

# OUTREACH

February 2021

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## Message from the Executive Director

*By Elizabeth Nykorowysch Macnab, CHRL*

It's official... we are living in a remake of the movie Groundhog Day. As we approach February 2, it's 1 year since we heard the words "corona virus". The world is still dealing with the pandemic. We are house bound and physically distancing. Businesses are struggling. We long for better days ahead with the possibility of new vaccines.

Like the image of a "hearty" Canadian, I bundle up for my daily walk on deserted streets. On crisp sunny days, I bravely sit outside with a morning coffee or some evenings munch on a steamy slice of pizza. Staying inside is no longer an option!. In this issue, we focus on our well being - mental, physical, emotional and social. These are also our Wednesday learning program themes. We start with a 2-part series called Change is the Rule of Life, followed by a speaker on mindfulness and Canada Revenue Agency talking on Scam Prevention. Visit [www.ossco.org](http://www.ossco.org),

education section for the calendar and details.

COVID-19 has also changed how we see things. As a friend mentioned, we think only about our own needs and experiences now.

It's also important to remind ourselves, during Black History month, that we must think of others' experiences. This year, Black History month, is celebrated virtually. Inside this edition, we've curated some links on events across Ontario and included historical connections to raise awareness.

In remembering better days, such as OSSCO's annual Seniors' Conference, we've encouraged our supporters to promote their services and programs in this newsletter. It's important to acknowledge people and companies that helped us in the "good times".

Hopefully on Feb 2, Warton Willie does not see his shadow, and the countdown to spring begins. We all need a little bit of cheer. Stay safe, be well.

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## Managing Stress and Your Finances During the COVID-19 Pandemic

By Monika Ritchie

Stress plays a big part in our life, and the Covid-19 Pandemic did not help in that department. We are constantly worrying about our health, our family's health, Finance and job security.

Our health is becoming concerning with this new level of stress. we are feeling the pressure of bills accumulating, income changing and our health deteriorating.

Here are four tips to take care of your finance during the Pandemic.

Focusing on your finance can relieve you from some of the stress you are having, and your wellbeing will soon follow.

1. Talk to your bank or creditors to develop a plan. They are there to help you as we all are facing the pandemic together. The lenders want to hear from you and are willing to work with you and your current situation.

2. Presently there are many resources out there to help you through these difficult times. They are support from governments, Emergency funds, and some institution is even accepting postponing payments for the next month.

3. Now is the right time to think about making a budget and track your expenses. Create an emergency budget and put it in a place where you can't have it easily assessed. If you have a budget already, revised it and trimmed it down.

Sadly, we live in a world where scammers are taking advantage of us. We are continually worrying about our health and finance not being in order and adding the stress of being a target. We are constantly receiving calls, emails and texts. If you are unsure, research the company and don't provide your credentials to anyone until you are confident with your findings.

<https://www.mymoneycoach.ca/blog/managing-stress-and-your-finances-during-COVID-19>



## 7 Steps to Saving Money in an Emergency Fund

By Debra Pangestu

Emergencies can come out from nowhere, and that is why having an emergency fund is vital in everyone's financial plans. Life as we know it is full of a few surprises. Maybe it will be your car that needs a new starter, perhaps the refrigerator stops keeping the dinner you made last night cold, or your child broke their glasses, and you max out your insurance for the year, and the list goes on and on.

However, having that emergency funds saved up for those unforeseen events can make your life less stressful.

When you create that security blanket, in the event of losing your job, that refrigerator decided to retire, or those broken spectacles. When that surprise shows up, and you have those savings at your disposal, things will not be difficult.

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Borrowing against your creditors can be an option but comes with interest piling on. Another option at your disposal would be reaching out to a family member who might or might not have the funds readily available.

They might have to borrow from their emergency funds to assist you in your time of need, which all of the above options will only lead you into enormous debt.

Building an emergency fund takes a lot of changing and cutting down on unnecessary spending. Buying the things we need and not want and putting away that small percentage of our paycheck every pay period.

When creating a saving account for your emergency funds, ensure that you set it up not to have easy access to withdraw or transfer any of your money.

1. Most Banks recommend saving for a few months of emergency money, and the thought of starting could be overwhelming, and you may feel discouraged to begin. So preparing a plan with small baby steps can make you see the possibilities of it happening. Start with a small amount, like a couple of hundreds.

