

January 2021

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Bits from Barb

Welcome to 2021!!! I want to start off this new year with some familiarity—a return to our Community Focus newsletter! We will continue to use our Facebook Groups as our tool for communicating programs but we will also offer our monthly newsletter (electronically of course!) to provide all residents with information on what is going on in our communities! This issue we focus on the ongoing Covid-19 pandemic and How to Cope with “Covid Fatigue”, program information from the Stress Management and High Performance Clinic,

The Guelph Family Health Study, Toastmasters and more! We are also launching another step in our new management system, StarRez which will allow our residents easy access to their rental account and information, as well as many other benefits! 2020 was a difficult year for all—we began the year with the sad news of the horrific plane crash where we lost two residents, Ghanimat and Milad. The Covid-19 pandemic hit our area in mid March as the University closed down our on campus residences, and staff began working remotely. Our community

engagement all turned to virtual programming and here we are.... Starting off 2021 still in our virtual world! But good news is on the horizon, we just need to be patient for some months yet! This is not the time to relax on restrictions—continue wearing your mask (and if you attended our Virtual Holiday Party you received a lovely University of Guelph mask!) continue washing your hands and continue maintaining physical distancing with those outside of your own household. Enjoy January!



Barb Rob.



Your 2021 Community Life Team



Barb



Syeda



**Family Housing
Community Life Team**

2021-2022



Ramani



Gagan



Alex

*The strength of the team is each individual member.
The strength of each member is the team.*

Phil Jackson

Meet our newest CLF!

Hello! My name is Alex Jean Smykaluk, and I'm a new Community Life Facilitator with Family Housing. I'm eager and excited to get to know you all, and to provide support and community engagement opportunities! I have worked in post-secondary environments for several years now supporting students, and I'm excited to transition to supporting upper year students and their partners/families. Happy Holidays and best wishes for 2021!



Our Community Life Team works together to provide our Family Housing communities with program and activities to engage you, a supportive team to help out with community issues and concerns, and the great welcome each resident receives during their New Resident Orientation. Both Ramani and Gagan are residents of Wellington Woods, Syeda and Alex are residents at 78 College Ave.

If you want to reach any of the team, please email us at comlife@uoguelph.ca

Scavenger Hunt



Join the entire Community Life Team as we have a fun filled game online, an Inside Scavenger Hunt!

We will provide participants with a list of items, and you gather everything on the list. Of course there will be prizes for the winners!

Gather your 'team' and see you on Saturday, January 16th at 2pm on Zoom. The Zoom link will be posted to our Facebook groups the day of the event.!



Kid's Crafts with Ramani



Facilitated by
CLF Ramani



CLF Ramani is hosting a virtual craft program on Friday, January 29th at 4pm. Pencil Holder making for Kids!. **You will need to have a pencil, eraser, 2 empty toilet rolls, small piece of cardboard, scissors, and glue.** The Zoom link will be posted to our Facebook groups the day of the event!



Words in Letters puzzle



CLF Syeda will be facilitating another of her infamous puzzle games! On January 8th at 11am, CLF Syeda will post some random words on our Facebook Groups. Participants then to need create as many words as you can using only the letters provided. Be sure to PM your answers so you don't give everyone else the answers too! The winner will be posted on January 12th. The resident to submit the most words (English words only, to be verified using the Oxford dictionary!) will win a \$10 Gift Card to Walmart. Join in the fun on our Facebook groups!



Facilitated by
CLF Syeda

Toastmasters



UofG Toastmasters offers a training program which has helped students and professionals improve their **communication** and **leadership skills** to excel in presentations, defense's, qualifying exams, job interviews, OVC interviews, and much more.

We meet **Thursdays, 6:30-8:00 pm EST** (using Zoom). Visit a meeting to learn how a meeting runs and hear inspirational speeches!

Register here for Zoom link: <https://bit.ly/UofGTMRegistration>

If you have any questions, please contact uofgtoastmasters@gmail.com

“Shopping Cart”



Join CLF Gagan on Thursday, January 14th at 4pm for this interactive Zoom session dedicated to providing assistance to residents by responding to inquiries about purchase of your daily needs. We have many new residents to our community over the past few months so why not join this session to learn about where to find what you need in Guelph? For our current residents, we encourage you to join in this discussion and share YOUR favourite grocery store, or where the best place to buy that special ingredient you are looking for!

