

# 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**

**Thanksgiving** by Ross Gay

If you find yourself half naked  
and barefoot in the frosty grass, hearing,  
again, the earth's great, sonorous moan that says  
you are the air of the now and gone, that says  
all you love will turn to dust,  
and will meet you there, do not  
raise your fist. Do not raise  
your small voice against it. And do not  
take cover. Instead, curl your toes  
into the grass, watch the cloud  
ascending from your lips. Walk  
through the garden's dormant splendor.  
Say only, thank you.  
Thank you.

# New announcements

## HALLOWE'EN

Here at the church the Christian Growth committee would like to hand out some treats at the church in a safe way. If you'd like to help with that, you could do a couple of things:

- 1) you could come help us on that day (we'll decide the times later) and/or
- 2) you could help by donating boxes of small chocolate bars or paper bags.

The church office is the drop off spot for donations and collecting names of those interested in helping. 667-2989 or [wuc@klondiker.com](mailto:wuc@klondiker.com)

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## COOKIE WALK

**It's a go!!!** Well, not like our usual cookie walk, but this is what we know so far:

It will be the **first Saturday of December** as usual

There will be preserves and pies for sale. There will be cookies as well.

The cookies will be pre boxed: boxes of mixed Christmas cookies, as opposed to being able to choose from among the selection of cookies.

We'll keep you up to date as we work out more details. For now, we'd like to know who is willing to make cookies. Please let us know if you're willing to bake.

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## CHRISTMAS SERVICES

Whatever decision is made about worshipping in our sanctuary, it's clear that we'll not be able to be all together in the church Christmas Eve.

For the recorded service, I'd like to see as many familiar faces as possible.

**WOULD YOU BE WILLING TO BE RECORDED**, SIMPLY SAYING "MERRY CHRISTMAS" OR SAYING "MY NAME IS \_\_\_ AND MY FAVOURITE CHRISTMAS CAROL IS \_\_\_"?

Carolyn Westberg is recording people, and very soon we'll choose a day where you can come to the church to be recorded. Stay tuned!

# 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](mailto: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 (2<sup>nd</sup> 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](mailto:wuc@klondiker.com) and I will put you on the zoom list.

*Dianne Gale*

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**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?

**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!

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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.

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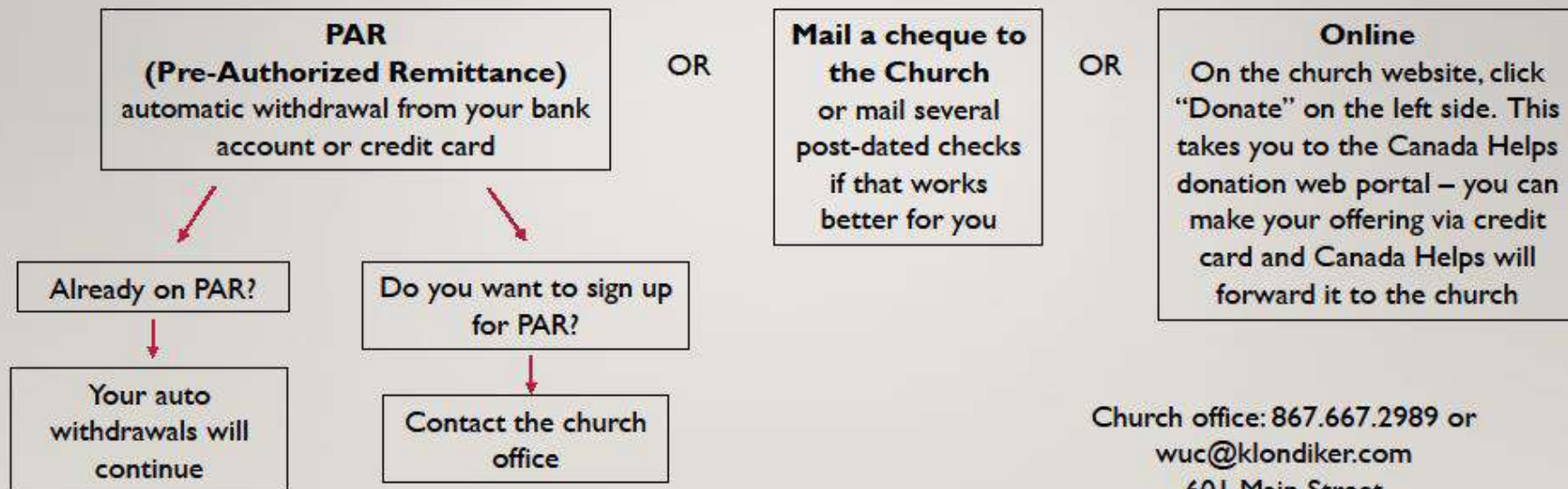
A member of the church is looking for the following donations:

- A small easy-to-use old-fashioned boom box, not a Diskman
- Interesting coffee-table books, with pictures and some narrative, especially about nature, geography, different countries, animals, Switzerland, New Zealand

## 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?**



Questions about PAR? Or would like to increase your PAR?  
Call the church office and someone will get back to you asap.

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](http://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 – 6<sup>th</sup> 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](http://www.fseap.ca/resources).

City of Whitehorse Employees can access their Employee Assistance Program at [www.homewoodhealth.com](http://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](http://www.crisisservicescanada.ca)

**Canadian Virtual Hospice** • Information and support on palliative and end-of-life care, loss and grief. • [www.mygrief.ca](http://www.mygrief.ca) or [www.kidsgrief.ca](http://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](http://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><b>All meetings and activities at the church have been cancelled due to COVID-19.</b> 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](http://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