



## July 2023 Newsletter

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"Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that the better for us all." — Erik Erikson

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### July Holidays and Observances

We hope that everyone who celebrated the Canada Day long weekend had a safe and happy holiday. We acknowledge that Canada Day is not a time of celebration for all but a painful reminder of loss, injustice and continuing trauma for the Indigenous Peoples of this land. We wonder how our readers think about and are prepared to engage with Reconciliation.



July also includes International Self-Care Day, International Day of Friendship, World Chocolate Day, and more.

To see what other days of importance there are in July [click here](#).

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### Should You Take Intermittent Breaks From Digital Devices?

"If you're like the majority of Americans, you're plugged into digital devices most of the time. We read, stay updated, shop, "window shop," play games, research, manage our finances, get medical care, join clubs, make friends, create important digital connections, communicate with others, and often do professional work online.



But if you use your computer and phone more than you participate in real-life interactions and excursions, you may be suffering from severe information overload that can have both physical and psychological consequences. That never-ending stream of digital news, communication, marketing, and entertainment can cause you more anxiety and problems with focus and concentration than you realize, not to mention the confusion caused by defamation and manipulative disinformation campaigns, easier access to pornography, gambling, and other illicit or questionable activities, along with diminished personal productivity and loss of privacy."

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## The Tesla Cliff Crash is Yet Another Cry for Help

"'Love fall most of all,' reads the doormat outside the Patel family's now-vacant Pasadena home. Neighbors described the young family as 'idyllic,' 'like newlyweds,' and 'lovely people.' The neighbors remember the couple smiling and waving as they walked their children in strollers on their cul-de-sac. Last Christmas Eve, Dharmesh dropped off a plant at a neighbor's as a present. 'I'm Dharmesh,' he said, motioning to his immaculate white house. His matching, spotless white Tesla Model Y stood in front of a double-door garage.



But just days later on January 2, California Highway Patrol officers discovered the vehicle crumpled like foil at the bottom of a cliff. And while the rescue team couldn't fathom how Dharmesh, 41; his wife, Neha, 41; and their two young children survived the crash, investigators suspected this was deliberate. In May, a California court charged Dharmesh Patel with three counts of attempted murder as part of a premeditated murder-suicide."

This article comes from The Juggernaut and can be read by [clicking here](#). You will need to provide an email address to access the full article.

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## Quadriplegic Ontario woman considers medically assisted dying because of long ODSP wait times

"A quadriplegic woman in Bowmanville, Ont., has applied for medical assistance in dying (MAID), saying it's easier to access than the support services she needs to live her life comfortably.



Rose Finlay, 33, has been a full-time wheelchair user since a diving accident when she was 17.

But for the past year, she says, she's been without the reliable daily support she needs. Without that support, which includes bathroom assistance, she suffers from recurring urinary tract and kidney infections."

[Read more...](#)

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## Women in Leadership Face Ageism at Every Age

"When a university vice president had an opening for a controller sitting just beneath her in the hierarchy, board members told her to seek an 'older man' to complement her. Since she began the vice president role at age 37, board members routinely criticized her age, calling her diminishing pet names, like 'kiddo' and 'young lady.' But being older wouldn't necessarily have made a difference, as another woman explained: 'I am at the age when I should be getting the higher-level jobs; people in my profession now want to give the jobs to the 30- and younger 40-year-olds with the 'fresh, new ideas' as opposed to going with the person with experience.'"



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## Ontario Capping Rent Increases Below the Rate of Inflation

"The Ontario government is continuing to strengthen protections for tenants by holding the rent increase guideline for 2024 at 2.5 per cent, well below the average inflation rate of 5.9 per cent. The rent increase guideline is the maximum amount a landlord can increase rent during the year for most tenants without the approval of the Landlord and Tenant Board.

The guideline is based on Ontario's Consumer Price Index, a measure of inflation calculated by Statistics Canada using data that reflects economic conditions over the past year. Under the Residential Tenancies Act, the guideline is capped at 2.5 per cent to help protect tenants from rising interest rates that would result in higher rent. Without the cap, the recent rate of inflation would have resulted in an increase of 5.9 per cent in 2024."

[Learn more...](#)

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## Ontario First in Canada to Provide Coverage for New ALS Treatment

"The Ontario government is connecting people to a new treatment for those living with amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease. Ontario is the first Canadian jurisdiction to cover the new treatment, Albrioza, under the province's publicly funded drug program.

"Our government is giving people access to more treatment options by expanding public access to new medications and therapeutics," said Sylvia Jones, Deputy Premier and Minister of Health. "Expanding Ontario's drug program coverage to include Albrioza, will ensure that people living with ALS will benefit from this new treatment sooner and is another example of how our government is connecting more people in our province to the care they need."