No registration is required. The Zoom link will be posted on our Facebook groups the day of the event! Hope to ‘see’ many of you there!



Facilitated by
CLF Gagan

Your snow responsibilities



All Family Housing residents have some snow responsibilities! Residents at Wellington Woods, the area at the front door of your house will need to be shoveled off by you. Our maintenance team will clear the walkways and roadways, but the step at the front of each house is your responsibility to keep clean. If you do not own a shovel, we can help! We have snow shovels available for loan through the Community Life team. Just email comlife@uoguelph.ca to request a shovel—we loan you the shovel for the season and you return it to us in the spring!



For residents at College Avenue, the townhouse front door needs to be cleared of snow by the resident. If you have a balcony, we ask that you remove the snow if there is a lot of buildup—just a caution that when you are tossing the snow over your balcony, make sure to look below first! Check to make sure that there is no one walking below before you toss your snow! Shovels are kept at the front door of the office for residents to borrow, please return the shovel as soon as you are done using it so that it can be there for the next person.

We Are In This Together Reward Program



We have been rewarding residents for wearing their face mask and following all Public Health guidelines by delivering dinner to their door! Thanks for the Student Life Enhancement Fund, we received funding to have Hospitality Services deliver dinner right to the door of our weekly winners!

Winners to date have been—Mumtaz and family, Jen and family, Khajendra and family, Feloria and family, Isadora and Lucas, Mwalu Peeters and family, Kirmisha and family, Beraki and family, Amin and Faezeh! Congratulations to all our winners, and we have more dinners to give away!

Laundry Room Etiquette

We have been seeing a number of posts on our College Avenue Facebook group referring to residents who have left their clothes in a washer or dryer and left the laundry room. One video which was posted clearly showed all the dryers were full of clothing, but none of them were still operating.

We ask that residents stay with their laundry in the laundry room. If you choose to leave the laundry room, it is important to note the time so that you can return to the laundry room as the machine is finishing its cycle.

Be warned—if you choose to leave your items in a machine and another resident arrives and finds the machine full but not in use—we instruct people to remove the items, place them on the counter and go ahead and use the machine. If you do not want anyone touching your personal clothing—then don't leave it unattended :)



**Please
don't
leave your
laundry in
the
machines!**

Soup Recipe Challenge



Who doesn't like to enjoy soup during the cold winter weather? Why not share your favourite soup with all of us! We are hosting a Soup Recipe Challenge. Make a batch of soup, prepare a bowl of it and take a photo. Send your soup recipe and your photo to comlife@uoguelph.ca.

We will create a file with all the soup recipes and share with all who participate, and residents can vote for their favourite soup by 'liking' the photos once we post to our Facebook group! Of course there will be a prize for the winner!

Send your photos and recipes no later than January 22nd. After the contest closes, visit the Facebook group for your community and "like" your favourite one!

Good luck to all participants, can't wait to see some delicious soup ideas!



Facilitated by

CLF Syeda

Covid Fatigue? Six Ways to Overcome it



If you're finding it hard to keep up with pandemic precautions, you might be feeling "COVID fatigue." If so, you're not alone. After so many months of hand washing, staying home, avoiding family and friends and even disinfecting around the house, who can blame you?

I know I have let things slip. In March, I began disinfecting major touch points in my house daily, from doorknobs to cell phones. I do it a lot less now.

For most people, COVID fatigue is a reflection of how challenging behaviour change is. I mean efforts like quitting smoking, beginning an exercise routine or dieting to lose weight. In the beginning it's easy to make lifestyle changes. Even a number of drastic ones can be sustained over the short term. But over the long term it can be hard. And the more new behaviours you undertake, the harder it can be

Tips to stay on track

If you, or someone close to you, is experiencing COVID fatigue, there are a number of things you can do. These tips are similar to tactics for managing anxiety, as the two are closely related.

