March 24, 2020

Dear Resident:

As a claimant of the additional Home Owner Grant, I am reaching out to share what the City of Port Coquitlam is doing to support our residents during these challenging times. The health and safety of our residents is our top priority.

To help stop the spread of COVID-19 and to support the community, we have taken the following measures to date:

- Closed all civic facilities, playgrounds, sports courts and sports fields;
- Postponed or cancelled a number of upcoming events;
- Followed provincial orders to close restaurants, pubs and personal services;
- Encouraged local retail stores to increase delivery services, put limits on product sales and/or provide dedicated shopping hours for older adults; and
- Waived the penalty and extended the deadline for utility bill payment to May 31. Payments can be mailed to City Hall (2580 Shaughnessy Street, Port Coquitlam, V3C 2A8) or paid at your bank. If you have questions, please call 604-927-5425, email taxes@portcoquitlam.ca or visit our website at www.portcoquitlam.ca/utilities.

We understand like many of us you’re probably feeling overwhelmed and worried, and we are also providing the following supports to help ensure your physical and mental well-being.

- Proactively calling and emailing members of Wilson Seniors to check in, responding to inquiries and providing regular updates. To be added to the phone or email distribution list, visit www.portcoquitlam.ca/wilsonseniors, email wilsonseniors@portcoquitlam.ca or phone 604-927-7529.
- Online programming, such as virtual exercise classes and virtual socializing, through links at www.portcoquitlam.ca/wilsonseniors.
- Providing information at www.portcoquitlam.ca/covid19 about services available to older adults, with links to local, provincial and federal health authorities.
At difficult times like these, it’s important that we all help each other. To that end, we’ve been encouraging residents to check on their family members and neighbours to see how they can help.

Here are some tips for how you can support your own health at this time:

- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of yourself. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling, and don’t be afraid to ask for help.

Your community is here for you. Please feel free to reach out to our staff at wilsonseniors@portcoquitlam.ca or by phone 604-927-7529 if you have any questions, suggestions or need any support.

For all health-related concerns, please call 811 or the Government of Canada novel coronavirus telephone information line at: 1-833-784-4397 or your healthcare provider.

For more details, visit portcoquitlam.ca/covid19.

Sincerely,

Mayor Brad West