

**OAKVILLE  
READY**

Ready to weather any storm

OakvilleReady here to support our community



# Technology for this Call

- ❖ Use the Chat box
- ❖ Look for the Hand-up feature in the chat box to ask questions
- ❖ You can privately message the host, simply choose the Halton Environmental Network or Trisha. We are here to answer questions



raise hand



yes



no



go slower



go faster



more



# Guidelines For the Zoom Call

- ❖ Respect confidentiality
- ❖ Keep yourself on MUTE
- ❖ Use the Chat box – to communicate
- ❖ 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 dial 311

# What is OakvilleReady?

- **The OakvilleReady pilot project**, as funded by the Oakville Community Foundation, established neighbourhood extreme weather resiliency hubs. These Hubs are located in Faith Based Organizations, whom act as engagement and care anchors. Neighbours helping Neighbours is the call to action for the OakvilleReady program.
- **The goal of OakvilleReady** was to create an Oakville resiliency hub network that engages diverse community stakeholders to increase their personal resiliency, community capacity, and understanding around how we can work together to support each other during extreme weather events. We are pleased to report our goal was achieved and we have 7 OakvilleReady hubs launched in the community of Oakville.

**OakvilleReady was supposed to be supporting community in times of weather challenges, however in the current circumstances, there has been a new call to action, to respond to the COVID-19 pandemic. OakvilleReady is working with our partners to create a Virtual Community.**

# Oakville Ready Animators



**Andy Glynn**

Deputy Fire Chief,  
Community  
Emergency  
Management  
Coordinator



**Trisha Henderson**

Environmental  
Coordinator Climate  
Change, Town of  
Oakville



**Lisa Kohler**

Executive  
Director, Halton  
Environmental  
Network (HEN)



# Oakville Ready Supporters



**Shelia Murray**

Co-Founder  
Community Resilience  
to Extreme Weather  
(CREW)



**Katrine Handley-  
Derry**

Network Animator  
Halton Environmental  
Network (HEN)



**Christopher Leite**

Senior Emergency  
Management  
Coordinator Halton  
Region



**Lucy Cummings**

Executive Director  
Faith and the  
Common Good






Faith & the  
Common Good | La foi et le  
bien commun

# #PhysicalDistancing




Social media is currently full of warnings about **#SocialDistancing**, but perhaps it would be better expressed as **#PhysicalDistancing**. We need to keep a physical separation to prevent the spread of the virus, but it is vitally important that we stay connected socially, emotionally, and spiritually.

# Tech to Use

Application	Best Used for	Capabilities	Limitations
 Zoom	Video chats  Live stream book club conferences, group meetings	Break out meeting rooms  Upwards of 500 people on the Zoom call	First 45 minutes are free and limited to some resources
 WhatsApp	Individual or group calls texting video chats	Private  Free as long as you are connected to Wi-Fi	Ideal for smaller groups
 Skype	Individual or group calls video chats	Free as long as you are connected to Wi-Fi	Ideal for smaller groups



# Tech to Use

Application	Best Used for	Capabilities	Limitations
 <b>Facebook</b>	Facebook chats  Facebook messenger  Lots of free games that you can play with your virtual friends	Private and free and you can do one to one or group calling too.	Facebook Live can block people - into your settings and block them in real time.  Privacy concerns- anyone could come join
 <b>FaceTime</b>	Individual or group calls  Party Facetime is a feature on new iPhones.	Free with wifi	Apple products only: is only for iPhone, iPad, Mac Book, Apple computers.
 <b>Instagram</b>	Live posts and chats	Can post to only Close Friends	Cell and tablet only  Not private  No way to block people

# Phone/Text/Messaging Tree

Divide your community up, ensure you have regular check-ins, same time each day.

Talk about things other than Covid-19.

You can create your own tree. Ask 5 people to join the tree and call them call 5 people in need of cheering up. Ensure everyone has the right resources- Call 311, if more help is needed.



# Other Resources

Are you working remotely? – The Tamarack Institute has a great resource to help their new staff guide on working remotely:

[https://www.tamarackcommunity.ca/hubfs/3%20Tamarack%20Remote%20Guide.pdf?utm\\_campaign=10-Year%20Strategy&utm\\_source=hs\\_email&utm\\_medium=email&utm\\_content=84856281&hsenc=p2ANqtz-9GH4Cp-MsNEARkBKLik0AcRf\\_wrnq5n4QXKjeX4FjJwi719cBsYIZUNqy4FnvUgJl1hOn3djkI5i2xSev8KRj8o1\\_7SPxQ0DIvx3bTEwRII4ECp\\_c&hsmi=84856281](https://www.tamarackcommunity.ca/hubfs/3%20Tamarack%20Remote%20Guide.pdf?utm_campaign=10-Year%20Strategy&utm_source=hs_email&utm_medium=email&utm_content=84856281&hsenc=p2ANqtz-9GH4Cp-MsNEARkBKLik0AcRf_wrnq5n4QXKjeX4FjJwi719cBsYIZUNqy4FnvUgJl1hOn3djkI5i2xSev8KRj8o1_7SPxQ0DIvx3bTEwRII4ECp_c&hsmi=84856281)