- **Be physically active:** Exercise is a great coping mechanism in which the impacts on your mood and outlook are usually immediate.
 - **Talk to others:** Discussing how you feel and the challenges you are having can be therapeutic. Often you find out what you're experiencing is common. Even talking out loud to yourself can help.
 - **Think differently:** This may be easier said than done, but realize there are some things you can't control, such as rising case numbers or the behaviour of other people. Instead, focus on the things you can — for example, restricting your grocery shopping to once a week. And recognize that we're in an ever-changing world, which may be quite different three months from now.
 - **Practice mindfulness and meditation:** This allows you to be in the present moment, and not worry about the future or fret over the past. It can be done anytime and anywhere, and the more you practice, the better you get.
 - **Give yourself a COVID break:** Limit how and when you consume news about the pandemic; that includes social media. Also, avoid getting into online arguments with people who have different views. It's unlikely to change their minds and may just make you angry.
- Turn COVID precautions into a habit:** Write down your commitment to new behaviours such as always having a mask and hand sanitizer when you go out. Specify what they mean to you — for example, you are keeping others in your community safe. Set up cues in your home, such as a basket for clean masks by the front door, to remind you and turn those behaviours into a habit.



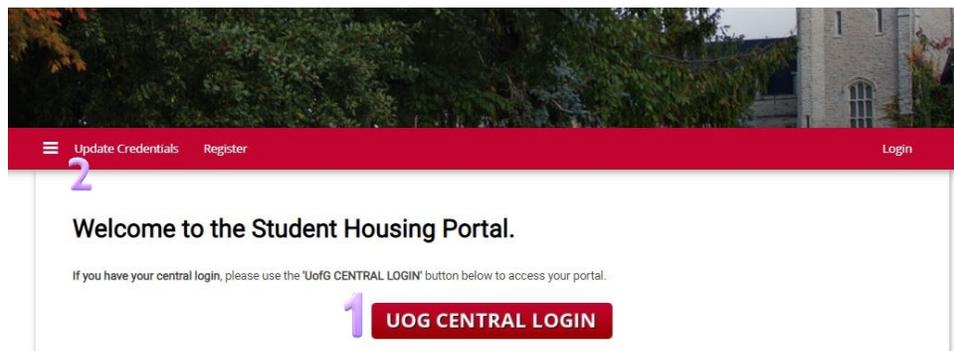
Article written by Dr. Scott Lear. reprinted from www.heartandstroke.ca

Announcing our new Family Housing Portal!

**You can
now
check
your
rental
account
balance
online!**

As we transition our Family Housing administration into a new technology system, we are developing a more interactive experience that will allow you to access your account information in real-time, submit forms and communicate with us in a whole new way through our [online portal](#).

If you are the tenant affiliated with the University of Guelph you can (1) login using your UofG central login details. If you are an additional occupant (not directly affiliated with the University), you will need to update your login credentials. You can access (2) "Update Credentials" from the login page.



Once logged in, the affiliated lease holder will be able to check their "Account Balance", access additional Forms & Links and access a "Proof of Address". Upcoming features are still to be added that will enable you to confirm your additional occupants, update vehicle information and submit forms and maintenance requests. To further help with social distancing we are working to create a fully online lease renewal and termination process.

As we develop and implement these new processes, we hope you enjoy your experience and look forward to your feedback.



What's wrong with this Picture???



Facilitated by
CLF Gagan

Hey Kids, join CLF Gagan on Zoom on Friday January 8th at 4pm to have some fun trying to spot what is wrong with different pictures! CLF Gagan will share a Powerpoint presentation full of pictures that aren't quite right and you need to figure out what is wrong in the picture. Join in and have some fun! Zoom link will be posted to our Facebook groups the day of the event.

Zentangle with Barb



Facilitated by
CLM Barb

Grab a fine point black marker, a pencil, and some good quality paper (Mixed Media paper, 85 lb is a great choice!) You can choose to cut your paper into a 3 1/2" square 'tile' and we will create a beautiful piece of art while mindfully drawing away our stress :) Join Barb on Zoom on Tuesday, January 12th at 7pm!



Check out these beautiful drawings that two residents created during our Christmas Zentangle session!



30 Things to do at home with your partner...



Facilitated by
CLF Alex

The holidays are all about spending time with loved ones and family members, let's keep that thought going with 30 Fun things to do as a couple at home without spending much! Throughout the month of January, join me in sharing and celebrating spending time together without breaking the bank! At the end of the month, couples who participate will be entered into a draw to win a hot chocolate date night package! Alex will post a list of 30 things you can try out! Commit to trying out five, take photos of each of the five things you tried, and send the photos along to comlife@uoguelph.ca One lucky winner will win a Hot Chocolate gift pack!

