



OakvilleReady Webinar

THE HEART OF OAKVILLE BEATS ON

Wednesday April 29th at 1pm

This community conversation will showcase some of the tremendous efforts taken by Oakville organizations and individual residents.

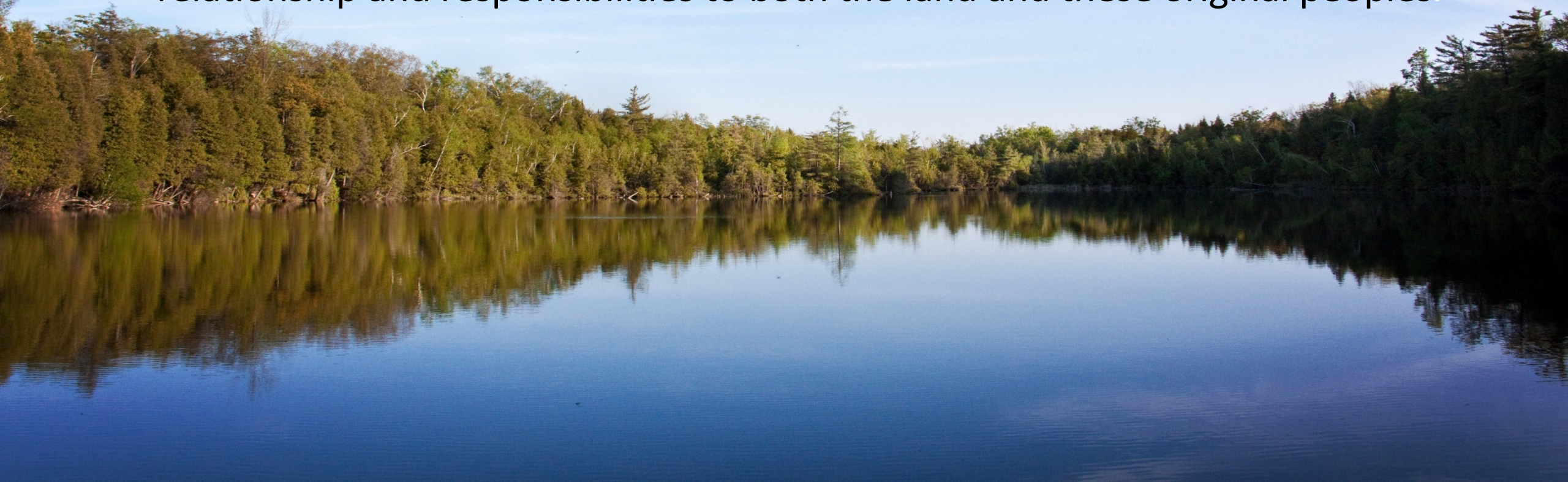
Join us over Zoom and let us show you examples of how your neighbours are protecting a sense of community, and one another.

Go to www.oakvilleready.ca for more details.