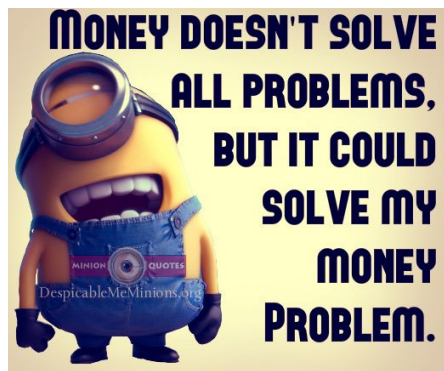
2. Now that you have a clear vision of what you want to put away for those rainy days, it's time to get that savings account set up and choose one with a low-interest rate. Make sure you protect that money from yourself and set it up in a way that makes it difficult to access.

3. When setting up the savings account, set it up so that you have the institution withdraw a certain amount automatically every time your paycheck deposit into your Account.

4. Keep adding extra money as you receive it, whether it is from another part-time job, holiday paycheck, money from the government or any other sources. The more cash you accumulate, the faster you will achieve your goals.

for more information on the 7 steps please visit the web address below:

<https://www.mymoneycoach.ca/blog/saving-emergency-fund.html>



## Ways to Manage Your Emotional Eating

*By Nishta Saxena, Registered Dietician Nutritionist Emotiona*

Eating is expected during the pandemic and affects a vast majority of people. It is a recuperation for our body when we feel stressed and anxious. To hide away from stress, your body will have a few "coping" methods.

One of these coping methods for the body is your brain trying to demand more glucose, which means foods and drinks with high-fat, high-sugar, and high-sodium.

The reason your body does this is that being stressed exhausts more energy. Unhealthy foods pleasure your brain, which is why you would not initially turn to the vegetables when stress eating.

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Now here a few ways to manage your emotional eating habits:

**1. Know when you are Stressed**  
The first step to limiting your emotional eating habits is to know when you are stressed. This is good to know since you can start doing healthier coping mechanisms. This will help you eliminate stress eating and instead do other things like breathing exercises. You will also begin to reason with your decisions and question your decisions — this will be one step closer to breaking your habit.

**2. Reduce Exposure from Triggers** Although social media is everywhere and is something, everyone is addicted to, reducing your exposure to triggers.

**3. Keep a Schedule** Making a schedule will help you keep track of when you eat, helping your emotional eating habits. When building a plan, you will adjust to it and will stick to it during the days. It will help you notice when you are eating or when your emotional eating.

#### **4. KEEP HIGH-FIBRE FOODS ON HAND**

Fibre is a nutrient that makes your body feel fuller longer. This can help eliminate cravings when you are stressed. Some healthy foods with fibre include apples, pears, citrus fruits, broccoli, cauliflower, cabbage, carrots, and sweet potatoes.

These are a few of many ways mentioned in this article.

To learn more, visit <https://lifespeak.com/8-ways-to-manage-your-emotional-eating/>



### **A Compassionate Guide to Anxiety During the COVID-19 Pandemic Part 2: Managing your Anxiety**

*By Eric Goodman, Ph.D., April 20, 2020*

With the pandemic, it is hard not to get anxious and that it

has become common amongst everyone. In the pandemic, we are angry, frightened and sad, and anxiety tries to make us hide from the world's problem and results in us becoming sad.

Anxiety is unhealthy for your mental health, so here are some ways you can stop feeling anxious in a pandemic.

**1. Make a more peaceful home for your anxiety** Our nervous system is the central control for our fear. Having a more relaxed and comfortable place to be is what causes your anxiety to calm down, and here are some ways you can make a comfortable place for that.

**Get enough sleep:**

If you don't get enough sleep, you will be anxious 30% more. Try and build a routine to sleep in, so you are not forcing rest. Try not to go on technology and create a night-time routine to make sure you go to bed at the same time every day.

**Minimize exposure to COVID-19 news:** If your leading cause of anxiety is about COVID, then staying off social media and the news can help cleanse and set



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A Compassionate Guide to Anxiety During the COVID-19 Pandemic Part 2: Managing your Anxiety

Your mind at ease. It will allow you to calm your anxiety because you will not be pelted with the news.

There are many more ways to make your home peaceful for your anxiety, and you can check out more with the link provided below this article!

2. Teach your Anxiety, rather than fight with it. Anxiety can think something is more dangerous than it is and will make you overprotect yourself. An example of this is when you over sanitize, which may seem fair at first, but it can make you fear more of COVID. It can turn COVID into a phobia. Teaching your anxiety means that if sanitizing twice is all you need, don't keep sanitizing because you'll feel safer.

These are some of many ways you can manage your anxiety, and to find more ways and more details, visit:

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/compassionate-guide-anxiety-during-covid-19-0>



## Six healthy habits you should hold on to post-pandemic.

It is customary to think that 2020 took all the fun away from us; however, the covid-19 brought something else we all have noticed, and that's change. Change in a way that allowed us to try new things we had always wanted to do and never had the chance to do before.

