

SEPTEMBER 2020



REALM – Virtual Newsletter

# IMPORTANT DATES IN SEPTEMBER

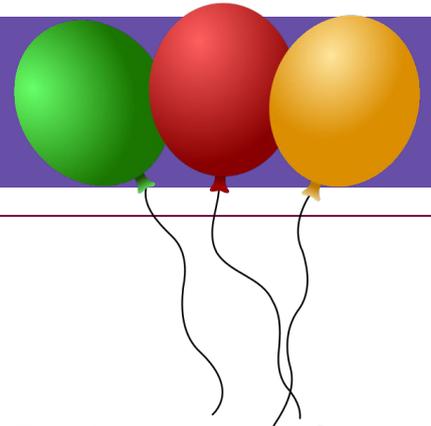
**September 4 – REALM Closed**

**September 7 – Labour Day (REALM closed)**

**September 21 – Peace Day**

**September 22 – First Day of Fall**

# BIRTHDAYS & MILESTONES



Kendall W. - Sept. 1 David P. - Sept. 16

Trenton E. - Sept. 4 Jannis - Sept. 23

Ana Y. - Sept. 7 Lynden - Sept. 23

Felicia M. - Sept. 9 Crystal S. - Sept. 26

Lynetta B. - Sept. 10 George F. - Sept. 27

Marvin S. - Sept. 10 Adrian D. - Sept. 30

Karla W. - Sept. 15

Norman Foster turned  
80 on August 6!!!



# WHAT'S GOING ON AT REALM.

- In August we welcomed back some of the operational staff. We are so excited to see more faces at REALM.
- Our pancake breakfast, hot dog lunch, and movie night were a success. We are brainstorming more ideas and we will be in touch to let you know about any exciting upcoming events that we can do in a safe manner.
- If you need to come to REALM please phone and book an appointment. Masks need to be worn when you are inside the building.
- Visits with DSP's are being done in the community or virtually. We are enjoying getting to be creative to come up with new and fun ways to provide support.

# MEET OUR NEWSLETTER TEAM



**Donna S., Colleen M., Tina H., and JoAnn G. are members of REALM's newsletter group. They are involved in creating our monthly newsletter. For this edition the ladies were interviewed to discuss what they have been up to and how they are coping during this time...**

# PERSONAL UPDATES

## Joanne G.

The hardest part about this COVID is the quarantine and not getting to see my friends, especially Tina. And I miss working too it was good to be around people. Even though it is a difficult time I am having a lot of support from my family. I feel good about being healthy myself, and I am thankful for the rest of my family's health.

I spend a lot of time watching tv, it gets kind of boring. I am learning to use Facebook. When this is over, I am most looking forward to going out for coffee and meeting up with friends at McDonald's.

## Tina H.

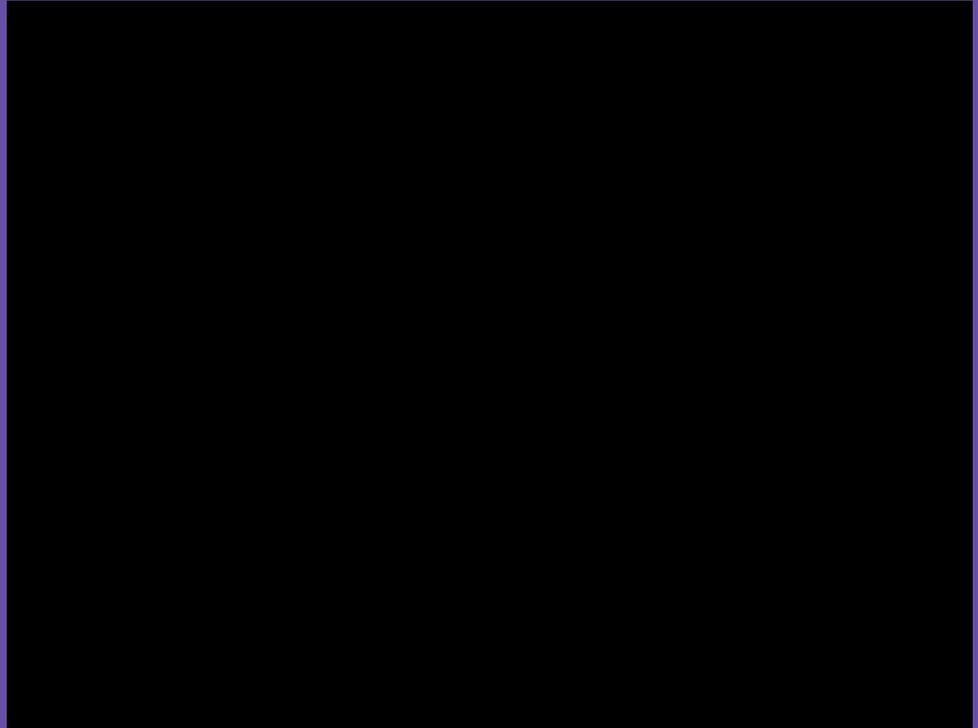
It has been difficult to keep myself busy, during the quarantine. I do get a chance to talk to my friends, but I do feel lonely. Through the quarantine I have am I really enjoying walking and go on a lot of walks in my neighborhood. It helps me handle my anxiety; I have been working on animal puzzles too. My mom and dad have been supportive to me I am glad that I have them nearby. I felt good when I did the poster for REALM, I like helping, it makes me happy. When we get through this, I want to celebrate with my friends that is what I am most looking forward to, being with them.