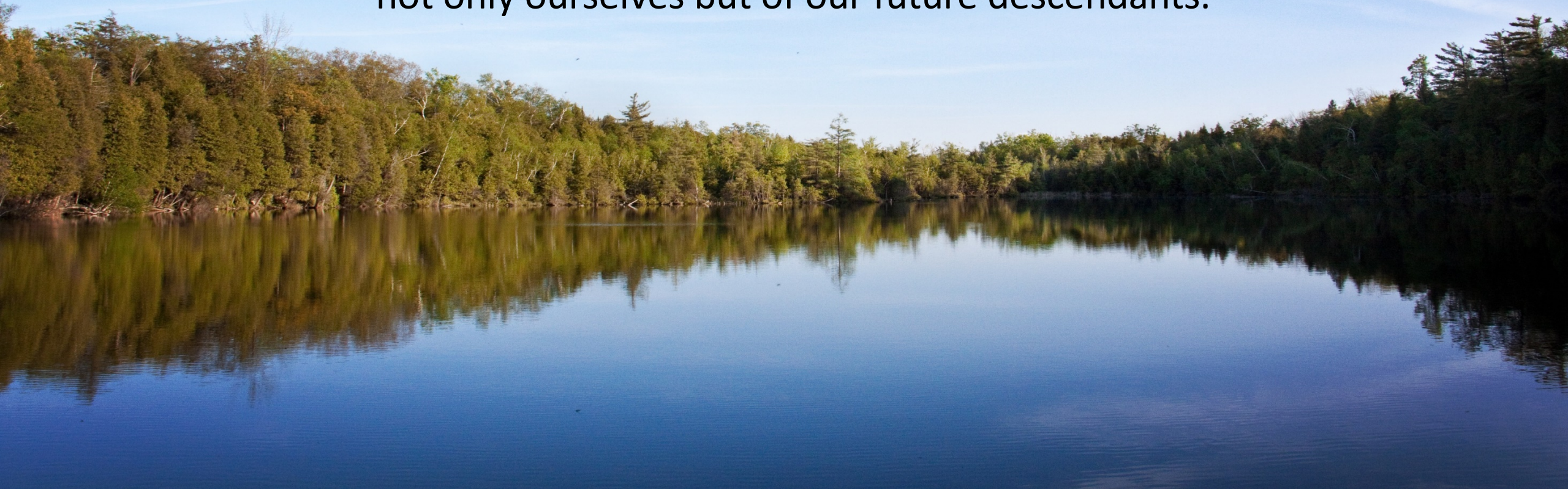


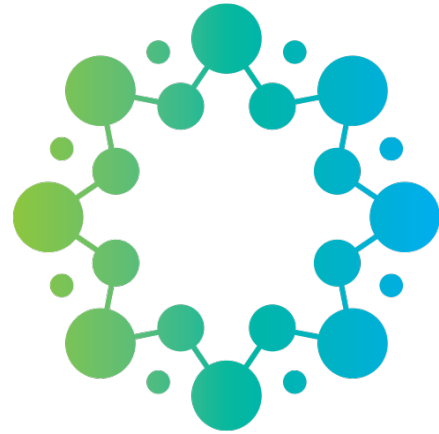
As a community, we have the responsibility to honour, care for and respect all the Creation gives to provide us with life. This includes the land, water, air, fire, animals, plants and our ancestors.

The Anishinabek Peoples have utilized this land for millennia and we would like to acknowledge their direct descendants, the Mississauga's of the Credit First Nation, as the rightful caretakers and titleholders of this land upon which we live, work and conduct ourselves. We acknowledge our treaty relationship and responsibilities to both the land and these original peoples.



We also recognize that this land is rich in pre-contact history and customs, which includes the Anishinabek and Haudenosaunee and since European contact, has and continues to become home for Indigenous and non-Indigenous peoples. And it is in the spirit and intent of the Dish With One Spoon, wampum agreement whereby we will collectively care for and respect the land, water, animals and each other in the interests of peace and friendship and for the benefit of not only ourselves but of our future descendants.





**OAKVILLE
READY**

Ready to weather any storm

OakvilleReady here to support our community



Technology for this Call

- ❖ Use the Chat box
- ❖ You can privately message the host, simply choose the Halton Environmental Network or OakvilleReady. We are here to answer questions



raise hand



yes



no



go slower



go faster



more



Guidelines For the Zoom Call

- ❖ Use the Chat box – to ask questions to Nabeel and Daniel
- ❖ Take care of yourself
- ❖ Share the air and chat box space
- ❖ Question ideas, not people
- ❖ Call people in, not out
- ❖ If you need additional Covid-19 support visit

www.halton.ca or dial 311

What is Oakville Ready?

Funded by the Oakville Community Foundation to establish 6 faith-based organizations to act as neighbourhood hubs in instances of extreme weather – flooding, high winds, power outage and fires.



Neighbours helping Neighbours

- engage diverse community stakeholders to increase their personal resiliency,
- Increase community capacity and resiliency
- to understand how community can work together during extreme weather events.



