

A message from Rev. Diane Rollert, Unitarian Church of Montreal



On March 12, the leadership of the Unitarian Church of Montreal decided to close our building and to cancel all Sunday services and events for the foreseeable future. We knew there was no other way to keep our community safe.

In the beginning, there was a bit of persuading to do. Could this really be happening? Was it really necessary to socially isolate from each other? Now those doubts seem like a million years ago.

One of my responsibilities as a

minister is to offer hope. But in this time of ever-increasing anxiety, my own reserves can get low. Sometimes faith only takes you so far.

One recent afternoon, I spoke with a member of our congregation who has lived for many years with limited mobility. These days she has just one hand that moves, yet somehow she manages to stay positive. She had just spoken to a member of our community who was recovering from surgery. "You know," she said, "I'm going to call her more often. She's

all alone." That small expression of care was all I needed. My spirits were lifted.

In this time of crisis, I can't think of greater wisdom. Stay home, but don't be afraid to reach out. Put a rainbow or a teddy bear in your window for passing children to find. Make a phone call or send an email to someone who might be feeling even more isolated than you.

We will get through this. Each day that we keep our distance shows just how much we care for each other.

Help and access to information Borough of Côte-des-Neiges/Notre-Dame-de-Grâce



Do you need help during this period of confinement? Contact one of the borough's community organizations.

To offer or receive help

To receive help: 211qc.ca/ or dial 211

To provide help: jebenevole.ca

To access community resources

NDG: ndgcc@ndg.ca • CDN: cdcdn.ca/

If you need food

multicaf.square.site/ • depotmtl.org/en/

Mental health, psychosocial support, medical assistance: headandhands.ca/ or 514-481-0277

SOS conjugal violence

www.sosviolenceconjugale.ca/ or 514-873-9010

Information on COVID-19 in your language

<https://access.net/>

Seniors needing information: 514-527-0007

Caregiver support service: 1-855-852-7784

NDG Senior Citizens' Council: 514-487-1311

For financial assistance: Government of Québec; Government of Canada

If you need legal services: 514-798-2755

Municipal services being maintained

- Waste, recycling and compost collection
- The borough's 311 line and the Accès Montréal office by email (cdmndg@ville.montreal.qc.ca)
- Certain online permit applications

Services awaiting confirmation

Green waste (yard waste) collection April 22 to June 10 (not considered an essential service).

Suspended services

Hazardous household waste (HHW) collection; Sports and cultural events until April 30.

5 MINUTE SERVICE **24 hours**

ATLAS TAXI
514-485-8585

Atlas taxis APP now is available

**Weather permitting
Airport reservations guaranteed
Special Attention to the Elderly
Pick-Up & Delivery**

info@atlastaxi.qc.ca www.atlastaxi.qc.ca

Soutien aux aînés

- ✓ **Réduction du retrait minimal des fonds enregistrés de revenu de retraite**
 Nous réduisons de 25 % le retrait minimal exigé des fonds enregistrés de revenu de retraite (FERR) pour 2020.
- ✓ **Services pratiques : livraison d'articles et communication personnalisée**
 Nous apportons une contribution de 9 millions de dollars au financement des services pratiques offerts par des organisations locales aux aînés canadiens, par l'intermédiaire de Centraide Canada. Parmi ces services peuvent figurer la livraison de l'épicerie, de médicaments ou d'autres articles nécessaires, ou bien la communication personnalisée en vue d'évaluer les besoins individuels et de mettre les aînés en contact avec les services de soutien de leur communauté.

Support for Seniors

- ✓ **Reduced minimum withdrawals for Registered Retirement Income Funds**
 We are reducing the required minimum withdrawals from Registered Retirement Income Funds (RRIFs) by 25% for 2020.
- ✓ **Practical services: delivery of items and personal outreach**
 We are contributing \$9 million through United Way Canada for local organizations to support practical services to Canadian seniors. These services could include the delivery of groceries, medications, or other needed items, as well as personal outreach to assess individuals' needs and connect them to community supports.

SAUVEZ DES VIES, RESTEZ CHEZ VOUS
STAY HOME, SAVE LIVES

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Cummings Centre reaches out

All events, programs and spring registration for all campuses are postponed.

Over 850 Passover gift cards and 350 Kosher Meals-On-Wheels have been delivered to clients by staff. The delivery of meals and Passover meals will continue.

Staff will do the shopping and delivery of groceries and essentials to vulnerable clients with no family support. Homecare services are continuing.

A community helpline 514-734-1411 was established with Federation CJA, Cummings Centre and Agence Ometz. For assistance, email Ometz-Cummings-helpline@ometz.ca

The Social Services and Mental Health staff continue to work remotely offering psychosocial support, financial assistance, and service through the Cummings' Shopping Program.

The Day Services staff are in touch with their clients and those with dementia to offer support and assess basic needs. They are working with caregivers to provide in-home stimulation kits. "Care Calls" are made by volunteers.

To break social isolation, the centre is providing free access to their Virtual Library. Included are 150 recorded videos of past Cummings lectures, events and classes from experts in well-aging. Topics include health and wellness, music and art appreciation, global affairs, and tales and travel available at cummingscentre.org/virtual-learning/

The Communauté Sépharade Unifiée du Québec, in partnership with Cummings, offers conferences, French music and Israeli films on the Cummings Virtual Library.

The Program Department will be uploading new videos weekly and the team is looking at Facebook and YouTube live videos to support the intellectual, cognitive and physical well-being of seniors.

Info and ongoing updates:
cummingscentre.org

Essentials from the updated COVID-19 Self-Care Guide

Published by the Quebec government on March 30, it's available at theseniortimes.com