



### **Hello Dear friend of ImagineAbility; It's Been a While!**

Our community strength and commitment to each other is what continues to pull us all through this strange and unusual time.

Many of our Direct Support Professionals (support staff) have been redeployed to support people in their homes. Many of the people we support have kept in touch with friends and staff through phone calls, texts, emails, and social media. The world certainly is different for all of us right now. The important thing is to remember that we are not alone. We are in this together.

We aren't quite ready yet to reopen our buildings, but we will certainly let you know once we have a date set. Our ImagineAbility Team would like to extend our collective wish that you and your loved ones remain safe and well.

### **A MESSAGE FROM**

*Audra*

Hello everyone,

It is hard to believe it has been almost 2 months since ImagineAbility suspended services due to the COVID-19 pandemic. Please know how much you are all missed and how we think of you daily.

We are grateful to all of you who have taken our calls or sent messages and shared stories with staff, managers and each other. Please keep reaching out and contacting us in whatever way you can. This newsletter is one way we as an organization and a community can continue to stay connected.

Let us know what you need. We are here and we are listening.

We are in this together – just apart.

Audra Penner  
President and CEO



## STORIES



### Thanks from Reetu

*Hi Everyone,  
My name is Reetu. I started working at ImagineAbility more than 2 years ago. I stay home now, but I miss all of you. I love working there. I do packaging. All CBS staff members are great! They help us . . . . Alex, Justin, Brady, Tara, Kay and Jasmine are really helpful for all. I wish for CBS staff to stay healthy and well. Thank you.*

## A Perfect Fit

It was no surprise to Tiffany when Jennifer requested to have Tiffany's support when the COVID-19 pandemic happened. Tiffany has been redeployed to Jennifer's home since March 30.

They enjoy each other's company and spend time like two girl friends hanging out at home. So far, they baked, dyed Jen's hair, played cards, painted nails, and worked on crafts on top of daily coffee runs!



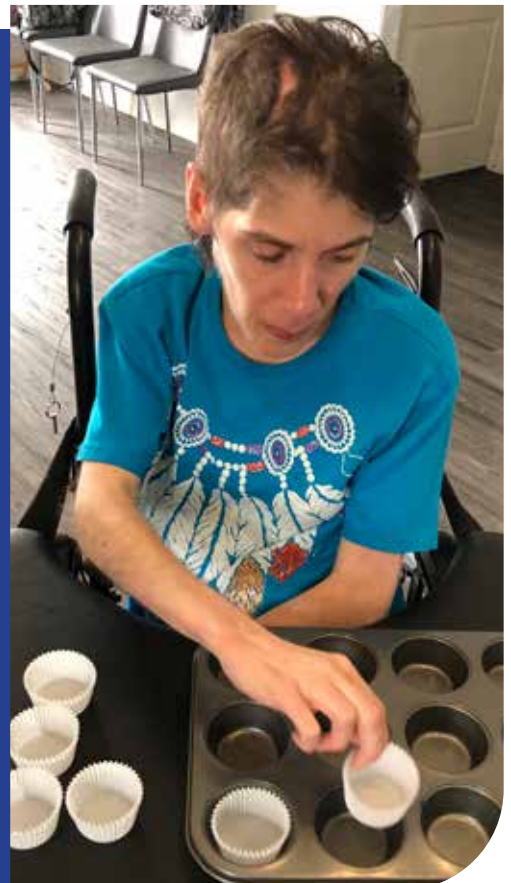
Tiffany said this has been a precious time connecting with Jen and learning more about her. She says this was not possible to connect deeper and spend 1:1 quality time with Jen if not for this pandemic.

The thought of redeployment to a residential setting can be scary for DSPs in day services. With a change in perspective, this unfortunate pandemic situation could bring a positive outcome.

## Brittany & Valerie Baking Cupcakes

Valerie loves baking and of course tasting the final product. Today she made red velvet cupcakes with Brittany. They improvised the process by using a pot as there were no mixing bowls at Valerie's. Valerie mixed it patiently, and placed baking cups on the muffin pan. With cream cheese and icing sugar her father Gary brought over, she "inhaled" the cupcake just like she did with the chocolate muffins she made last week.