Why do we need OakvilleReady?



Rise in the frequency of emergencies including extreme weather, fires, floods, power outages, freezing rain, etc.

After an event, the first 1 – 4 hours are an important time to help the community

Community resilience through building strong connections with FBOs and residents

The Hubs:



Additional Supports:



In light of physical distancing..

The OakvilleReady team has worked to:

- provide technical support for FBOs
- provide resources for wellness checks
- Resources on oakvilleready.ca and @oakvilleready
- www.halton.ca or dial 311

The Heart of Oakville Beats On

A look at our community during the
unprecedented circumstances of COVID-19

WELCOME AND INTRODUCTIONS

Our reality

- COVID-19 has impacted how Oakville residents make decisions
- Public health is reporting 167 confirmed/probable cases in Oakville
- Concerns over the health of families and neighbours has changed the way we make decisions
- Today's discussion will focus on some of the incredible decisions this your neighbours have been making

“Community” during COVID-19

- COVID-19 has changed how we connect with our community, it has not eliminated it
- In times of crisis, communities need to come together to support each other. We are all in this together
- Although there are strict physical distancing regulations currently in place, this does not mean people need to stop connecting with each other

Looking at local government

- **Phone-a-Friend:** Pairing isolated seniors with local volunteers to arrange scheduled calls and check-in's
 - **Interested?** Call 905-845-6601, ext. 0 and state you want to join
- **Message in a Bottle:** Delivering 800 engagement jars to isolated seniors through emergency food relief systems
- **Rec. Resources:** Sharing regular updates including tips, information and fun ideas to help you stay active and creative

Organizations in action

- **Distress Centre Halton:** Increased support for isolated seniors as well as investment in technology to allow volunteers to volunteer from home
- **Kerr Street Mission:** Continued operations of essential services like food bank with expansion of eligibility criteria for those impacted by Covid-19 crisis
- **United Way Halton and Hamilton:** Local Love in a Global Crisis: COVID-19 Emergency Fund. Three phases of funding available for non-profit organizations support residents through this difficult time

Organizations in action

- **Halton Environmental Network:** Launched *OakvilleReady* platform, intended to support community in times of weather challenges, however responding to the COVID-19 pandemic. *OakvilleReady* is working to create this virtual community and connect
- **Oakville Community Foundation:** Raised over \$600,000 for the Oakville Resiliency Fund, currently distributing \$400,000 through phase 1 of giving

Organizations in action

- **Food For Life:** Projects like the *Good Soup Project* and the *Grow the GOOD Campaign* have resulted in thousands of prepared soup servings and over \$150,000 available in community matching funds
- **Front Line Outreach:** Were in the news last week for delivering groceries to folks living in community housing using trailer to over 400 households each week

Organizations in action

- **Project Autism:** Providing great online resources and virtual programming for residents through Halton – all completely free. Over the past 5 weeks, they have been offering 3 classes a day to the community ranging from science, Art therapy, baking, math, music therapy, to salsa dancing, and much more
- **Hope Bible Church:** Created the *Boxes of Hope Program*, which delivers boxes to folks in need. Each box is packed with non-perishable food items, cleaning supplies and paper products from donations received in our community

Local highlights – Dillon's



J lipps @Fireguy9John · Apr 26

Big thank you to @dillonsdistills for the hand sanitizer donation for Oakville fire. @oakvillepfa @OakvilleBeaver @oakvillefire @DfcBelair @chiefboz @OPFFAbenevolent @GPmedia_24 @Media371 @ACollinsPhoto



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Oakville Fire Dept
@oakvillefire

