



Hello, my name is Min Jae Kim, I am one of the care managers here at SPLC.

I hope everybody who is watching this video are doing okay during this pandemic situation.

For those who do not know who we are, SPLC is non-profit organization located at Warden and Finch within Scarborough, Ontario.

We provide services to older adults 55 and over mostly around Scarborough but for some services around North York and Markham area as well.

Some of the services that we provide are care management, addiction and mental health program, community health promotions, GAIN community team, meals on wheels, personal care and homemaking, transportation and more.

Our care management department, provides one on one supportive counselling, information and we make referral to other resources so our clients can live safely at home.

We also provide services to help navigate next steps as individuals/families work through their challenges brought on by changes in physical health, mental health, social and/or financial circumstances.

Min Jae Answers FAQs (Frequently Asked Questions)

In this video I will be answering some of the most frequently asked questions asked by the public about COVID-19 impact on seniors and services to seniors.

We are aiming to upload videos regularly, so if you have any questions, please leave us a comment and we will try to answer it in the next videos.

So, the first question is on tips for safe grocery shopping .

Can the virus be spread via food packaging?

Currently there are no reports suggesting COVID-19 can be transmitted by food or food packaging.



If concerned, it is recommended to handle the food packing followed by handwashing or using hand sanitizer.

How do I keep safe while grocery shopping?

When you are shopping at the store, please make sure you use hand sanitizer to wash your hands before entering the store. Try to avoid touching any surfaces or items and touching your face afterwards. Wash your hands or use sanitizer as soon as you leave the store.

What if I'm not comfortable going to a grocery store to do my own shopping?

SPLC is currently providing grocery shopping and medication delivery services. If you need help with groceries please feel free to contact us at 416-493-3333.

If you live far away from us, please call 211 to find grocery shopping assistance service available near you.

How do I stay active whilst indoors?

There are many programs available to all of us including our seniors to keep ourselves busy and active as much as possible while we are still staying home.

For example, there is this channel that I would like to share with you. It's called "The Shows Must Go On" and they are uploading famous Andrew Lloyd Webber's musicals which are available for 48 hours only.

They are usually uploaded on Fridays. So, stay tuned if you are interested.

Also, Cirque du Soleil has been uploading various videos on their performance, which are fascinating and interesting.

So, look out for those videos. Also, our ROM (Royal Ontario Museum) has uploaded some virtual tours as well.

As for our cherry blossom lovers, including myself, who miss tradition of going to High Park to enjoy the nice weather and the cherry blossom every year, you don't have to feel bad about missing this year's spring because City of Toronto has



uploaded a virtual tour on so we could enjoy the beautiful cherry blossom cherry blossom this year virtually.

What kind of content can I find on SPLC's YouTube channel?

For our YouTube channel, we have uploaded various videos on our recreation programs, such as exercise, gentle chair exercises, yoga, brain activity games and so on. So, watch those videos to keep yourself entertained and active as possible.

Does SPLC have any activities offered via telephone?

Currently, we are providing teleconference program where group of seniors get together to support each other and to make connection during this time.

Teleconference programs are run in multiple languages so if you are interested, please contact us.

Are there health benefits staying connected to others via telephone or computer?

It's really encouraged for all of us to stay connected because being socially active is just as important as being physically active. So, stay connected with each to support each other during this difficult time.

If you have any questions please add them to the comments below or you can call us at 416-493-3333.

So, that's it for today's video. I hope you found it useful.

As I said before we are aiming to upload videos regularly as possible. If you have any questions, please leave us a comment and we will try to address your questions as quickly as possible.

Thank you so much for watching this video.

I hope you stay healthy and I will see you soon. Thank you. Bye!

With thanks to Bensound for the royalty-free track "Perception".