



**SENIORS
ACTION
QUEBEC**



**LES
AÎNÉS
ACTION
QUÉBEC**

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Welcome to our first newsletter!

In a bid to support our current and future members, every three months, we will publish a newsletter for our community and network.

Have a story or news that you would like to share? Feel free to contact us at info@seniorsactionquebec.

COVID-19: MYTH VS FACTS

Confused by all the information circulating around COVID-19? The World Health Organization released a [myth buster page](#) on their website, separating fact from fiction.



POSITIVE NEWS

Is the news bringing you down and you need a pickier upper? The [Good News Network](#) has uplifting stories on how people are coping and helping during the global COVID-19 pandemic.

TIPS TO DEAL WITH BOREDOM DURING ISOLATION

Here are some amazing links

ARTS AND CULTURE

Montreal's Museum of Fine Arts has free virtual tours of its exhibitions which can be viewed through its [app](#).

The Museum of Anthropology at the University of British Columbia has opened part of its collection. You can now explore part of its [catalogue](#) from the comfort of home.

Britain's Tate Modern Museum is also showcasing some of its [collection online](#).

The Smithsonian Institute created [virtual tours](#) for many of its exhibitions.

EDUCATION

Toronto University is running a free [online course](#) on mental health and wellness, and how to deal with the COVID-19 pandemic.

New York's Museum of Modern Art (MOMA) is providing free [online classes](#) on art, fashion, photography and other subjects.

Harvard University is hosting various [free online classes](#) on various topics.

HEALTH

The YMCA has launched a series of online videos with various [exercise classes](#) and a series specifically targeted for [older adults](#).

THINGS TO TRY TOGETHER WHILE APART

If you have a Netflix account, create a Netflix watch party, where you can simultaneously watch your favourite tv shows or movies with your friends and loved ones. Here's a quick [step-by-step guide](#) on how to use Netflix watch party.

If you are on social media, expand your network, by joining Facebook groups.

Host a pub quiz night with family and friends through video calling or with teleconferencing tools like Zoom, Facebook or Google Hangouts.

Get your friends and family to start a weekly email "newsletter" with each other. You can use this tool to share things that you have read, new recipes, photos, funny stories etc.

Start a book club or a recipe club with family and friends and schedule weekly video group calls.

Host a long-distance dinner party with family and friends via video calling/conferencing, where each person sets an elegant table and cooks the fanciest of quarantine meals.

HAVE ANY RESOURCES REGARDING COVID-19 THAT YOU WOULD LIKE TO SHARE?

Send us an email us at info@seniorsactionquebec.ca if you would like to share resources.

We have also created three information sheets (listed below) to help guide people on issues regarding seniors and the pandemic. All three information sheets can be found in both English and French on our [online resource page](#).

[Tips on Dealing With Isolation During the COVID-19 Pandemic](#)

[What to Ask a Senior's Residence During the COVID-19 Pandemic](#)

[Information About Moving Seniors From Residences](#)



Don't forget, June 15 is World Elder Abuse Awareness Day.

Visit [our website](#) for resources and for information on the World Elder Abuse Awareness Day.

If you know of any senior who is being abused, call the Elder Mistreatment Helpline at 1-888-489- 2287 or visit www.aideabusaines.ca/en/

If you require a paper copy of this newsletter, please contact us by email (info@seniorsactionquebec.ca) or by phone 438-386-1944.

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