

Memorial Donations Received

Donations have been made to Whitehorse United Church in memory of the following people:

Jean and Gerald Talbot

by Linda Talbot

Val Boorse

by the Boorse family

Stewart Breithaupt

Rev. Fred & Nellie Lane

by Jan Mann

Janet Agnes Tack

by Beth Roberts

Bill & Gertie Saville Brazier

by Bev Brazier

Jim Winberg

NEW - Thoughts on the 6 month COVID-19 “wall” – by Dr. Aisha Ahmad (@ProfAishaAhmad)

The 6 month mark in any sustained crisis is always difficult. We have all adjusted to this “new normal”, but might now feel like we’re running out of steam. Yet, at best, we are only 1/3 the way through this marathon. How can we keep going?

First, in my experience, this is a very normal time to struggle or slump. I *always* hit a wall 6 months into a tough assignment in a disaster zone. The desire to “get away” or “make it stop” is intense. I’ve done this many times, and at 6 months, it’s like clockwork.

This time, our crisis is global and there is nowhere to run. That’s OK. I’ve had to power through that 6 month hump before and there is life on the other side. Right now, it feels like we are looking ahead at a long, dark wintery tunnel. But it’s not going to be like that. Rather, this is our next major adaptation phase. We’ve already re-learned how to do groceries, host meetings, and even teach classes. And we have found new ways to be happy and have fun. But as the days get shorter and colder, we need to be ready to innovate again.

This is my first pandemic, but not my first 6 month wall. So, what can I share to help you? First, the wall is real and normal. And frankly, it’s not productive to try to ram your head through it. It will break naturally in about 4-6 weeks if you ride it out.

Of course, there are things we have to do. Work. Teach. Cook. Exercise. But just don’t expect to be sparkingly happy or wildly creative in the middle of your wall. Right now, if you can meet your obligations and be kind to your loved ones, you get an A+.

Also, don’t be afraid that your happiness & Creativity are gone for the rest of this marathon. Not true. I assure you that it will soon break & you will hit a new stride. But today, roll with it. Clear away less challenging projects. Read a novel. Download that meditation app.

Frankly, even though we can’t physically leave this disaster zone, try to give yourself a mental or figurative “shore leave”. Short mental escapes can offer respite and distance from the everyday struggle. Take more mental “leave” until you clear the wall.

In my experience, this 6 month wall both arrives and dissipates like clockwork. So I don’t fight it anymore. I don’t beat myself up over it. I just know that it will happen & trust that the dip will pass. In the meantime, I try to support my mental & emotional health.

Take heart. We have navigated a harrowing global disaster for 6 months, with resourcefulness & courage. We have already found new ways to live, love, and be happy under these rough conditions. A miracle and a marvel. This is hard proof that we have what it takes to keep going.

So, dear friends, do not despair of the 6 month wall. It’s not permanent, nor will it define you in this period of adversity. Trust that the magic that helped you through the first phase is still there. Take a breath & a pause. You’ll be on the other side in no time.

This week



Every Child Matters: Orange Shirt Day

September 30 is Orange Shirt Day – a day to remember the legacy of residential schools in Canada. There are many projects and artists offering works to visually mark September 30.

A couple of video suggestions received from Regional Council:

[Listening with Heart and Intention: Beverly Brown, for Orange Shirt Day](https://www.youtube.com/watch?v=Ht7ZVNscOb4)
<https://www.youtube.com/watch?v=Ht7ZVNscOb4> (22 minutes)

[Listening with Heart and Intention: Ray Jones, for Orange Shirt Day](https://www.youtube.com/watch?v=YtPh2WY9wYY)
<https://www.youtube.com/watch?v=YtPh2WY9wYY> (37 minutes)

Need help with technology?

If you are 55+ and interested in learning more about your smartphone, tablet or computer, or being online, or digital security, or just need someone to help you fix a problem, consider attending Yukon Learn's digital skills workshops. These are free. The workshops are done via Zoom and there is lots of help available with that if you are new to it. Some limited one-on-one 'help' sessions are available by appointment. **On the following pages is some information on the offerings.**

Questions? Contact Ted Ackerman at ted.ackerman@yukonlearn.com

Seniors Outreach Computer Tutor Program



FREE to seniors 55 and up



Learn about:

Computers Tablets Smartphones

Internet Email Social Media

Digital Pictures Zoom ... and more!