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## Ontario Connecting Long-Term Care Residents in Toronto to Specialized Care and Supports

"The Ontario government is investing over \$2 million in 14 Toronto long-term care homes and five hospital-led initiatives that support homes across the city, to help seniors with complex needs like dementia and bariatric care connect to specialized care and supports in homes instead of a hospital. This is part of a \$20 million investment in 2022-23 in 189 projects provincewide through a new Local Priorities Fund operated by Ontario Health.

"We're expanding specialized services and supports for long-term care residents in Toronto, so people with complex needs get the care they need and deserve in the comfort of a home, instead of a hospital," said Paul Calandra, Minister of Long-Term Care. "Our government is taking action to ensure Ontario's seniors get the right care in the right place."

[Learn more...](#)

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## Ministers Working Together to Address the Opportunities and Challenges Facing the Housing Sector

"Today (June 29th, 2023), the federal Minister of Housing and Diversity and Inclusion, the Honourable Ahmed Hussen, as the federal co-chair, and Saskatchewan's Minister of Social Services, the Honourable Gene Makowsky, as the provincial-territorial co-chair, hosted the annual in-person meeting of federal, provincial and territorial (FPT) housing ministers. Ministers also met, in a separate meeting, with national Indigenous leaders and representatives. It has been five years since FPT housing ministers signed the Housing Partnership Framework<sup>1</sup>, an historic agreement to work together to build better housing outcomes for Canadians. Ministers took stock of all the achievements and work accomplished to date, including investments and initiatives beyond the National Housing Strategy to address housing needs. Ministers agreed that there is still a lot more work to do and FPT collaboration will help achieve the best results for Canadians."

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## News from and for our Member Centres

We would like to thank everyone who attended our Annual General Meeting and Conference - *Networking Reimagined: Member Reunion*. Thanks also to our incredible speakers who shared their expertise and insights with us. Look forward to our August newsletter where we will be sharing some highlights of everything we learned.



## The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, through the course of the last year we have shared many resources dedicated to the Clyde Mental Health and Addictions Project. Since we've shared so many resources so far, we have compiled a list sharing them all in one spot. The full list can be found [here](#).



## In other news...

### **Bones of Crows is the beginning of a hard, but necessary conversation**

"Canada's residential school system is cultural genocide, one that was administered by the church. There's no ifs, ands or buts here, this was cultural genocide. It was an attempt to stomp out numerous Indigenous cultures by killing the culture in children, and replacing with with Christian values taught via abusive methods. Former Prime Minister Stephen Harper apologized back in 2008, as did Prime Minister Justin Trudeau in 2017 for the nation's role in this



cultural genocide. Pope Francis called it genocide back in July last year, and in October, the House of Commons passed legislation formally recognizing it as genocide.

Bones of Crows is a film about the genocidal residential school system as seen through the perspective of a Cree woman called Aline Spears (played by Grace Dove from the Revenant and Alaska Daily). She and her three siblings are taken to a residential school in Manitoba as children in the 1930s, and the film shows the effects of this system over the course of her long life. From the sexual and physical abuse she suffered by those supposed to take care of her, to the mental health issues surrounding her family members as they grow up, and the apathy from those who don't seem willing to listen."

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## Summer activities in Ontario for kids and families

"Plan a summer day trip or getaway that the whole family will enjoy. There's no shortage of great things to do with kids in Ontario, from toddlers to teenagers and thrill-seekers to deep thinkers."



[Find activities in your area...](#)

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## DCO Updates

### Learning Forum Update

Important updates and refreshes continue with our Learning Forum content. We now have many new and updated modules uploaded to our website with more on the way very soon.



### Spirit of Volunteerism Committee

Monthly SOV webinars for volunteers and staff will continue this month after a break to facilitate our AGM and summer conference. Information on July's webinar will be sent out to Member leadership.



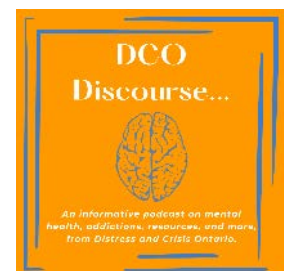
### Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at [dcontario.org](http://dcontario.org). We are currently undergoing an update to our website to ensure we continue to provide the best services possible.



### Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In June we shared a series of interviews focused on awareness events that occur throughout the month. Pride Month, National Indigenous History Month, and Brain Injury Awareness Month were all highlighted.



Click our logo to the right to listen. If you have any feedback or requests for future content, please [click here](#).

## Becoming a Member

If you are interested in becoming a Member of the Ontario Association of Distress Centre, currently operating as Distress and Crisis Ontario, please [click here](#) to read our Member Benefits Package. Any questions can be sent to us by email at [info@dcontario.org](mailto:info@dcontario.org).



Thank you for supporting Distress and Crisis Ontario. [Click here](#) if you would like to donate through CanadaHelps.org, or [click here](#) to purchase a Blue Jay Poster, as shown to the left, through ONTogether and support us that way.



## DCO Upcoming Events and Schedule of Meetings

### Board Meetings

TBA

### Events

SOV Webinar: TBA



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