

Dear Members, Volunteers & Friends of Tonari Gumi,

Welcome to our April edition. Our theme is:

Apart Yet Stronger (TG) Together



TONARI
GUMI

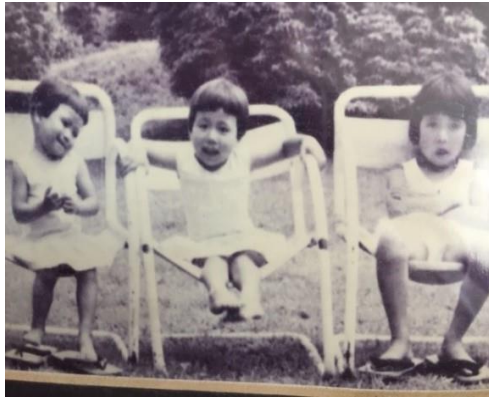
Newsletter

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Guess who's the oldest sister
in this picture?

*"My father would always tell us that
"one stick – breaks,
but three sticks – strong".*

*It was a theme so ingrained in our
lives. Otōsan stressed that we are
always stronger together. Even
when we lived in 3 different
countries, cards mailed, telephone
calls and then internet, we stayed
connected and we stayed strong."*

– Mamiko Van Horn

Currently, we may be physically apart; however, on-going research concluded that by connecting with others we gain a valuable outlet to relieve stress and to feel less alone. In addition, the research also showed that reducing loneliness and social isolation decreased the incidents of chronic illness, including dementia, while increasing a sense of wellness and contentment.

By now you may have received a friendly phone call from our staff at Tonari Gumi. With seniors' wellness in mind, more than ever we need to keep connected and engaged.

"older citizens are both most at risk of getting COVID-19, and potentially devastating mental-health struggles due to isolation as a result of social-distancing measures.

BC Seniors' Advocate Isobel Mackenzie, March 26, 2020

We encourage you to increase your connections with others. Why not join our TG Telephone Buddy Program and get updated on interesting news and allow us to support each other?

In turn, why not share useful information you find on government websites with your friends and family? It will help them deal with their own anxiety. We are truly stronger by connecting together.

Remember:

- ❖ Volunteerism is one excellent way to increase your wellness and sense of purpose, while helping others.
- ❖ For those wanting to volunteer, TG has several options. Be part of the Telephone Buddy Program that shares useful information with others.
- ❖ Stay connected with TG to find out more about upcoming new program information.

Make face masks for your outings!

Easy no sew versions are available on line:

- ❖ in English, <https://masks4all.co>
- ❖ in Japanese: making no sewing cloth face masks
<https://www.youtube.com/watch?v=TAzbdux4Fzc>
<https://www.youtube.com/watch?v=YCfp8HjMeK4>

Safe Seniors, Strong Communities

“Seniors, who live independently with the help of family and friends, are facing deepened isolation and a heightened sense of loneliness and lack access to resources during the current crisis. Hearing a friendly voice, getting help picking up groceries and prescriptions is becoming increasingly difficult,...

With **Safe Seniors, Strong Communities** available through **bc211**, help is just a phone call or a click away and will keep seniors healthy and connected.”

Kahir Lalji, Provincial Director, Population Health, United Way of the Lower Mainland



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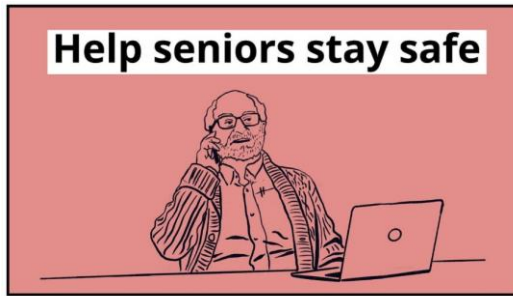
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“During the COVID-19 crisis, seniors will be able to receive the support they need through a new province-wide joint initiative of the Ministry of Health, bc211, and United Way of the Lower Mainland.

Through the new Safe Seniors, Strong Communities program, seniors can request volunteer help with grocery shopping, meal prep, and prescription pick-up, or receive friendly check-in calls by simply dialing 2-1-1 or filling in an online form at www.bc211.ca. Once a senior contacts bc211, they will be connected with a volunteer who can help them. This service will be available seven days a week during daytime hours. “

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 Send us your sakura pictures and stories

for our next TG Newsletter 

IMPORTANT:

For latest updates, please continue to visit our website:

<http://www.tonarigumi.ca/>

<http://www.tonarigumi.ca/events/covid-19-updates/>

Since there are fewer locations available as distribution points for the Bulletin/Geppo throughout the city due to the ongoing COVID-19 situation, the Bulletin is now available online through the Issuu platform for wider availability during this time.

April: <https://issuu.com/bulletin.geppo/docs/bulletin.geppo.april.2020>

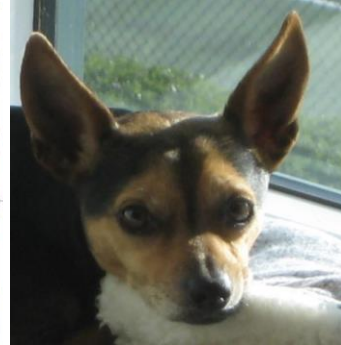
All 2020 issues to date: <https://issuu.com/bulletin.geppo>

**If you find this newsletter useful,
please share this newsletter and website information
with your family and others in our community.**

TG Newsletter Volunteer!



Arrow – (Makiko)



Buddy - Mayumi



Luna – (Yumiko)

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