Weekly online learning sessions – call 1.888.668.6280 to register.



Tuesdays 1:30 to 3:30 Open lab.

Questions, answers & discussion on a wide range of topics, always interesting and lively.



Thursdays 1:30 to 3:30 Instructor led workshops.

See the latest schedule for upcoming topics.

AND ... by appointment:

One-on-one help with computers, smartphones, internet ... just about anything technical.

(Due to current COVID restrictions, one-on-one sessions must be held in a suitable public place, and with face masks, gloves and sanitization.)



This project was supported by a grant from CIRA's Community Investment Program
Presented in partnership with Elder Active Recreation Association



Seniors Outreach Computer Tutor Program



Schedule of Thursday Learning Events ----- Sep 17 – Nov 26, 2020

Times: Thursdays, 1:30 to 3:30

Location: Zoom

Sep 17 – Notifications – our smart devices have lots to tell us about (new email, app updates, your Dentist appointment this afternoon). The trick is – make sure you get the notifications you care about and not be bothered by things that don't matter so much.

Sep 24 – Sync devices – most of us have more than one smart device (computer, tablet, smartphone) and it's handy to see our stuff (email, photos, calendar) the same on all of them.

Oct 01 – Local services – a look at people and businesses in the Yukon that can help us with our technology when we need something new or help with a difficult problem. Some of them offer seniors discounts too, that's good to know.

Oct 08 – New Tech – there are new things coming out all the time, let's see what might be useful for us.

Oct 15 – Info sources – seniors web sites, including tech tips with a seniors context, scams to watch out for, and other information relevant to our group.

Oct 22 – Social Media is rapidly evolving, on the other hand Facebook is launching a new product for college students ... which was the original purview of Facebook. Despite all the churn, there is still relevance for many of us so let's see where it is all going.

Oct 29 – Housekeeping (review) – cleaning up unwanted cookies/data/apps, checking settings for privacy & security. We should do these things often to keep our smart devices safe and in good running order.

Nov 05 – Zoom – there have been some new features and other changes to Zoom. And it looks like we'll be using it for a while yet so improving our proficiency should be useful.

Nov 12 – Photo management – digital photos are great, you can take thousands of them on your smartphone! But keeping them organized is another matter. Let's take another look at this very popular topic.

Nov 19 – Ancestry – there is a lot of history on the internet, our history! Let's take another look at the genealogy sites and how they work.

if there are other topics you would like to see covered, let us know. We will try to work them in.

*And remember our Tuesday open lab sessions, same time same place.
Bring questions, problems, information, suggestions, advices about devices,
anything involving technology.*



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Spiritual Creativity

I am inviting you to join a Spiritual Creativity Group. Once a month (2nd Monday of the month) we will get together on zoom from 6:30-7:30. You will be given a spiritual quote or reading. You will have one month to ponder these words and then create something to explain what these words mean to you. You can paint, draw, sew, write a poem or story, collage, sing a song, anything that speaks to you. The first meeting will be Monday October 12 at 6:30. It will be a meet and greet and you will receive your first reading. After that, our meetings will include a new reading and a show and tell, if you want to share. If you would like to join please email the office at wuc@klondiker.com and I will put you on the zoom list.

Dianne Gale

Oct 15, 22 & 29, Nov 5 & 12, 2020

[Circle of Song ONLINE: A 5-week singing experience on Zoom](#)

Join Chris MacLean, a graduate of the Community Choir Leadership Training program (Ubuntu Choirs Network), a registered Voice Movement Therapy (VMT) practitioner and a veteran singer-songwriter. She'll guide you in singing for your well-being, for belonging, and FUN! Although we can't gather in person, we can still enjoy many benefits of singing, by joining together to sing on Zoom. We'll connect body, breath and voice, and together we'll lift our spirits with soul-satisfying songs from around the world in unison and in harmony. Everything will be taught by ear. Singers of all abilities are welcome. We can help getting you on line and ready ahead of time!



Can you help?

