



## HELP WITH HYDRO

If you are a BC Hydro customer and experiencing difficulty paying your bill, contact their Customer Assistance Program at **1.800.BCHYDRO** (1.800.224.9376) to discuss penalty-free payment options, including deferral and flexible repayment. Customers facing possible disconnection due to personal hardship may also be eligible for BC Hydro's Customer Crisis Fund, which provides access to grants of up to \$600 to pay their bills.

## HELP IS AVAILABLE: BC 211

Almost everyone experiences stress, anxiety, or depression at some point in their lives. The last few months have been exceptionally difficult for many people. We posted **BC211** in our first issue as a resource for seniors; here we are highlighting that its services are for everybody. If you're having a hard time with any part of your life right now, consider reaching out to **BC211**. There's truly something for anyone in need.

Online: [www.bc211.ca](http://www.bc211.ca)

Text or Call: **211**

## WE ARE LISTENING

Thank you! We received so much positive feedback about the newsletter in last week's survey, and some excellent suggestions. We have heard you, and will be incorporating your ideas into our upcoming issues.

## ACKNOWLEDGING UNSUNG SACRIFICES, AND HOPE FOR THE FUTURE

AT GVHS, we would like to take the opportunity to acknowledge and celebrate those of you who may have been affected by COVID-19 in different ways. We join you in mourning your losses, and extend our wishes of hope and joy for better times.

To GVHS caretakers, who have put in extra efforts to keep our buildings clean and safe.

To family members who couldn't visit newborn babies, and to everyone who couldn't celebrate birthdays and anniversaries with

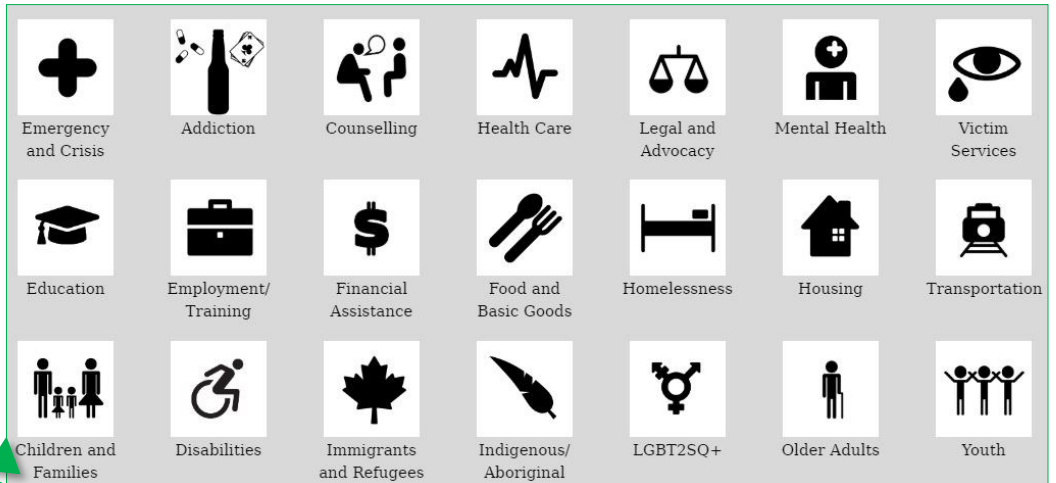
loved ones.

To people who passed away during the pandemic, who could not be given an appropriate farewell.

To seniors who have faced isolation, and to children unable to see their friends and attend school.

To those of you whose employment and finances continue to be negatively impacted.

This pandemic has had far-reaching effects and entailed sacrifices big and small. Looking forward, our resilience, patience, and kindness will be what we remember most. ♦



BC211 offers a wide variety of assistance and service referrals. Courtesy of [BC211.ca](http://BC211.ca)

## WE ASKED, YOU ANSWERED YOUR SURVEY RESPONSES FROM ISSUE 5

Our question was: *What small daily activity brings you the most joy right now?*

♡ "Art! I made miniature breads with my daughter."

♡ "Every day on my lunch break at work, I walk down to the ocean and look in the tidepools. I always feel better after I've spent some time with all the tiny sea creatures."

♡ "Having morning coffee with my son."

♡ "My plants. Love watching them come back to life after winter!"

♡ "Mother-daughter time: no electronics, just her and I cuddling or playing outside"

♡ "Colouring: it helps keep me calm and relaxed. Also talking to my grandkids."

♡ "Yoga, and cooking for my friend upstairs"

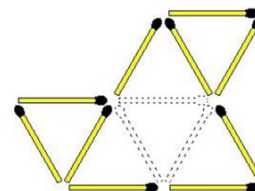
♡ "Cooking- I am paying more attention to preparing food nicely, so it looks and tastes good!"

## WEEKLY PUZZLE: ALPHABET SUDOKU

I				D		B	H	
H			G	B				
		C	A			F		
E	G			C		A		
	I		H	B	G		C	
		B		F			I	G
		E			C	B		
			G	H				A
D	C		B					I

These are played just like a regular Sudoku, except that each of the 9 numbers is replaced by the first 9 letters of the alphabet. Each of the nine rows and columns, as well as each of the nine subregions, must contain one and only one of each of the nine letters A through I.

Last Week's Answer



### 5 FACTS! WEIRD SCIENCE EDITION

1. Babies have around 100 more bones than adults do. (Their bones fuse as they grow up.)
2. The Eiffel Tower can be up to 15cm taller in summer ~ its metal expands with the heat.
3. Hawai'i moves 7.5cm closer to Alaska each year.
4. Venus is the only known planet to spin clockwise if viewed from 'above'. Uranus

spins on its 'side'.

5. Jumping fleas accelerate faster than space shuttles. Fleas jump 3 inches in a millisecond ~ that's 100 g (acceleration speed). Space shuttles only accelerate at a maximum of 5 g!

**BONUS!** Polar bears are nearly undetectable by infrared cameras ~ it's due to their efficient heat conservation!

### Tell Us Your Thoughts! Tenants from Campbell and Dahli 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, July 3**, 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, July 9**.

**QUESTION:** What new foods, dishes, or cuisines have you experienced recently? Did you enjoy them?

May we use your answer anonymously on GVHS social media platforms?

Yes

No