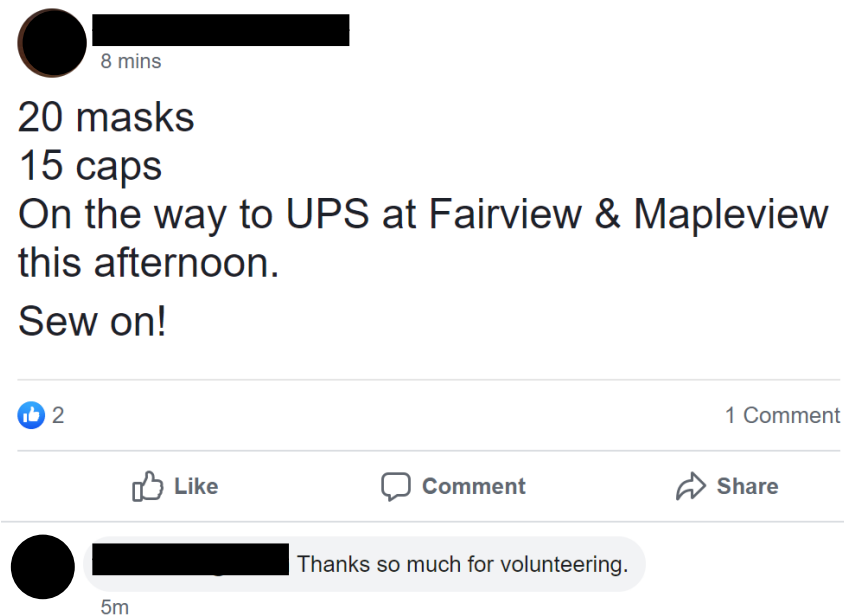
Replying to @Fireguy9John @dillonsdistills and 8 others

Oakville Fire Dept is extremely appreciative of the donation of hand sanitizer for our staff ensuring the safety of our responders and residents we serve

3:48 PM · Apr 26, 2020 · Twitter for iPhone



Local highlights – Canada Sews, Halton



Local highlights – Joseph Tassoni





Oakville 'Community Hero' Turns Donor with a \$200,000 Personal Pledge & Challenge To Our Community

April 21, 2020: Oakville, Ontario: Oakville 'Community Hero' Turns Donor with a \$200,000 Personal Pledge & Challenge To Our Community

Grasshopper Energy Donates Needed KN95 Masks to the Oakville Trafalgar Memorial Hospital



The Easter Bunny is social distancing its way through Oakville streets

COMMUNITY

Apr 10, 2020

by [Melanie Hennessey](#) ✓

Oakville Beaver



Oakville campaign raises more than \$35,000 for healthcare equipment

NEWS Apr 12, 2020 Oakville Beaver

The Oakville Chinese Community Response Fund launch on March 18, 2020, the total has surpassed \$35,000.

The team has promoted this GoFundMe campaign on Twitter, Facebook, WeChat and through direct connections.



Burlington, Oakville and Milton sidewalks becoming a source of artistic inspiration

Upload your inspirational photos here on insidehalton.com

COMMUNITY Apr 20, 2020 Burlington Post







Sheridan College in Oakville donates equipment to health agencies fighting coronavirus in the GTA

NEWS Apr 08, 2020 Oakville Beaver

Sheridan College donated \$52,000 worth of PPE

The college noted that personal protective equipment and materials from its health and technology programs



✨🌸✨🌻✨🌹✨🌺✨🌻✨🌸 Hello neighbours of all ages! Special request, my daughter is a frontline employee for a retirement home. She would love to brighten the residents days when they go for walks around their home's garden. No one, including family are able to visit. 😞 If anyone is willing to decorate some rocks for them that will be placed in the garden, that would be so appreciated!! 🙏 We have enjoyed the rocks in our own neighbourhood when on walks. Let me know if you can help. I can porch pick up or you can DM me if you want to drop them off instead. Thank you!

✨🌻✨🌺✨🌹✨🌻✨🌸✨🌻✨🌸



Kendra Willard

Town of Oakville community development staff is collecting stories like these. Any chance the home is in Oakville?

5h Like Reply



#FrontLineClap – Friday's at 7 p.m.

