



## May 2021 Newsletter

"When April steps aside for May, like diamonds all the rain-drops glisten; fresh violets open every day; to some new bird each hour we listen." —Lucy Larcom

### May Holidays and Observances

To all the mothers and persons who act as mothers out there, we wish you a Happy Mother's Day this month, and hopefully the sun is shining over the Victoria Day weekend so everyone can enjoy the holiday. To find out what other fun days there are to celebrate in May, [click here](#).



### Update on COVID-19 Vaccinations

"In response to an expected increase in vaccine supply from the federal government, the Ontario government is preparing to ramp up its rollout of COVID-19 vaccines to further support at-risk communities. This includes a targeted commitment to allocate 50 per cent of upcoming vaccine shipments to hot spot communities as identified by postal code, to help decrease COVID-19 transmission and hospitalizations."



Read more [here](#)..

### There's a Name for the Blah You're Feeling: It's Called Languishing

"The neglected middle child of mental health can dull your motivation and focus — and it may be the dominant emotion of 2021. At first, I didn't recognize the symptoms that we all had in common. Friends mentioned that they were having trouble concentrating. Colleagues reported that even with vaccines on the horizon, they weren't excited about 2021. A family member was staying up late to watch "National Treasure" again even though she knows the movie by heart. And instead of bouncing out of bed at 6 a.m., I was lying there until 7, playing Words





to help move this project forward and we are looking forward to sharing these first new modules soon.



## Spirit of Volunteerism Committee

We continue to move forward with our Spirit of Volunteerism Committee's efforts to learn more about Volunteer Burnout and how we at DCO can best support both leadership and frontline volunteers to minimize risk of burnout in our Distress Centres. If you would like more information or would like to join this committee, please reach out to us by email at [info@dcontario.org](mailto:info@dcontario.org).

## Website

A reminder that the new DCO website has been completed and we are in the midst of a soft launch at [dcontario.org](http://dcontario.org). Please give the site a visit, look around, and connect with us by email at [info@dcontario.org](mailto:info@dcontario.org) if you notice any changes that should be made, or if you encounter any glitches in the system.



## Podcast

Don't forget to [listen](#) to our podcast as we discuss current events and relevant themes with a variety of guests. The month of May has been dedicated to the topic of Caregiving and Caregiver Burnout. New episodes are released weekly across most podcast providers, click the image to the right of this blurb to listen to our latest episode and find what platform works best for you to continue listening.



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## Things you may find interesting

### COVID-19 and Suicide

The Mental Health Commission of Canada and Centre for Suicide Prevention have released an interesting pamphlet on the impact of COVID-19 on suicide rates in Canada, and how we don't really know yet what the full impact has been. If you would like to learn more about how they suggest we mitigate the added stress of life amidst a pandemic, [click here](#).



### Seven Practical Ways a Manager Can Boost Staff Morale

This infographic provides some insights in to how managers can support their staff in a meaningful and productive way. Strong leaders make the workplace a better environment for all.

[Read more...](#)



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CanadaHelps.org, or [click here](#) to  
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ONTogether and support us that way.



## DCO Upcoming Events and Schedule of Meetings

### Lunch and Learn Webinar

May 12, 2021 at 12:00PM

### Data Management Project Meeting

May 20, 2021 at 11:00AM

### Board Meetings

June 9, 2021 at 1:00PM

June 18, 2021 at 11:00AM

### Annual General Meeting

June 18, 2021 at 10:00AM



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