## Donna S.

The lockdown is difficult for me. But I work at taking a deep breath and try to stay focussed on the positive. I liked watching spring come all the pink cherry and apple blossoms. Yeah, I have done some fun things, I went Quading with Michelle, it was fast, and I got soaked even my hair. That was fun. A movie that puts me in a good mood is Dirty Dancing that makes me happy. It is hard though; I miss working at Java Creek. I cannot wait until I go back to work. But I try to stay positive and go with the flow, what else can you do.

# A VIDEO MESSAGE

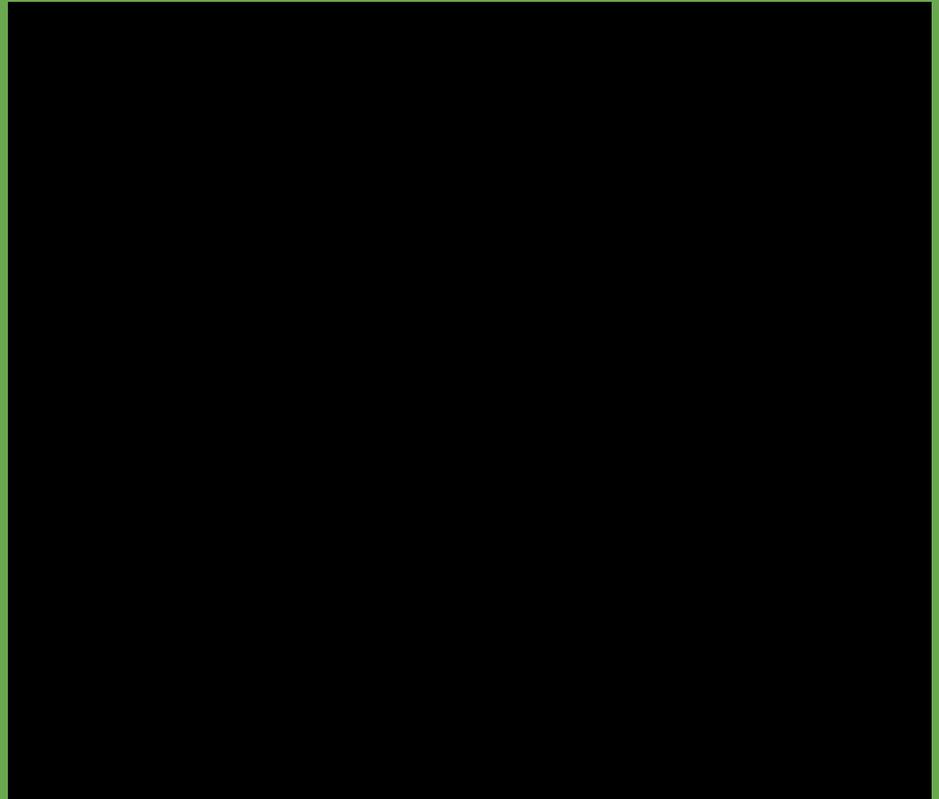
This month we met with Colleen M., one of REALM's self-advocates and a member of the newsletter team. We chatted about how she has been doing during these past few months, and we asked her to pass on some tips on how to stay healthy and happy while we are dealing with COVID-19.