Joseph Brant Hospital @Jo_Brant · Apr 17

It's Frontline Clap Friday and we want to see you and hear you outside at 7 pm tonight showing your appreciation for all the frontline workers across the city, including our staff who are here for you in the moments that matter most. [#welovejbh](#) [#BurlON](#) [#thankyou](#) [#frontlineclap](#)



4 16 51

OakvilleHF @OakvilleHF · Apr 3

"Our entire city owes [frontline workers] a debt of gratitude for their skills and service. They come to work every day for us..."

[#WeAreAllInThisTogether](#) [#CanadaSaysThankYou](#) [#FrontlineClap](#)



'The least we can do': Halton celebrates health-care workers amid coron... Residents across the region are going out of their way to celebrate the heroes of the pandemic. [insidehalton.com](#)

3 8

Staying positive

- **Self Compassion:** Go easy on yourself
- **Managing Stress:** Managing stress doesn't mean eliminating it. Some stressors are unavoidable
- **Coping Strategies:** Developing effective coping strategies can alleviate feelings of being overwhelmed, helpless and mentally exhausted
- **Keep Busy:** Join social online activities, virtual fitness classes, online art classes, dance like no one is watching

How can you help?

- Check in with neighbours who are alone through phone, text or video chat
- Share positive stories of hope and resiliency
- Practice kindness and compassion to yourself and others
- Support local businesses by ordering take out and shopping online
- While maintaining safe physical distance (2m or 6ft), wave or smile at neighbours from across the street or through the window.

Helping older adults and vulnerable community members

- Offer to pick up and deliver essential items, like groceries and prescriptions and if you are able, drive them to essential medical appointments
- Simple acts such as a smile/wave from outside, or a kind note left on a doorstep can go a long way
- Volunteer! Visit [COVID-19 Community Response Halton](#) and/or [SPARK Ontario](#) to help support Halton residents who need it most!

What not to do

- Meet up with anyone outside of your household in person
- Attend gatherings of more than five people
- Visit public spaces to meet family or friends
- Visit other people's homes for social gatherings
- Go off your property for fresh air or physical activity if you are self-isolating or isolating



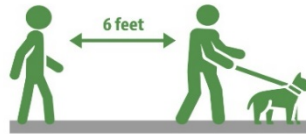
DO

Stay within your neighbourhood and only go out with household members.



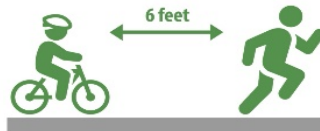
DO

Respect people's space and stay 6 feet from others.



DO

If a park is open, walk, run or bike through the area, but don't stop or congregate.



DO NOT

Enter spaces that are barricaded or have signage indicating the area is closed.



DO NOT

Gather with others in open spaces, including parks, trails and empty parking lots.



DO NOT

Sit on benches or use playgrounds and other equipment.



Stay informed and stop the spread.

Get the latest updates at
halton.ca/COVID19.

We're all in this together!

Thank you for joining us

OakvilleReady! Website



[Home](#)

[For Neighbours](#)

[General Resources](#)

[Hub Locations](#)

[Who We Are](#)

[Get Involved](#)

Building on community
to create resilience.

[Get Involved](#)

www.oakvilleready.ca

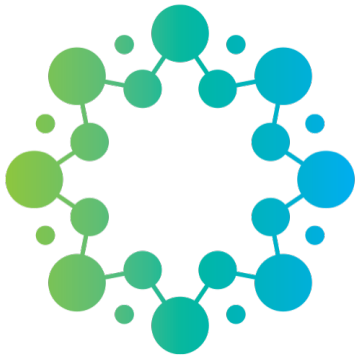


Upcoming Calls



Do you have an idea for a community call? Please reach out to us.





**OAKVILLE
READY**

Thank You!

Feel free to reach out to Trisha or Lisa:

Trisha Henderson trisha.henderson@oakville.ca

Lisa Kohler lisak@haltonenvironment.ca

Contact with us online:

www.oakvilleready.ca

Twitter: @oakvilleready