We miss you Wilson Seniors!

We know this is an uncertain time for everyone as the COVID-19 outbreak information changes daily, so we’re reaching out to let you know that we’re here for you!

The daily news and points of view can be overwhelming along with the ever-increasing call for staying home and social distancing. In the days to come, we will be sending regular emails to provide you with the latest news on COVID-19, City updates, links to resources, suggestions to keep you active and social while you’re at home, and much more!

Get Connected

Whether you have been a member of Wilson Senior’s for years or brand new to our emails, we’d love to talk to you! While our facilities are closed, City staff are reaching out to our Wilson Seniors members by phone. If you aren’t currently a Wilson Seniors member and would like to be placed on our call list or to find out more information about Wilson Seniors, please visit: www.portcoquitlam.ca/wilsonseniors email: wilsonseniors@portcoquitlam.ca or phone: 604-927-7529

Resources for Seniors

With older adults being at greater risk of contracting COVID-19, it’s important to know the facts and understand what you can do to help prevent the spread of the virus.

Here’s a list of resources where you can find trusted information:

Fraser Health Authority: www.fraserhealth.ca

BC Centre for Disease Control: www.bccdc.ca

Public Health Agency of Canada: www.canada.ca/publichealth

Stay up to date: www.portcoquitlam.ca/covid19
What can you do to support your health?

It’s easy to feel lonely or even bored in a time where you are spending more and more time indoors, by yourself or with only immediate family. You might feel stress and worry rising as your usual outlets for social and physical activities become inaccessible.

We have a few suggestions to help you take good care:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly even if just walking around your space, sit/stand repeatedly, walk your stairs, or do a home-based exercise program.
- Get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some home-based activities you enjoy: listen to music, read a book, hand-crafts, art, etc.
- Connect with others. Call a friend or family member, connect with someone you haven’t talked to in awhile.
- If you are feeling overwhelmed with stress or emotion, reach out to someone. Talk with people you trust about your concerns and how you are feeling, and don’t be afraid to ask for help.

If you have any health-related concerns, please call 8-1-1 or the Government of Canada novel coronavirus telephone information line at: 1-833-784-4397 or your health-care provider.

We’re all in this together! Please feel free to reach out to our staff at wilsonseniors@portcoquitlam.ca or by phone 604-927-7974 if you have any questions, suggestions or need any support.

For more details, visit our City information page: www.portcoquitlam.ca/covid19