



Ancoura Update October 2020

Ancoura Residents Coping with COVID-19

The well-being of our residents has, of course, been most important during the pandemic. Our first priority was to ensure that residents were aware of the COVID-19 protocols and guidelines that were put forward by public health officials. We then took steps to make sure that all of the residents were equipped with hand sanitizer, disposable latex gloves, masks and thermometers.

Ancoura's coordinators have done a remarkable job supporting our residents through weekly meetings held using Zoom and occasional in-person meetings. The coordinators have increased support in areas affected by the pandemic, including grocery pick-ups, organizing safe transportation and dropping off supplies. Some visiting volunteers are having outdoor visits with residents, using all of the proper precautions and protocols.

Not surprisingly, residents have experienced more isolation during the pandemic and there has been an increase in symptoms of depression and anxiety. Ancoura's approach has always been to foster caring relationships that nourish self-worth, independence and quality of life. Although many of our volunteers have resumed contact with residents in person or virtually, some of the richness of those relationships is affected by necessary and important guidelines that keep our community safe. We appreciate all of the creative and thoughtful ways in which our volunteers have connected with our residents throughout the pandemic. Ancoura will continue to do everything possible to keep our residents healthy and to help them cope with the pandemic.

Finding a Place to Call Home: Greg's Story



When you sit down for a conversation with Ancoura resident Greg Collins, you know that you are in for a stimulating time. He is an amazing speaker who talks with passion and has a great sense of humour.

Greg, now 38, was born at St. Mary's Hospital in Montreal. He spent his early years near Laval West not far from Montreal before moving to Ottawa at the age of 9. He was diagnosed with a mental illness when he was just 13 years old. After being bullied at school, he dropped out at the age of 15 and got a job fixing computers. Subsequently, he worked as a video game tester.

Greg became an Ancoura resident about three years ago. He has lived in many situations prior to joining Ancoura,

including some where people would steal his belongings. He now enjoys the company of fellow residents in his home, as well as visiting volunteers who provide him with opportunities to go on outings. He is very happy to have a good relationship with what he calls the “friendly staff” of Ancoura.

Greg was proud to be working two days per week at the Office of the Public Sector Integrity Commissioner of Canada before the COVID-19 pandemic. However since then he has been told that his contract will not be renewed. Despite this setback he is optimistic about his future and the possibility of landing another job.

In the meantime, he continues to enjoy his hobbies, which include video games and photography. He also loves cooking and has been able to cook up some hamburgers on the barbecue this summer. He is taking precautions to ensure that he is not exposed to COVID and often calls his friends to see how they are doing. It is a pleasure to have him as part of our Ancoura community.

HOW TO HELP ANCOURA

Volunteer

We are looking for volunteers: visiting volunteers who develop relationships with our residents by spending time with them at home or in the community; occasional volunteers who help from time to time with events, moving furniture, doing minor apartment repairs; and committee and board members. During the COVID-19 shutdown, volunteer work often involves virtual meetings. For more information, contact Virginia Junker at 613-233-8130 or virginia@ancoura.ca.

Make a donation

- Donate by cheque: Payable to “Ancoura” and send to the address on the next page.
- Donate online: Click here (www.ancoura.ca) and then scroll down and click on the Donate Now button or on “Canada Helps.org”.
- You can also donate a United Way campaign contribution to Ancoura. Simply write Ancoura’s name and charitable registration number on the donation form. The charitable registration number is 804860955RR001

Estate Planning/Bequests

In Ottawa, providing housing and support for people living in Ottawa is an ongoing need. Ancoura is a small organization that has benefited considerably from legacy gifts made by individuals. You may wish to consider leaving a gift to Ancoura. For details on this option go to <http://ancoura.ca/site/donate-now/>

- Ancoura is a registered charity: Charitable Registration No. 804860955RR001

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