

March 16, 2020



## Dear Members, Volunteers & Friends of Tonari Gumi,

Following BC Health Ministry and Vancouver Coastal Health guidelines on Coronavirus 19, Tonari Gumi will be temporarily closed until Monday, March 30th.

Given that we host activities for seniors and other vulnerable people the closure will allow us to evaluate the situation and how to respond to meet your needs. For example, during our closure, enhanced cleaning and sanitization of the building will take place.

Please regularly check our Tonari Gumi web page by clicking website.

In the meanwhile, we encourage you to follow simple practices to prevent catching and spreading this virus.

### ACCORDING TO THE PUBLIC HEALTH AGENCY OF CANADA:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- The wearing of masks is not a recommended preventative measure and should not be considered a replacement for any of the precautions above

**Social distancing** is a term used to describe actions taken that can stop or slow down the spread of a highly contagious disease. A space of 1 to 2 meters is recommended between others. Generally, the idea is to stay away from crowded situations.



Also, instead of handshake, how about a nice bow or bump elbows!



Walking outside with friends is a great way to keep physically and mentally fit.



TONARI  
GUMI

Newsletter

#### CONTACT

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**Isolation**

For older Canadians social isolation is also a serious situation. Remember to keep in touch with others – you will feel less lonely and sad. We have telephone buddies if you would like to talk to someone. Call the office and see if you can be matched up with one of our telephone buddies or perhaps you would like to be phone buddy?

Keep connecting with others by phone. If you familiar with the internet there are many ways to keep connected by computer or tablet.

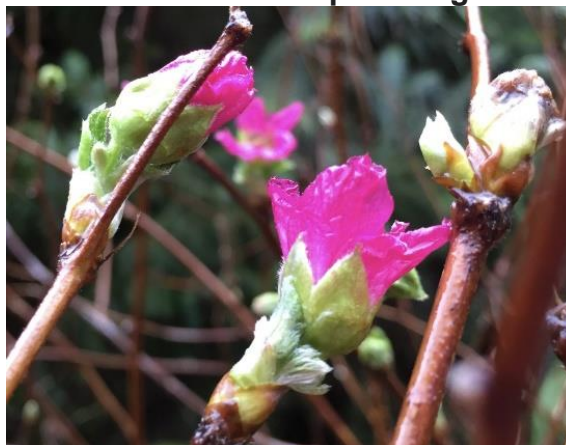
The health and well-being of our members, volunteers and others are of utmost importance to us at Tonari Gumi. We are working to proactively take precautions against the spread of COVID-19 so that we can continue to deliver services and program for you next month.

**Now test yourself!**

1. You should shake hands but not hug dogs. T/F
2. Talking to other people by telephone increases social connection. T/F
3. Social distancing is important to keep the risk of infection low. T/F
4. If you feel unwell, visit all your friends. T/F
5. Only young people can learn how to use computers and tablets. T/F

*Answers 1-F, 2-T, 3-T, 4-F, 5-F*

**Be well and keep smiling!!**



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## Vancouver Coastal Health Statement on Coronavirus Information on Coronavirus Disease (COVID-19)

A new coronavirus is the cause of an outbreak of respiratory infections, now known as COVID-19. The number of cases worldwide is changing quickly. B.C. has confirmed cases of coronavirus; however, the risk to Canadians continues to be low.

### What you need to know

- **Risk:** The risk of coronavirus disease transmission continues to remain low for residents of British Columbia. People without symptoms do not pose a risk.
- **Prevention:** Proper hand washing, covering your mouth and nose when coughing or sneezing and staying home when you're sick is the best protection.
- **Symptoms:** Reported signs and symptoms include fever, coughing, difficulty breathing, and/or pneumonia in both lungs.
- **Experiencing symptoms:** If you think you have the symptoms of coronavirus disease, please stay at home and call 8-1-1.
- **Returning from outside Canada:** Anyone who travels outside of Canada will be asked to stay away from work or school for 14 days upon their return and monitor for symptoms and avoid contact with others. We also ask that you not visit Tonari Gumi during this 14-day period. If you have been travelling and you become ill or become ill after you return home, call your health care provider or 8-1-1 about recent travel and your symptoms. You should also tell your health care provider if you had close contact with a sick person. In order to avoid over-taxing the health care system, please contact your doctor or check at 8-1-1 before going to the hospital or the Emergency Room.
- **Travelling outside of Canada:** The Provincial Government is recommending against all non-essential travel outside of Canada, including to the United States. Currently, anyone who chooses to travel outside of Canada will be asked to stay away from work or school for 14 days upon their return. The situation is rapidly evolving and so please check with 8-1-1 or the Vancouver Coastal Health link copied below.



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- **Health questions: If you have health concerns, call HealthLink BC at 8-1-1.**

<http://www.vch.ca/about-us/news/vancouver-coastal-health-statement-on-coronavirus>

8-1-1 provides **translation** services on request in more than 130 languages. After dialing 8-1-1, you will be connected with an English speaking health service navigator. To get service in another language, simply state the language you are looking for (example say “Japanese”), and an **interpreter** will join the call. The lines are currently very busy so be patient



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**MAKE SURE THAT YOU SAVE THE DATE FOR TONARI GUMI'S ANNUAL GENERAL MEETING ON SATURDAY, MAY 2ND AT 11:00 AM. CHECK THE TONARI GUMI WEB SITE FOR MORE INFORMATION.**

**ON SUNDAY, MAY 3RD AT 3:30 PM THERE WILL BE A MUSICAL PLAY, "MORNING SUN - A JAPANESE CANADIAN STORY - " WITH THE PROCEEDS BENEFITING THE GREENWOOD NIKKEI LEGACY PROJECT. CONTACT CHUCK TASAKA OR CALL TONARI GUMI.**

**THIS YEAR'S 8TH ANNUAL TONARI GUMI & GREATER VANCOUVER JCCA CHARITY GOLF CLASSIC WILL TAKE PLACE ON SATURDAY, JUNE 27, 2020! CLICK ON THE FOLLOWING LINK FOR MORE NFO: <http://www.tonarigumi.ca/events/tg-golf/>**

**Tonari Gumi and  
Greater Vancouver JCCA  
Charity Classic**

Support Key Programs and Services for Our Seniors

**\$175 Per Person  
\$50 for Dinner only**

**Saturday, June 27, 2020**

Registration Deadline: Thursday, May 14, 2020  
Visit [www.tonarigumi.ca](http://www.tonarigumi.ca) for details

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