Such Topics Include:

Remote Boundaries : Children at home and other distractions  
Working Location  
Trust

Tips to be a great remote worker : Build a routine and separate work and personal life  
Communicate, communicate, communicate  
Beware of balance

Dealing with the Challenges: Isolation  
Distractions  
Boundaries  
Internal Communication



# Other Resources



<https://www.oakville.ca/residents/residents-associations.html>

# Self-care

Go tech free for a few hours each day (tv, social , media, work)

Be sure to get outside- backyard and/or walks

Create goals –mental, physical and emotional

Create To-Do lists to keep you on track and motivated

Stay connected with others, groups

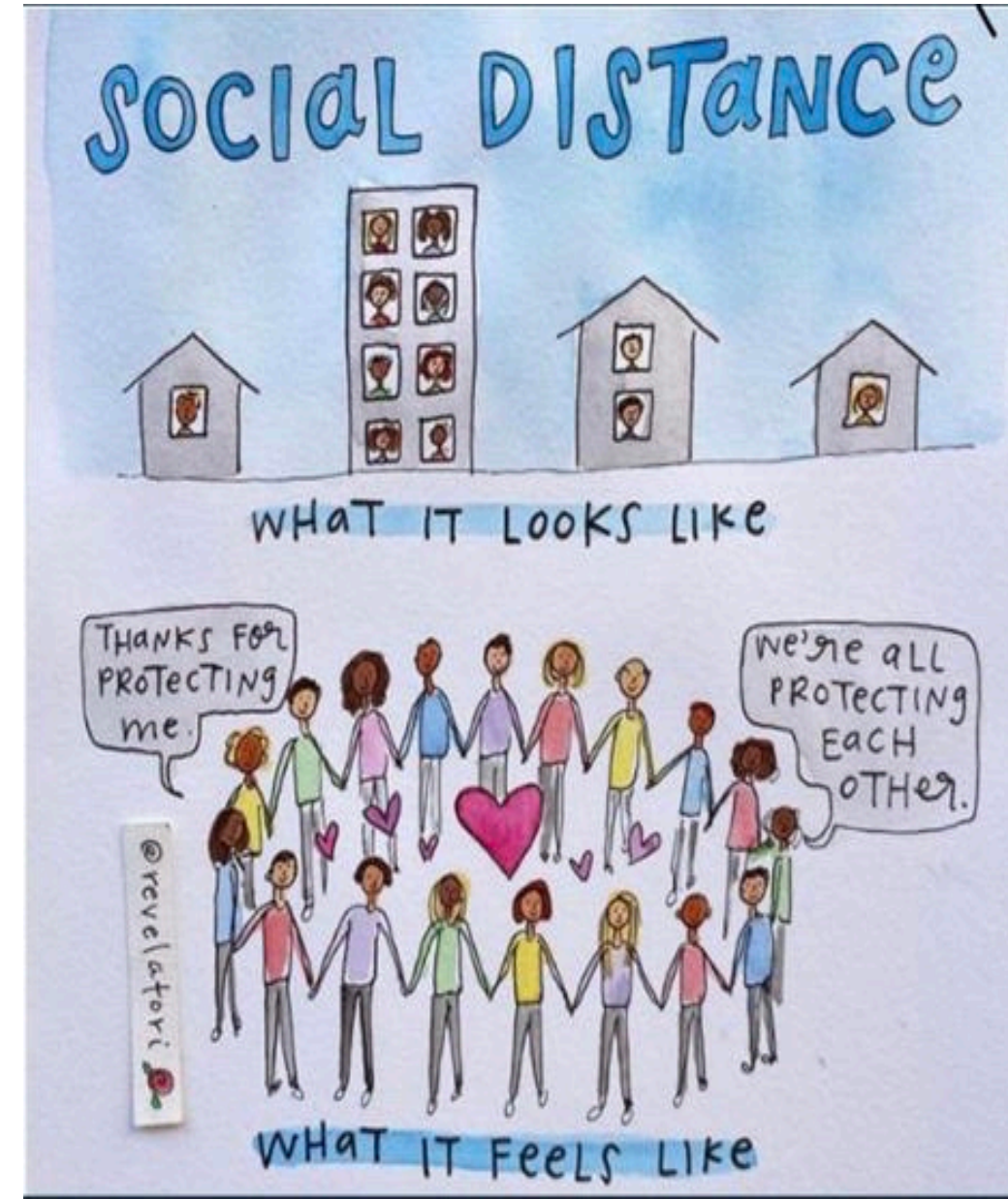
Learn a new hobby – or finish an old chore

# Stay Informed

For more information on **COVID-19** and for current updates please visit: website:

[Halton Region Public Health COVID-19](#) or call 311

Please follow [@oakvilleready](#) on Twitter, check [OakvilleReady.ca](#) [resources page](#) for community resources.





# GRATITUDE

Thanks to the Oakville Community Foundation for their generous donation – they have helped our community become OakvilleReady!