The good thing that this pandemic brought was that most of you noticed that you were spending more time with your families, chatting more with your relatives, and even reconnecting with old friends. You are finding new skills that you never know you had before and even fulfilling your hobbies. Going on long walks and connecting with nature, and all

Of these are all the latest health changes that you were able to make because of the Covid-19. Here are a few new healthy habits and how to continue them when we resume to some normalcy.

Because most of us are working from home and some of us have no jobs, being home all day with all this free time on our hands allows us to take long and peaceful walks throughout the day and evenings.

### 1. Appreciating nature

Being surrounded by nature is good for our state of being, and here are a few ways to continue your relationship with nature when we can do so.

Whenever it's your break, take it outside rather than spending it at your desk or in the staff room. Walk with a sandwich so you can sit on a bench and have it or meet someone to have a coffee.

### 2. Getting Physical

People with fitness goals had a rough year keeping those goals as most gyms were closed or still not open to the public. Simultaneously, others found that their physical activities have increased by a large percent

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Six healthy habits you should hold on to post-pandemic.

Because they have more time on their hands.

3. Making time for 'me.'  
Prioritizing you, when things start to pick up and we are back to work, make sure you set aside a couple of hours during the week to continue your hobby or self-care that you establish during your time away from work.

For more information on this article, visit the website below:  
<https://www.health.qld.gov.au/news-events/news/healthy-habits-to-hold-on-to-after-pandemic-queensland-health-covid-coronavirus>

**Husband and I went grocery shopping with masks, got home, took off masks, brought home wrong husband! Stay alert people!**



## Black History Month in Canada

As we celebrate Black History Month this February, we as Canadians stand proud celebrating Black Canadian's accomplishments and contributions over decades.

"It was initiated in Canada by the Ontario Black History Society and introduced to Parliament in December 1995 by Jean Augustine, the first Black woman elected as a member of Parliament."

The first time Black History Month was celebrated around Canada was in February 1996.

Origins of Black History Month in Canada

Carter G Woodson sparked the movement in 1926 and 1976;

President Gerald Ford announces Black History Month as a celebration month.

As Black History increase in size among the African Americans, the idea was brought to Canada by the sleeping car porters.

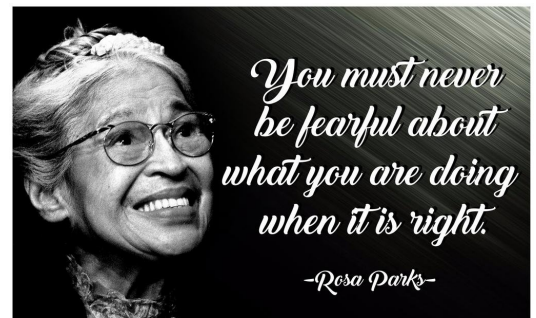
The president of the Toronto CPR division of the Brotherhood of Sleeping Car Porters, Stanley G Grizzle, had the very first celebration on February 13, 1950.

Recognizing Black History Month

The Ontario Black History Society (OBHS) was founded in 1978. The founders, also Dr. Daniel G. Hills and Wilson O. Brooks, appeal to The City of Toronto to declare Black History Month in February. Canada announced for the first time in 1979 Black History Month.

1988 Nova Scotia observed Black History Month and in 1996 change the name to African Heritage Month.

for more information visit the website below:  
<https://www.thecanadianencyclopedia.ca/en/article/black-history-month-in-canada>



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Recognition  
Monday, February 1, 2021


Justice  
Monday, February 8, 2021









Development  
Monday, February 15, 2021

Decade Celebration  
Monday, February 22, 2021

Registration  
<https://tinyurl.com/idpadregistration>

MC  
BCCC Executives  
IT  
BCCC Members





       

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PEOPLE OF AFRICAN DESCENT  
RECOGNITION**

<https://tinyurl.com/idpadregistration>

**MONDAY FEBRUARY 1, 2021  
6:30PM - 8:30PM**

For more information contact [idpadcanada@gmail.com](mailto:idpadcanada@gmail.com)

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Here are a few links to learn more about Black History Month:

[https://twitter.com/searchq=celebrating+black+history+month&ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Esearch](https://twitter.com/searchq=celebrating+black+history+month&ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Esearch)

<https://www.cbc.ca/kidscbc2/the-feed/all-about-black-history-month>

<https://www.britannica.com/story/why-is-black-history-month-celebrated-in-february>

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