



April 2024 Newsletter

"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also." — Harriet Ann Jacobs

April Holidays and Observances

April is the [month of awareness](#) for many physical health concerns like oral health and Parkinson's Disease as well as hosting [World Autism Awareness Day](#), [World Health Day](#), and [International Day of Pink](#).

To all those who celebrate Passover, we wish you a Chag Pesach Sameach.

To see what other days of importance or celebration there are in April, [click here](#).

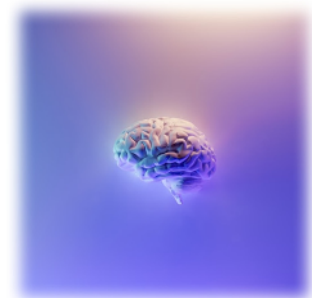


Alzheimer's Is Still Hiding One More Thing—Why More Women

"The number of women who develop Alzheimer's is larger than the number of men who are diagnosed with it, and healthcare is wondering why.

In the United States, 6.2 million people aged 65 and up have Alzheimer's disease. Almost two-thirds of these people are women. This means that women are almost twice as likely as men to have Alzheimer's disease. Why do more women than men get Alzheimer's?"

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Using Spring Cleaning as a Form of Self-Care

"Summer, fall, and winter have their fans, but spring is also a season worth celebrating. It is the season of fresh starts and new beginnings, symbolized by growth and new life. It is a time when we are encouraged to clean our homes and organize our lives. It is also a great time to give a little attention to renewing your mental health as well.

Starting spring cleaning can feel like a daunting task. It is common for people to find themselves facing psychological barriers and unable to get started. Clinical psychologist Anna-Maria Tosco sat down with CTV's "Your Morning" in March 2022 to break down five factors that might be getting in the way of spring cleaning."

[Read more...](#)



My Depression Was Caused By Undiagnosed ADHD and Autism

"I've struggled with depression (that was labeled as bipolar disorder for about 15 years) off and on since I was 12. Discovering that I'm AuDHD a couple of years ago has significantly improved my symptoms because I finally understand why my brain works the way it does, and I'm able to forgive myself for things that are the result of autism or ADHD rather than the personal failings I thought they were.

Perhaps other people can relate to my story?"

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How A Bowl of Fruit Became a South Asian Love Language

Saara Chaudry's [TikTok](#) of her dad bringing her cut fruit while studying got over 724,000 views. The caption read: "I swear... cutting fruit is all asians love language." Hundreds flocked to the comments section in agreement. "All brown dads literally, so accurate," said one user, while another wrote, "this is brown parents way of expressing love lol."

Chef Aliya LeeKong couldn't agree more. Growing up in Florida, her Tanzanian Indo-Pakistani parents cut fruit for her. "It's less about cutting fruit and more about feeding fruit," LeeKong explained. "It was really about making sure I'm trying everything and particularly the fruits that they grew up with, whether it's custard apples, lychee, pomegranates."

Across generations, offering freshly cut fruit to loved ones seems to be the prime manifestation of love in Asian households. Why?

This article was shared in The Juggernaut and can be read by [clicking here](#). You will be asked to provide an email address to access the article.



A message from Autumn Peltier for World Water Day

World Water Day was held on March 22, it is an annual United Nations observance day that highlights the importance of fresh water. The day is used to advocate for the sustainable management of freshwater resources. The video below shares an important message for the day from Manitobah, The Autumn Peltier Project, and Dreamcatcher Foundations.

"Did you know today, in 2024, there are still Indigenous communities across Canada and the United States without access to clean tap water? Too many communities still have to boil their water daily for safe use."



Updates from the Government of Ontario



Building a Better Ontario: 2024 Budget delivering on plan to rebuild Ontario's economy

"Today [March 26, 2024], Minister of Finance Peter Bethlenfalvy released the 2024 Budget: Building a Better Ontario. Like the rest of the world, Ontario continues to face economic uncertainty due to high interest rates and global instability.

These challenges are putting pressure on Ontario families and their finances, as well as on the province's finances. Despite these challenges, Ontario is continuing to deliver on its Plan to Build by investing in infrastructure to get more homes built faster, attracting better jobs with bigger paycheques, keeping costs down for families and businesses, and retaining a path to balance."

[Continue reading...](#)

Ontario Building More Inclusive Communities: Province investing \$750,000 to support independent and active living for people of all abilities

"The Ontario government is investing \$750,000 this year to improve accessibility and support people of all ages and abilities throughout the province. Through the Inclusive Community Grants Program, 15 projects will receive funding to improve community life for older Ontarians and people with disabilities.

"Inclusive communities are key to helping people with disabilities and seniors with mobility issues take part in community life by removing barriers," said Raymond Cho, Minister for Seniors and Accessibility. "Through the Inclusive Community Grants Program, we are reducing social isolation and creating new opportunities for all Ontarians to stay active, healthy and independent."

