck: Centre of Hope London.** All meals cancelled until further notice (Centre of Hope parking lot at Wellington/Horton).
- **The Salvation Army – Westminster Park Community Church.** Takeout meals every Monday at 5 pm. Annual Christmas dinner (takeout meal) on Monday November 30th, 2020. Registration required by November 25th, 2020. Call 519-668-0025 or email westminsterparkcc@gmail.com to register.
- **Calvary United Church.** Takeout breakfast every 3rd Saturday from 9 am to 10:30 am.
- **St. John the Evangelist.** Takeout meal every Saturday from 3 pm to 6 pm. Dine-in option every Saturday from 3 pm to 4 pm or 4:30 pm to 5:30 pm with 30 guests per seating.
- **Rowntree Memorial United Church.** Takeout meals every Tuesday from 5:30 pm to 6:30 pm and Wednesdays from 11 am to 1 pm.
- **St. George’s Anglican Church.** Takeout meals every 2nd and 4th Friday at 5 pm.
- **St. Michael’s Catholic Church.** Takeout meals every Monday from 5 pm to 6 pm.
- **The Church of St. Jude.** Takeout breakfast every 3rd Saturday from 9 am to 10:30 am. Added takeout breakfast on Saturday, November 7th, 2020.
- **St. Joseph’s Hospitality Centre.** Takeout meals from

Monday to Friday from 9:30 am to 11 am and 12 noon to 2 pm. Fees are waived until further notice (dining room remains closed).

- **Glen Cairn Community Centre.** Emergency food kits one per week on Monday, Tuesday, or Thursday from 1 pm to 4 pm. Emergency loaf of bread offered every Thursday from 1 pm to 4 pm. Emergency and Baby Food Bank available for Glen Cairn residents and Pond Mills Community.
- **Ark Aid Street Mission.** Takeout meals from Monday to Sunday at 5 pm. Free coffee and snack offered Monday to Friday from 1:30 pm to 3:30 pm.
- **My Sister's Place.** Bagged meals and snacks from Monday to Friday at 11 am to 1 pm and 4 pm to 5:30 pm, AND Saturday to Sunday at 11 am to 1 pm.
- **Northwest London Resource Centre Food Bank.** Open from Monday to Friday at 10 am to 3 pm for residents of N6G and N6H (a piece of ID for all family members and proof of address is required).
- **St. Paul's Social Services.** Monday to Friday from 9 am to 11:30 am (excludes holidays).
- **Fellowship Centre at St. Paul's.** Bagged lunches every Thursday from 12 noon to 1 pm.
- **St. Francis and St. Martin.** Still providing meals.
- **Crouch Neighbourhood Resource Centre.** Emergency food cupboard from Tuesday to Friday at 10 am to 4 pm.
- **Hyatt Mosque.** Takeout meals every Saturday from 1:30 pm to 2:30 pm (Muslim soup kitchen).
- **Elmwood Presbyterian Church.** Providing takeout meals.
- **Wesley Knox United Church & Dundas Street United Church.** Closed until further notice

Meals on Wheels

https://www.informationlondon.ca/Services/Basic_Needs/Display/10762/Meals_on_Wheels_London

- Crisis meals available to isolated seniors free of charge*
- Call: 519-660-1430
- Email: info@mowl.ca
- Website: www.mowl.ca
- 356 Queens Ave, London, ON, N6B 1X6
- Hot meals delivered daily Monday - Friday 11 am - 1:30 pm
 - Weekend meals delivered chilled on Friday
 - Frozen meals delivered weekly on Thursday
 - Special diet types and texture modifications available
- Fees: \$8.15 per meal
- Frozen meals: 7 meals for \$40.70
 - 7 soups for \$15.60
 - 7 desserts for \$15.60
 - Transportation \$22
- Subsidies available for those who qualify
- Eligibility: Adults 55 years and older or adults under 55 with short- or long-term disabilities requiring assistance with nutrition or medical transportation.

Heart to Home Meals

<https://www.hearttohomemeals.ca/>

- Meals delivered to your door—order as often as you like; this is not a subscription service, so you don't have to sign up for regular deliveries.
 - Choose from over 200 soups, entrees and desserts
 - Pay with credit card online OR cash or cheque on delivery*
 - Soup \$3.10
 - Entrees range from \$6.00 - \$10.00
 - Desserts \$1.00 - 4.00
- Delivers to many areas across Ontario and Canada
- Use the website to see if they deliver near you!
- OR Call 1-800-786-6113 for help

Community Support Services Network

- Grocery delivery, meal service, and transportation supports for seniors
- Monday - Friday 8:30 am- 4:30 pm
- Call 519-673-6617

Moving Forward

Tips for Success

- **Stay Positive! This is only temporary.**
- **Keep connected**
 - This experience can be very isolating for you and others
 - Check in and be there for each other
- **Wash your hands**
 - No seriously, wash your hands!
 - Soap and warm water for at least 30 seconds
- **Get outside when you can**
 - Especially on sunny days
 - Respect social distancing (6 feet)
- **Boost your immune system**
 - That means sleep well, eat well and stay physically active!
- **Avoid News overload**
 - Keep updated but not too much (it's all a balance)
 - Replace the News with feel-good (music, comedy, mindfulness)
- **Reach out for support**
 - Don't be afraid to ask for whatever kind of support you need
 - From your friends and family, neighbours, Oasis members, Oasis organizers etc.
 - Whether it be needing food or groceries, emotional support or just someone to talk to
 - Everyone is happy to help