New Year—Goal Setting



I don't know about you, but I have some big dreams for 2021 after what a whirlwind 2020 was! Do you have goals and dreams too for the upcoming year? Join CLF Alex online January 27th @ 6:00pm to go over setting goals for 2021, as well as reviewing goal achieving techniques! Zoom link will be posted to our Facebook groups the day of the event.



Facilitated by
CLF Alex

Creative Art Program for kids

Join CLF Ramani on Friday, January 22nd at 4pm on Zoom for a creative art program for Kids!. You will need to bring a pencil eraser watercolor or acrylic colors. Zoom link will be posted to our Facebook groups the day of the event!



Facilitated by
CLF Ramani

Study Permit Extensions -PGWP



Join CLF Gagan and special guest Harsimrat Kaur for an online Question and Answer about Study Permit Extensions. Harsimrat is a registered Canadian Immigration Consultant (R528313). She has a wealth of experience in Canadian Immigration and has shown her willingness in answering Study Permit Extensions-related queries of family housing residents. If you have any questions about your study permit, join in this discussion on Thursday, January 21st at 3pm on Zoom. Zoom link will be posted to our Facebook groups the day of the event!



Facilitated by
CLF Gagan

English Language Conversation Groups




Our conversation group is not a structured English class, but more an opportunity for residents who are still learning English to develop their English speaking skills in a safe environment. Residents with all levels of English ability are welcome. There are no fees and no registration is required. We do recommend that you attend the groups on a regular basis.

English Language Conversation Group will be held every Tuesday from 4-5pm on Zoom—the link will be posted to our Facebook groups the day of the event.

About our volunteer: My name is Ivy Sultana. I did my second MA in Teaching English to Speakers of Other Languages (TESOL) from the University of Nottingham, UK. I did my BA in English and my first MA in Applied Linguistics and ELT from the Department of English, University of Dhaka, the oldest public university in Bangladesh. After I completed my first Masters, I started my teaching career as a university lecturer and have taught in universities in Bangladesh and Saudi Arabia for more than thirteen years. As an experienced English language teaching professional, I taught all the four different language skills (i.e. speaking, listening, reading, and writing) to ESL learners. In Canada, I have been volunteering as a Conversation Circle Facilitator with the Immigrant Services (Guelph-Wellington) since February 2019.



I am a fun loving person and love to spend time with my family and friends. I am also very much into creative writing. I participated in different creative writing workshops in Bangladesh, UK, and Indonesia. I write short stories and a few of them got published. I feel more comfortable in this genre of creative writing. Keen observation, I believe, is very important for writing fiction. The characters in my stories are always the depiction of people around me. And, I love to visit new countries, see different cultures, and meet new people. I have been to India, UK, Qatar, Thailand, Indonesia, and Saudi Arabia. I would love to visit many more countries and make many more friends.

Campus Community Police Corner

Guelph police Constable Michael Gatto said that safe winter driving actually begins before you've done any driving.

"Number one, as soon as you get out to the car, make sure it's cleaned off," he said, as even small amounts of frost and snow on the windows can strategically block a driver's view.

Here are the four key factors Guelph police say winter drivers should take into account:

Visibility

- See and be seen: carefully clear car windows, mirrors, front and rear lights of any ice and snow before leaving home in the morning.

Anticipate: Look well ahead to identify hazards. This includes anything from brake lights, to the flashing lights of emergency or snow clearing vehicles, to the status of walk signs to anticipate a change of lights at an intersection.

Speed

- **Slow down:** Keep your foot light on the gas pedal. Don't attempt sharp turns and brake well in advance of where you want to stop in order to maintain control of your vehicle on slippery roadways.
- **Change lanes carefully:** Police say cars often create ridges of snow and slush between the lanes during winter storm conditions. Police recommend picking a spot with the least amount of snow and ice, signal in advance, maintain a steady speed and hold the steering wheel firmly to avoid upsetting the vehicle.

Test your brakes: Slippery brakes can compromise your traction, according to police. If you're unsure, pick a spot clear of traffic and carefully test your brakes to see how your vehicle reacts. Police say if your brakes lock and your vehicle starts to slide, you know the surface is slippery and you should slow down.