[Learn more...](#)

Governments of Canada and Ontario invest over \$11.4 million to bring high-speed internet access to more than 2,600 Indigenous households in Ontario: Rural community to benefit from increased connectivity to high-speed internet

"All Canadians need access to reliable high-speed internet, no matter where they live. The governments of Canada and Ontario are taking action to bring high-speed internet access to underserved communities across Ontario.

Today [March 13, 2024], the Honourable Gudie Hutchings, Minister of Rural Economic Development and Minister responsible for the Atlantic Canada Opportunities Agency, together with the Honourable Kinga Surma, Ontario's Minister of Infrastructure, announced over \$11.4 million in combined federal and provincial funding for First Nations Cable to bring high-speed internet access to more than 2,600 Indigenous households in Six Nations of the Grand River."

[Continue reading...](#)

Ontario Introducing Measures to Help Improve Access to Veterinary Services: New legislation recognizes important role veterinary technicians play in providing care

"Today [March 7, 2024], the Ontario government introduced legislation designed to enhance access to professional animal care.

The Enhancing Professional Care for Animals Act would, if passed, pave the way to formalizing the broad scope of practice for veterinary technicians that could result in an expanded role. The legislation would also streamline the complaints resolution process and increase penalties for actions that intentionally harm an animal.

"Continued access to safe and professional care is critical for pet owners and farmers which is why we are proposing to modernize the 35-year-old legislative framework regulating the veterinary profession," said Lisa Thompson, Minister of Agriculture, Food and Rural Affairs. "This bill is designed to enable better access to veterinary services, recognize the important role of veterinary technicians, improve oversight of the profession and increase quality assurance through measures like continuing education.""

[Read more...](#)

News from and for our Member Centres

With the end of April comes the end of another fiscal year for the Association. We would like to take this opportunity to thank you, our readers, for your support and thank our Members for their ongoing trust and participation in the Association. We look forward to many more years serving our Members and the community at large.



The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight Ontario Shores' [The First Step; Overcoming Addiction](#).

"The original twelve-step program is almost 100 years old. It was authored by the first Alcoholics Anonymous group and is still in use today. Today, many groups, helping those battling other addictions, including drugs and gambling, have adopted and adapted this successful formula for taking back your life. Even though the steps often change, the theme of the first step, The First Step, rarely changes. "I am powerless over my addiction.""

[Learn more...](#)

In other news...

Ontario drivers to see higher prices at the pumps amid carbon tax increase



"As of April 1, the price on carbon pollution in Canada went up by \$15 per tonne. For gasoline, the tax will be 17.6 cents per litre, up about 3.3 cents per litre. Diesel will go up about 4 cents per litre. ... Carbon pricing is part of the of the federal government's plan to reduce greenhouse gas emissions and is set to increase each year until 2030. Provinces and territories either had to adopt their own levy on these emissions or they would be subject to the federal pricing model."

[Learn more...](#)

Ontario's minimum wage to increase to \$17.20



"Ontario announced it will increase minimum wage 65 cents as of Oct. 1 from \$16.55 to \$17.20 for most workers."

[Find out more...](#)

DCO Updates

Learning Forum Updates

Important updates and refreshes continue with our Learning Forum content. We have many new and updated modules uploaded to our website with more being developed now.



Spirit of Volunteerism Committee

Monthly SOV webinars for Member staff and volunteers are held on the second or third Wednesday of each month from 12:00PM - 1:00PM and 7:00PM - 8:00PM EST. Registration links are shared via email with Member leadership in the weeks leading up to each webinar, and are now also being shared on our new Spirit of Volunteerism Community Page available to all Learning Forum users on Thinkific.



Website

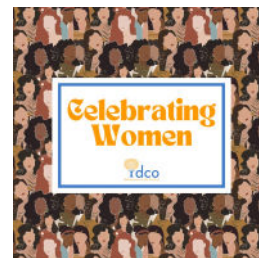
To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our

website at dcontario.org. The updates to our website have been completed and we would appreciate any feedback you have on the new and improved site. Please email any feedback to info@dcontario.org.



Blog

This month, to celebrate International Women's Day, we dedicated our second blog post to the occasion. In case you missed it, our new blogs will be released mid-month and cover timely topics related to current events or monthly themes, articles that didn't make it into our e-newsletter, updates from the Association and Members, and much more. You can read our March blog post, "Celebrating International Women's Day" [here](#).



Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In March we explored information related to Earth Hour, womanhood, gender-based violence, and more.

You can 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 visit our website and learn more. Becoming a member will allow your organization to increase networking in the sector, receive subject matter content specific to distress, crisis, and suicide prevention, and benefit from collective advocacy. Any questions can be sent to us by email at 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

Friday Apr 19, 2024 at 10:00am EST

SOV Webinars

Upcoming members-only lunch and learn webinars for staff and volunteer responders are as follows:

- April 17, 2024
- May 15, 2024



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