

Resources

Archdiocese of Montreal, COVID-19 Information:

<https://www.diocesemontreal.org/en/covid-19>

including Archbishop Lépine's *Care for the Soul* video series and other resources

The Grapevine:

For info about what is going on in the English-speaking Catholic community, consider subscribing to *The Grapevine*.

Online subscription form:
<https://bit.ly/2V1XFZn>

Archived issues:
<https://bit.ly/2JV59H4>

Quebec Health and Social Services Info:

<https://publications.msss.gouv.qc.ca/msss/en/sujets/covid-19>

Grief Resources

Ora Loss and Living:

<https://oramontreal.org/>

Articles

<https://www.familiesfirst.ca/grief-during-covid-19>

While we are working from home,
 Cathie can be reached at:
 514-983-2685

Isolation

Does being in quarantine and isolation help you to be more mindful of those seniors you visit who have been isolated because of health issues even before the pandemic began? Thank you for keeping in touch with those whom you visit, those in your neighbourhood or in your circle of friends and family who may need to be reached out to at this time. Here are some ideas:

- Call regularly, at intervals comfortable for them and for you.
- Check if they have any concerns (groceries, medications, family).
- Encourage them.
- Pray with them, if appropriate.
- Be present to whatever comes up
- Laugh with them (about our Boris Johnson hairdos, perpetual pajama days!)
- Promise to pray for them.
- Help them to be connected by recommending a livestream Mass or helping them get set up to view spiritual resources online.

If you have difficulty reaching out to someone because they are hard of hearing (see <https://hearhear.org/>), have cognitive difficulties, or have no phone in their room at the residence, drop them a note in the mail. Drop off some of that Covid-19 baking at a residence! We are all in this together!

#çavabienaller



Our **diocesan spiritual support line** is working well. The SASMAD coordinators monitor the line from 10 a.m. – 4 p.m. seven days a week. We have matched several people with our volunteers for follow-up calls. We welcome calls from anyone needing support.

The **Friends of Mercy**, SASMAD's prayer ministry, is accepting prayer requests. Is there someone you have special concern for? We are praying for all our volunteers, beneficiaries, health care and front-line workers!

Send your prayer requests to our new e-mail:
misericorde.mercysasmad@gmail.com

Log your visits at:
<https://www.bishopdowd.net/sasmad/>. Telephone visits too!

Pastoral Home Care – SASMAD English sector

Cathie Macaulay - Coordinator cmacaulay@diocesemontreal.org

SASMAD Office: 514-272-4441