Road conditions

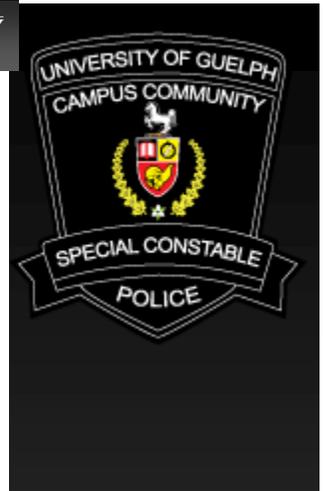
- **Watch for black ice:** Cars have very limited control on this surface. Police recommend that if you suspect black ice ahead, you take your foot off the accelerator, straighten the car and let momentum take you through the slippery area.

Starting in slippery conditions: Start slowly with gentle pressure on the accelerator. Police also recommend starting in second gear on slippery surfaces for cars with manual transmission or for some automatic transmission cars that have the option, to shift into second or third gear to start.

Space

- **Make room in front:** "The biggest cause of accidents on any surface is not having enough time to stop. When driving on dry surfaces, the rule of thumb is two seconds between your car and the car in front of you," Guelph police said. "Many driving experts recommend doubling this to four seconds on slippery surfaces."
- **Make room behind:** Check your rear-view mirror frequently and if you feel the car behind you is following too close, move into the lane beside you and let the car pass.

Leave extra space when stopped: When stopped behind another car, you should leave enough space to see the rear wheels of the car in front of you, according to police, who recommend leaving even more space between vehicles during winter driving conditions. "If someone is sliding towards you from the rear, you can move into that space and it may make the difference between a collision and a near-miss," according to police.



Sergeant Tom Gill will be the Campus Community Police Family Haoung Liaison.

Some info about Tom:

I am new to the U of G Campus Community Police Service after serving almost 32 years with the Guelph Police Service in a variety of areas. I am a married father of twin 19 year old boys and a former student here at the U of G where I met my wife Shelley.



Feeling Stressed?

join the Family Stress Study




What are we Researching?

We are looking at how family stress affects the health of young children over time



Who is Eligible to Participate?

We are welcoming families from Guelph and the surrounding areas with at least one child ages 2-5 years old



What is Required?

Participating families will be asked to complete online surveys (90 minutes) and an at-home health assessment once a year for 3 years



Compensation

Participating families can get up to \$240 in grocery gift cards over 3 years



No Contact

All data is collected without physical contact to keep everyone safe



Sign up Today!

Visit us at www.famstress.com or contact us at familystress@uoguelph.ca for more information



The Family Stress Study is approved by the University of Guelph Research Ethics

Board REB# 19-11-47



Stress Management & High Performance Clinic

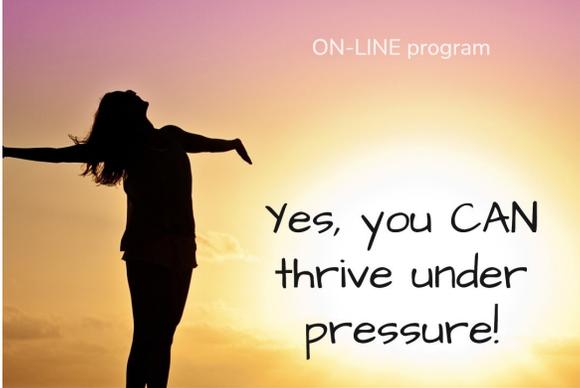
School pressure? Hard to unwind?

DIAL DOWN STRESS & ANXIETY

January 21, 5:30 pm

*FREE on-line presentation
on tips & strategies for university students*

details at www.SelfRegulationSkills.ca



ON-LINE program

Yes, you CAN thrive under pressure!

Relaxation & Stress Management Skills
begins JAN 26

REGISTER AT www.SelfRegulationSkills.ca

BETTER SLEEP ON-LINE PROGRAM



AVAILABLE NOW, ON DEMAND
AT www.SelfRegulationSkills.ca



ON-LINE

ANXIETY
Skills & Strategies

begins JAN 27 at 12:30 pm

REGISTER AT www.SelfRegulationSkills.ca