Looking for accommodation - a 1 bedroom apartment preferred
Willing to share space with one other person
Contact Abraham - 778 684 9977

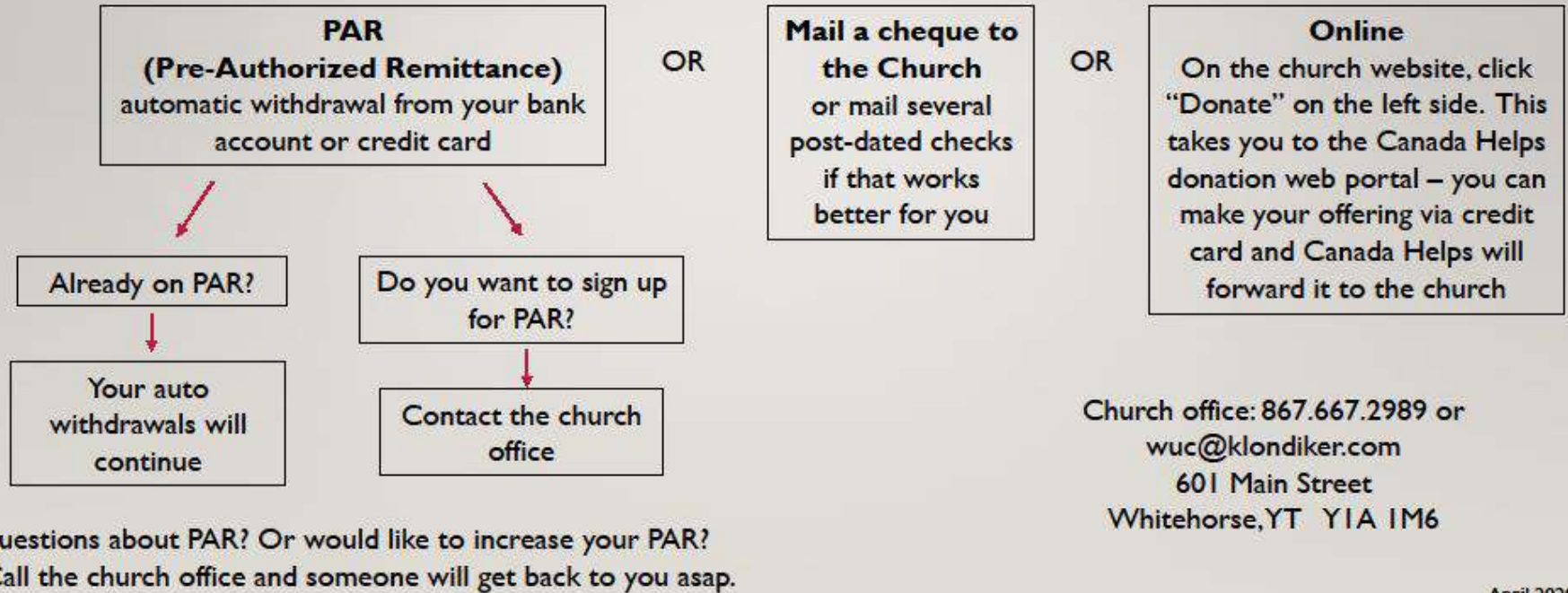
Quilters and other workers in fabric: Looking ahead to Advent, we're looking for blue fabric, large pieces of light blue and scraps of royal blue. Any help would be appreciated. Please let Bev or Diane Gale know if you have fabric to donate. Thanks!

Thank you to all who have continued to support the Outreach Van by dropping off soaps, toothpaste and other toiletry items that go into making health packs. As cooler weather starts in, **warm men's socks, gloves and caps** are always welcome. A bar of soap or a pair of socks means very little to most of us but everything to someone else.

Wishing to pass it on

Do you know of any family that would like a gift of gently used books, puzzles and DVD movies? Some pre-school age, some a little older. 2-6 year olds mostly - let us know and we'll make sure they get passed on to you.

How do I financially support Whitehorse United Church during this time of COVID restrictions?



April 2020

Need to talk with someone? Struggling to cope?

Here are some low/no cost Mental Health resources within the territory:

In-Person free- to low-cost resources

Counseling

In Whitehorse:

Mental Wellness and Substance Use Services Sarah Steele Building – 609 Steele St.,
Whitehorse: 1-866-456-3838

Canadian Mental Health Association – 209-1114 Front St, 668 6429

All Genders Yukon through *Ignite Counselling* - 3089 3rd Ave #1. Call 668-5498 for more information.