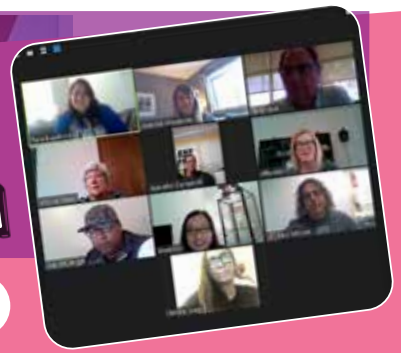
"I've been really enjoying my time. Val and I built such a good relationship before her stroke, and haven't really had the chance to rekindle it since. And these last two weeks have helped. And it seems that Val has been enjoying our time too. Whenever I start to say goodbye, she asks if I'll be there tomorrow. On our walk the other day, she reached back to grab my hand. I'm so glad that I can be there and support her. And help her build relationships with the staff at home. Thanks for the opportunity!" -Brittany Zahradnik







# Stay in Touch



We are working remotely, but we are still available to receive your questions and comments.

Website: [www.imagineability.ca](http://www.imagineability.ca)

Facebook: @ImagineAbilityInc

Twitter: @Imagine\_Ability

Email: [info@imagineability.ca](mailto:info@imagineability.ca)

Phone: 204-956-9700

## Taking Care of Yourself

Many people are worried about Coronavirus. We can be scared or upset. If you feel like this, you need to look after your mental health. Mental health is how we think about life. It is about our mind being healthy.

Luckily, there are things you can do to help your mental health, such as:

- ✓ **Do not watch too much news:** It is important to get news about the Coronavirus. News can give you information to stay safe. But too much news can make people worry. Try not to watch or read news for too long. Get news once or twice every day.
- ✓ There are lots of other ways to look after your mental health such as eat **healthy food, be active, get a good night's sleep, breathe slowly and calmly, and take time each day to think about good things.**

- ✓ **Talk to someone you trust.** Talking helps us share our problems. You can talk to a friend, family member, co-worker, neighbour, doctor, or support worker. Tell them how you feel about Coronavirus. They may know how to help you feel better.
- ✓ **Connect with friends and family.** You may have to stay in your house. You may not be allowed to visit friends and family. You may feel lonely. You can use technology to connect with others. You can phone people to talk to them, write to them on email and Facebook, call them on video services like Facetime, Skype or Messenger. Technology helps us stay connected. Staying connected can make us feel good.

Source: Canadian Association of Community Living

## You are important! Take good care of Yourself



# THANK YOU

# HEROES

## #EssentialToUs



ImagineAbility would like to give a sincere (**and very LOUD!**) shout-out to all of our Direct Support Professionals (DSPs) wherever you might be right now. Some of you have been redeployed to support people in their homes, while some of you have been called to your own homes to take care of loved ones and your own health & wellbeing. The support you provide for vulnerable Manitobans is essential, in our opinion, and you deserve the most heart-felt recognition. The risks you take in your work each day make you nothing less than heroes.

If you are reading this and are interested in showing support for our DSPs, and for DSPs across Manitoba, please contact ImagineAbility with your photos and stories and join the DSP Campaign on Facebook and Twitter #EssentialToUs



For more information about this campaign, please contact Jeannie Alexander at 204-954-8455 or [jalexander@imagineability.ca](mailto:jalexander@imagineability.ca)



## ImagineAbility has a developed a nutritious and cost effective food service

The service is being offered to the people we support, families, Agencies and Direct Support Professionals. We are also offering this service beyond our sector to seniors, people living below the poverty line and anyone in need of a good home cooked meal.

All meals are prepared in our commercial kitchen located at 500 Madison St. using social distancing and other COVID-19 protocols. Each meal is \$3.00. Please check in regularly as we will be introducing new menu items in the future.

### HOW TO ORDER...

**Web:** [www.imagineability.ca/food-order](http://www.imagineability.ca/food-order)

**Email:** Kay at [kmulenga@imagineability.ca](mailto:kmulenga@imagineability.ca)

**Phone:** (204)956-9700

