

Greetings from Britain!

This week in the mail we received a note and a gift from Zaidie and Trevor.

The gift is a 2021 Calendar, featuring eagles. They said: "We were hoping to get a Sheffield calendar, but they were all sold out - so this comes in memory of our friends on the webcam!"

The note says:

Greetings in the name of our long-expected Saviour. Just a note to wish everyone a blessed Christmas and New Year. Our churches still remain closed, due to the restrictions. It is a really sad time for those who are really isolated - even more because of COVID.

We're most likely going to be on our own for Christmas, but we send a message of being together in mind and spirit.

So, please stay safe, and keep well. Watch out for slippery sidewalks and look after and out for each other.

Until we meet again
in Christ
Zaidie and Trevor

One of the blessings that 2021 will bring is that **Deb Bartelette** will be ordained later this month in the Lutheran Church to serve Trinity Lutheran here in Whitehorse. We rejoice with Deb and with the people of TLC!

Our two congregations, (WUC and TLC) are joining to present her with a gift from both communities.

If you would like to contribute to the ordination gift, please contact Sheila Maissan at smaissan@northwestel.net or 333-3280.

The service will be held at Christ Church Cathedral (making it a truly ecumenical celebration!) but because of COVID restrictions, it's by invitation only. If this will be livestreamed I will let you know.

Seniors Outreach Computer Tutor Program



Schedule of Thursday Learning Events ----- Dec 2020, Jan 2021

Times: Thursdays, 1:30 to 3:30

Location: Zoom

Dec 03 – Voice over Internet Protocol (VoIP) – VoIP is a way of talking with people over long distances, but through the internet instead of the telephone system. And it's often a lot cheaper, sometimes even free! For example, Zoom uses VoIP as long as you don't phone in.

Dec 10 – Podcasts/Streaming/Live feeds – many news and entertainment organizations offer these services so we can access media content that we want – when we want. CBC has all of them so is a good site to see what they are and how they work.

Dec 17 – Trouble Shooting – sometimes things go awry on our smart devices, it can be distressing. But there are several things we can (and should) do before calling Tech Support.

Jan 07 – Internet & Data Usage – these days we're connecting a lot more, communicating with family and friends, streaming movies, Zooming, etc. But there is a cost! Today we take a detailed look at the different data streams available to us and how to make best use of them.

Jan 14 – Reporting Fraud – the authorities tell us that the reporting of fraud in Canada is very low. Turns out it's not all that easy, wonder if that has something to do with it? We will take a detailed "how-to" look at the system for reporting fraud. Since fraud is increasing dramatically (especially cyber-crime versions) we should know what to do if we do get hit.

Jan 21 – Back Ups – they used to be simple though annoyingly slow and we didn't want to be bothered. Now they are much faster, but many of us still don't want to be bothered. It might not matter, it may be happening automatically without us even being aware. Apple, Google, MicroSoft, Samsung, and others are all very happy to keep copies of our data for us. However, it is still a good idea to make sure we know what is going on with this important function.

Jan 28 – Notifications – banners, badges, sounds, grouping, persistence, on lock screen or not ... our smart devices have lots to tell us about, many different ways of doing so, and we have many different ways of controlling it all. It's worth delving a bit to make sure we see what we think is important without wasting time with things that aren't.

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.*



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



Ready to copy & Paste – please share

Do you or someone you know in Yukon work as an essential worker earning less than \$20 an hour? You might be eligible for thousands of dollars from COVID-19 Wage top-up by Yukon Government. The catch, your employer needs to apply on your behalf.

If your employer didn't apply for this benefit for you, please email me at

kate.white@yla.gov.yk.ca

The list is much longer but here are examples of workplaces that would qualify:

- ✔Hotels
- ✔Restaurants
- ✔Grocery stores
- ✔Daycares
- ✔Gas stations
- ✔Warehouse
- ✔Pharmacy
- ✔Agriculture
- ✔Transportation and courier service
- ✔Janitorial and security

Can you share this post to reach as many of these workers as possible? Thanks team!

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

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.

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.)



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Need to talk with someone? Struggling to cope?

Hospice Yukon: Offers many resources to help with losing a loved one, co-worker or pet:

- Living with Loss - A free, 2-hr education session to help you better understand the grieving experience.
- Counselling;
- Healing Touch;
- Grief Support Groups;
- Lending Library;
- Vigil Support in the final week to days of life;
- Professional Support.

All of these programs are offered free of charge. Staff are still available to help by e-mail and telephone. 409 Jarvis Street · Whitehorse, YT Y1A 2H4 · Canada Please call 867 667 7429 or email info@hospiceyukon.net for more info. <https://hospiceyukon.net/>

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>

COVID-19 Related Information

REGARDING PASTORAL VISITS IN THE HOSPITAL

If someone is in the hospital and wants to see a spiritual care giver, you have three options:

1. there will be a chaplain on call and you can ask the staff to put you in touch with that person (chaplains are simply local pastors and ministers and priests, including me, who take turns being on call a month at a time),
2. there are iPads available for use at the hospital and they can help you arrange a visit from me that way, or
3. for those in palliative care, it's possible for me to make an in person visit but the patient her/himself, or the family, has to add me to the list of those who are allowed to visit in person.

“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