



TENANT CONNECTION NEWSLETTER

BENEFITS FINDER

The Benefits Finder is a tool that can help you find Benefits and Services that you may be eligible to receive. It asks a few questions and uses your answers to search. It does not collect or track your information. The more questions you answer, the more customized and accurate your results will be.

<https://benefitsfinder.services.gc.ca/>

INSIDE THIS ISSUE:

<i>Safety While Shopping</i>	1
<i>Benefit Finder</i>	1
<i>Your Survey Responses!</i>	1
<i>Weekly Puzzle</i>	2
<i>Fascinating Trivia</i>	2
<i>Bi-Weekly Raffle</i>	2

GROCERY SHOPPING SAFETY

Even with social distancing and other precautions in place, grocery stores remain high-traffic locations.

As BC moves towards re-opening, many people feel concerned about how to best protect themselves during this necessary task. The basics include wearing a mask and carrying disinfectant, but the following tips will also come in handy:

Shop in off-peak hours. Some stores like Thrifty's, Quality Foods, Country Grocer, Whole Foods, Red Barn Market, Save-On-Foods, and Shoppers Drug Mart offer early morning hours just for seniors, immunocompromised people, and people with disabilities. Check with your preferred store to see if they offer this, and what the hours are.

Smaller retailers, local markets, and farm stands will be less likely to have crowds



Courtesy Canadian Press

than large chain stores.

Wipe down your cart or basket handle prior to use. Many stores offer this service for customers and will have signs indicating clean

carts or baskets. Disinfecting your hands after returning your cart or basket may also be a good idea to avoid possible cross-contamination.

Wipe down products upon returning home. Wash your produce to eliminate microbes (and pesticides).

Avoid direct contact where possible: pack your own groceries, scan or tap your own card. Use your own pen to sign receipts, and opt to pay with debit or credit card instead of cash. Disinfect your hands after leaving the till.

Delivery services: many stores offer these. They can be prepaid online or over the phone, and will place the bags outside your door to avoid person-to-person contact. ♦

WE ASKED! YOU ANSWERED! Your survey responses were so inspiring, we had to share them

Our question in Issue 3 was: [What silver lining, however small, have you experienced from our society's recent changes?](#)

"I am learning to paint in watercolour. It is a lot of fun starting something new at 83." ~ PAR tenant

"I am proud of Canadians. They are always showing the world how to stand tall." ~ ESQ tenant

"Silver lining is discovering the farmstands in my neighbourhood! There's so many, I don't need a store, and I support local farmers!" ~ PAR tenant

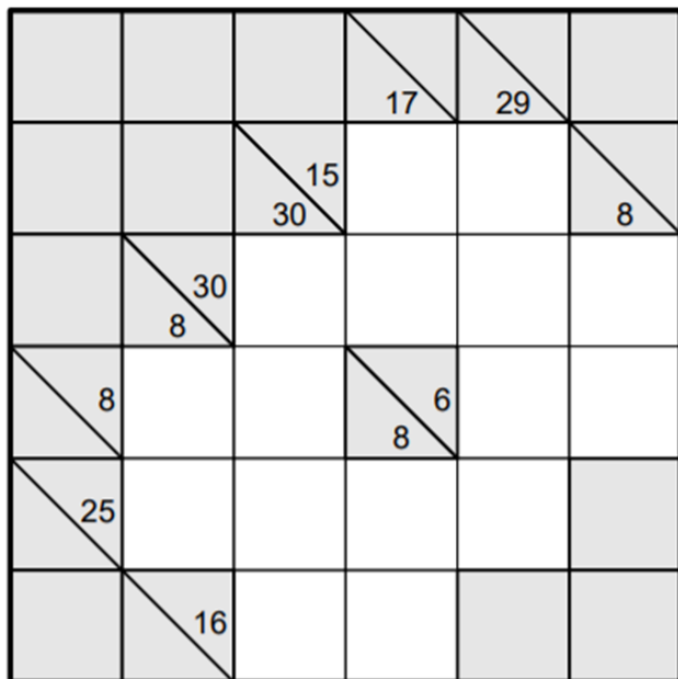
"With fewer cars on the road, the air pollution has cleared up

some; the sky is brighter and it's easier to breathe." ~ SIT tenant

"Realizing what's important in life: family, hugs, slowing down. Not: spending money, shopping, and being out." ~ PAR tenant

"In this crucial time we are all experiencing, I admire the willpower, generosity, and dedication displayed by people of all walks of life. It's incredible. Thank you, everyone." ~ DOW tenant ♦

WEEKLY PUZZLE: KAKURO



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Kakuro puzzles are like a cross between a crossword and a Sudoku puzzle. Instead of letters, each block contains single digits (between 1 - 9). The same digit will never repeat within a 'word' (horizontal or vertical white blocks). If you add the digits in a 'word', the sum will be the number shown in the clue. Clues are shown on the left and right sides of "across" words, and on the top and bottom sides of "down" words. **Answers in next week's newsletter.**

Last Week's Answers

Did you spot these 10 changes on the right hand side?

- No barn owl
- Squirrel's tail is missing
- Blue tit has a beetle
- Tawny owl's eyes are open
- Badger is missing
- Extra stripes on the snail
- Rabbit's eyes are closed
- 1 toadstool is missing
- Fox is missing
- 1 primrose is missing

5 FASCINATING FACTS

1. There are more atoms in a glass of water than there are glasses of water in every ocean on Earth.
2. If bees were paid minimum wage for their labour, a jar of honey would cost \$182,000.
3. Oxford University (founded 1096) is older than both the Aztec Empire (100 years later) and the printing press (350 years later).
4. It's impossible to hum while holding your nose. Try it!
5. Russia has a larger surface area than Pluto.



Tell Us Your Thoughts! Tenants from Sitkum and Sutcliffe won our last raffle!

We would like to know what you think! Please write your answer in the space provided. Don't forget your unit number and building name. Tear at the dotted line and drop the slip in your caretakers' mailbox by **12noon on Friday, June 5th**, for inclusion in our **raffle draw**. Two \$100 gift cards donated by **Red Barn Market** to be given away!!

Unit #: _____ Building Name: _____ Winners will be contacted by **Thurs, June 11th**.

QUESTION: What small daily activity brings you the most joy right now?

May we use your answer anonymously on GVHS social media platforms? Yes No