Hospice Yukon Society is a community-based not-for-profit organization that has been providing a range of *bereavement support* services to Yukoners. You can learn more about the programs and services that Hospice Yukon offers by visiting the website at www.hospiceyukon.net, dropping by the office at 409 Jarvis Street Monday- Friday 11:30 am - 3:00 pm, or calling 867-667-7429. Confidential support is provided free of charge.

In the communities:

Dawson City: Dawson City Community Hospital: 501 – 6th Avenue, Dawson City: 867-993-4300

There are also Mental Wellness hubs in Carmacks, Haines Junction, and Watson Lake. Please call 867-456-3838 or 1-866-456-3838 for more information.

(Gov)Employee Benefits (free to employees/ their families)

YG Employees can access the Employee and Family Assistance Program at 1 867 668-EFAP (3327) or 1-800-667-0993. Included in the YG Employee and Family Assistance Program is an online resource centre with additional supports related to health and wellbeing, family and relationships, career and work. **Access these resources at:** www.fseap.ca/resources.

City of Whitehorse Employees can access their Employee Assistance Program at www.homewoodhealth.com, and by calling 1-800-663-1142 (English), 1 866-398-9505 (en français).

Government of Canada Employees can access the Federal Government Employee and Family Assistance Program (EFAP) available 24/7, free and confidential, 1-800-268-7708

<https://www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services.html>

Online and Other Resources

Crisis Services Canada • 24-hour, confidential and anonymous suicide prevention and support line. • 1-833-456-4566 • www.crisisservicescanada.ca

Canadian Virtual Hospice • Information and support on palliative and end-of-life care, loss and grief. • www.mygrief.ca or www.kidsgrief.ca

Canadian Association for Suicide Prevention • <https://suicideprevention.ca/> • <https://suicideprevention.ca/About-Suicide-and-Life-Promotion>

Tao Tel Aide • Nos lignes d'écoutes sont ouvertes 24 h sur 24 365 jours par année. Un service de confiance | 1-800-567-9699

First Nations Hope for Wellness Help Line: This is a specific resource for First Nations and Inuit to provide immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut • Call the toll-free Help Line at 1-855-242-3310 or connect to the online chat at hopeforwellness.ca.

Road to Mental Readiness App (look for it in the App store or on Google Play) is a free mobile app developed by Department of National Defense to improve short-term performance and long-term mental health outcomes. <https://apps.apple.com/ca/app/r2mr/id1148743063>

Upcoming Activities & Events (Also, check out the website [Church Calendar](#))

Date	Time / Location	Details
<p>All meetings and activities at the church have been cancelled due to COVID-19. Please stay tuned for information about the resumption of in-person meetings and activities.</p> <p>Please see the Facebook page for information about interactive Facebook daily 7 pm story time for the little ones and Sunday 10:30 virtual worship.</p>		

COVID-19 Related Information

“Virtual” health appointments are now available. Thanks to COVID-19, Yukoners now can have a “virtual health appointment” with a doctor or optometrist using a computer with a “tele-medicine” program called Doxy. Anecdotal reports from seniors who have used the service have all been positive – perhaps this option will continue after self-isolation is no longer required? It will make life easier for people in the communities or with transportation challenges in town. You still need to make an appointment with your physician in the usual way. Don’t forget the 811 phone service is also available if you have a health question or concern.

Reminder: COVID-19 information online

The one-stop-shop for information about COVID-19 in the Yukon – including government financial assistance programs – is at yukon.ca/covid-19. For a handy table comparing the symptoms for COVID-19, influenza and a cold, click [HERE](#).

If you can, support our local restaurants

Don't feel like cooking one night and want to support a local restaurant? What's Up Yukon has done a great job at keeping us up to date with all the restaurants that are still open and offering take-out/delivery services. If you have a favourite restaurant, now is the time to support them so they'll be around after the COVID restrictions are lifted. Click [HERE](#) for the list.

Let's Chat Yukon now operating

Stuck at home and wishing you had someone to speak with? April 15th marked the launch of Let's Chat Yukon, a toll-free line you can call for enjoyable conversation with a fellow Yukoner. Just because you're self-isolating doesn't mean you're alone. This is a free service run by volunteers. 1-877-321-1001