December 2019 - Holiday Issue

As 2019 draws to a close, it has been a good year for DCO. We have been working to strengthen existing and create new partnerships, we established a new 258258 short code for our ONTX program, and have made great strides towards adding podcasts to our learning offerings. Our podcast has reached over 1100 downloads in three months! 2020 promises to be an even better year and we look forward to working with our members and partners to take the association to the next level.

Whatever holiday you celebrate during this season, we wish you health, happiness, joy and much success in 2020.

Giving Tuesday
December 3rd, 2019

There’s no question that November and December are critical times of year for charitable fundraising. At CanadaHelps, 39% of all annual donations we process are made in these two months. It is a time when most Canadians, even those who don’t celebrate winter religious holidays, think about ways we can give back, and buy gifts to acknowledge those in our lives that we care about. Knowing this, how can we ensure that we are using this time to create social good and improve the lives of our families, communities, and the world we live in?
December Holidays Around the World

Few months present as many multicultural celebrations as December. From Christmas to Omisoka, the last month of the year is a "world of holidays." Let's take a look at some of December's holidays around the world.

Read more ...

Loneliness and the Holidays

Holiday loneliness is a common experience. Here's how to effectively cope and enjoy the holidays more this year.

The holiday season is generally thought of as a time of joy and love, but for far too many people, it's a time of loneliness. Some people live far from family and miss seeing their loved ones this time of year; others dread going to holiday parties and New Year's Eve celebrations without a partner and end up staying home. It's also common for people to feel emotional distance from the people they're with, thus feeling lonely even if they're in a room full of people.

Read more ...

5 Ways to Handle Toxic Family Situations During the Holiday Season

The holidays are the most wonderful time of year, perhaps the only time some get to spend with their family. But the holidays can also be a lonely, chaotic, stressful and anxiety-inducing time of year, that at times is approached with trepidation because of family. Holidays turn into toxic situations when family members believe their own inappropriate behavior, need to cause drama or voicing their opinion on a divisive subject is more important than a peaceful family get together. Their need to have everyone, or perhaps just you suffer for whatever reason can make what is supposed to be a joyful event unbearable. In preparation for the holidays, here are a few ways to handle toxic situations:

Read more ...
December 6 - National Day of Remembrance and Action on Violence Against Women in Canada

This December 6, women and men and families will gather at vigils and memorials across the country to commemorate the 14 young women who were murdered by a gunman chanting “I hate feminists” on December 6, 1989 at the École Polytechnique in Montreal.

Read more ...

How Walking Might affect Our Sleep

*Among middle-aged men and women who took about 7,000 steps a day, covering even a little extra ground was tied to better sleep.*

Taking more steps during the day may be related to better sleep at night, according to an encouraging new study of lifestyle and sleep patterns. The study, which delved into the links between walking and snoozing, suggests that being active can influence how well we sleep, whether we actually exercise or not.

Read more ...

How the Best Bosses Interrupt Bias on their Teams

Companies spend millions on antibias training each year. The goal is to create workforces that are more inclusive, and thereby more innovative and more
effective. Studies show that well-managed diverse groups outperform homogeneous ones and are more committed, have higher collective intelligence, and are better at making decisions and solving problems. But research also shows that bias prevention programs rarely deliver. And some companies don’t invest in them at all. So how can you, as an individual leader, make sure your team is including and making the most of diverse voices? Can one person fix what an entire organization can’t?

Read more ...

Maria Shriver and Ai-Jen Poo: In aging America, where’s the political support for caregivers?

The silent caregiving epidemic already squeezes Americans emotionally and financially. As the number affected by Alzheimer’s grows, so will the need.

As we gather around our Thanksgiving tables this week, we hear a lot of advice about tiptoeing around discussing politics with family members, or recommendations to talk about anything but the 2020 presidential election. It is clear that in many ways the polarization characterizing national politics today is dividing and distracting Americans, but this doesn’t have to follow us into our homes and conversations around the Thanksgiving table. In fact, it turns out many families share more in common when it comes to our hopes and dreams - and the barriers standing in their way.

Read more ...

DCO Updates

Holiday Closing

Please note that the DCO offices will be closed over the holidays from Noon on December 24th, and reopening on January 2nd, 2019.

From our house to yours, we wish you a happy holiday season!

Have You Made Your Year-End Tax-deductible Charitable Donation?

As the end of the year closes in, time is running out on tax deductible donations. About 25% of Canadians take advantage of the sizable benefits Canadian Federal and Provincial governments offer to Canadians who give to registered Canadians charities.

These tax incentives are significant, amounting to as much as 53% of your charitable donation. For many Canadians, it’s by leveraging these tax benefits that they can give more generously to charities. It makes them feel good and with their larger gift, it enables the charities they support to do more. Now, that’s a good thing.

At Distress and Crisis Ontario, the need for sustainable funding continue to increase. Please consider keeping us in mind as you make your end-of-year donation.

Make Your Donation Here
Donate to Distress and Crisis Ontario and thank you for your support! Please click here to donate.

DCO Upcoming Events and Schedule of Meetings

**Board of Directors Meetings**
Friday, January 24th, 2020  
Monday, April 20th, 2020  
Friday, June 19th, 2020

**ONTX Steering Committee**
4th Monday of each month

**DCO Conference**
April 29th - 30th, 2020 (tentative)  
Location: TBD

**DCO Annual General Meeting**
Friday, September 20th, 2020 (tentative)  
Location: TBD