

Resources for challenging times

BC Center for Disease Control. <http://covid-19.bccdc.ca/>

BCCDC has latest updates on COVID-19 including self assessment tools and notices and and advice for the public. This is an extensive resource with up to date information.

Groceries and pharmacies:

These are considered essential services and so remain open.

Grocery stores assure us they are stocked daily and their supply continues. They request social distancing when shopping in person, and discourage panic hoarding. Stores such as London Drugs have placed limits on products and assure they will not raise prices.

Online shopping with delivery or pickup is available through all the major grocery chains: Save-On-Foods, Thrifty foods, IGA, City Market. However they note they are overwhelmed and so we need to plan ahead and be patient. No next day service. Plan a week ahead. You pay online when you place your order. If someone is picking up for you, note that in their comments section so there is no confusion when your helper goes to pick up.

Links:

<https://www.saveonfoods.com/category/online-shopping/>

<https://www.thriftyfoods.com>

<https://www.loblaws.ca/> (City Market)

<https://www.igastoresbc.com>

Meal Delivery: In addition to prepared meal delivery programs such as Meals on Wheels, **North Shore Salvation Army** also prepares full course frozen meals for a very reasonable price. Pickup on 12th and Lonsdale. They will deliver on North Shore. Order from their website.

Link: <https://northshoresalvationarmy.com/> price range \$.

Resources for Challenging times

For other meal plan deliveries:

<https://cravehealthiness.ca/> Crave Healthiness. Meal prep and delivery with menu, weekly meal plans etc. North Van company. This is on the \$\$\$ range.

<https://www.wellfedstudio.com/> North Van location. Meal prep and delivery program. Pick up 260 E1st (2 blocks off Lonsdale) or they deliver. Each entree is 2-3 servings. Price range maybe \$\$

<http://bettermeals.ca> Better Meals. Deliver to North Van on Thursdays. Price Range \$\$

Also for fast food:

skipthedishes.com

doordash.com

ubereats.com

www.lazymeal.com

And local restaurants such as Andreas Restaurant, Kypriaki, etc. for onetime meal
Price range \$\$\$

Pharmacies: During these emergency times, they are able to refill a prescription without a doctor's note. But plan ahead. No guaranteed next day service. See government website above. Check the pharmacy phone number on your prescription and call to find their delivery and service options.

Doctors Visits

If you don't want to go in person, nor absolutely need to see your own physician, you can book a phone appointment through Telus Health using their Babylon phone app. Appointment times vary but usually just a couple of days. Face to face consultations with a BC Physician and notes go onto your file for your own physician to see as well.

<https://www.telus.com/en/bc/health/personal/babylon>

Exercise, Wellbeing and Spiritual Resources

Online spiritual resources: Including St. Catherine's website, there are also daily devotions from several sources.

<https://www.ssje.org/> Society of St. John the Evangelist. Find the signs of life videos and daily devotions currently being used at St. Catherines. Also find daily devotionals year round

<https://pray-as-you-go.org/> Jesuits in Great Britain post a daily devotional with a lectio divina reflection based on the daily lectionary reading. Through their website or an app from your app store.

<https://cac.org/> Center for Action and Contemplation. Richard Rohr. Subscribe to their daily meditations. Or listen to their podcasts.

Exercise for Well Being: If you are self isolating at home, it is important to maintain some exercise for physical, mental, emotional, and spiritual wellbeing. **YouTube** is a ready resource for just about anything. Search for things like: Yoga for seniors, Chair yoga, qigong for beginners. There are many different levels. Find the video that works for you. If you need something more energetic, there is always dancer-size. Some of us are appreciating *Yoga with Adriene* as an example. YouTube is available through computer, tablet, or your Telus/Shaw app section.