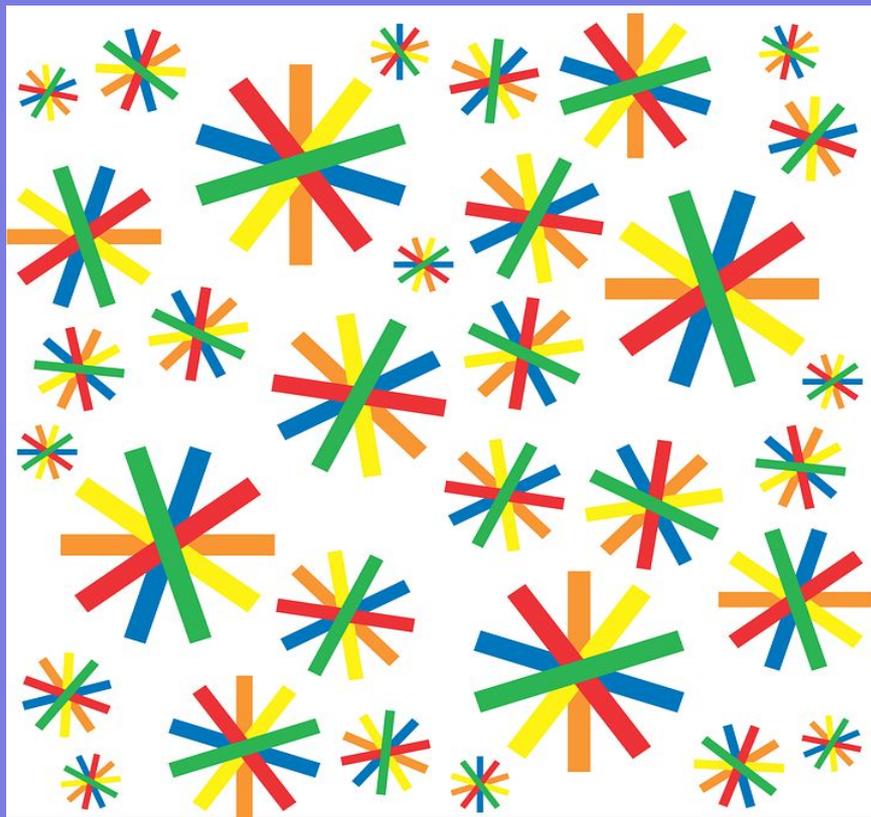
# CELEBRATE THE GOOD...

In this section we will share an uplifting and positive video or news story that we have found to spread some happiness and cheer.

This month, enjoy this two-part video of a young gentlemen proposing to his girlfriend. During the pandemic the residence she lived in was locked down, so he had to get creative in the way he proposed. Watch to see her response. We hope this video brightens up your day!



AND FOCUS ON THE POSITIVE!!



# SEPTEMBER ACTIVITY IDEAS



- Go for a walk in a park and collect leaves, or take pictures of the fall colours
- Bake
- Make a craft
- Colour a picture
- Send a letter or e-mail to a friend or family member
- Make soup
- Drink tea

# CRAFT IDEAS

1. Collect leaves or purchase fabric leaves from the dollar store
2. Cut a hole in the middle of a paper plate
3. Attach the leaves to the paper plate with glue or tape.
4. Voila! You have a homemade fall wreath to hang on your wall or door!



# EASY RECIPE IDEAS



## INGREDIENTS:

- 1 8-ounce package of cream cheese, softened
- 3/4 cup brown sugar
- 1 tablespoon vanilla

**DIRECTIONS:** Mix the ingredients together , adding a little milk, if desired to thin. Stir until well combined and smooth. Transfer to a serving bowl and serve with apple slices.

## *Make-Ahead Tips:*

This dip stores well in the refrigerator for up to 3 days. To serve, remove from the refrigerator and allow to reach room temperature and serve.

# SELF-CARE CORNER



This month we are going to talk about Journaling. Journaling is a great and easy way to relieve stress, because it allows you to get your thoughts and emotions out onto paper, and all you need is any notebook and a pencil or pen. There are a lot of different kinds of journals that you can have, including health journals, stress relief journals, art journals, and dream journals.

Erin S. gave us some tips on journaling this month. She suggested that if you get stuck and don't know what to write, that you should just start to write about anything that comes to mind, and soon your thoughts will start to flow. She said that it is important to write in your journal regularly so that you can get your thoughts and emotions out and you don't bottle them up, because this can lead to stress. Erin also said that it is important to keep your journals private, and to not let others read them unless you want them to. Thanks for the great journaling tips Erin!

# JOKES & RIDDLES



**Q:** What is a scarecrow's favorite fruit?

**A:** Straw-berries

**Q:** What do you get when you drop a pumpkin?

**A:** A squash!

- Philip B.

**Q:** What can fly without wings, and cry without eyes?

**Q:** I can speak without a mouth and hear without ears. I don't have a body and I come alive in the wind. What am I?

- Felicia M.

# PARTING WORDS..



We at REALM hope that everyone had a great summer and made the best of the hot weather we had! Going forward into the Fall months we need to continue being vigilant regarding the COVID-19 virus. It is very important to remember to..

- Wash your hands regularly, and always wash your hands if you have been outside your home and before you eat
- Avoid touching your face
- Wear a mask if you can't maintain 6 feet of distance between others. (In some places masks are now mandatory, like in Wal Mart, on the Bus and at Dollar Tree).
- Keep in touch with friends and family over the phone and e-mail, or in spaces where you can maintain social distancing.
- Reach out to someone at REALM if you need anything or even to just have a chat!

Happy September!!

We'll see you  
again in October  
for the next  
installment of  
REALM's virtual  
newsletter!