

THANK YOU TO OUR FRONT-LINE STAFF

BE SURE TO SHOW HEALTH-CARE AND ESSENTIAL SERVICES WORKERS HOW GRATEFUL YOU ARE, WRITES GARY CARR



GARY CARR
Column

"For all you have done and continue to do, we thank you! Your work has not gone unnoticed."

- Gary Carr

We have an incredible team at Halton Region.

I am proud of all staff, from our health-care professionals to essential service workers and front-line responders, who have been working around the clock to respond to COVID-19 and maintain the high quality of life we experience in Halton.

Behind every public health guideline, every cup of clean drinking water, every call to 311 and every empty recycling bin, there is someone on the front line. These staff have put their lives on hold to be there for us when we need them the most. For all you have done and continue to do, we thank you! Your work has not gone unnoticed.

I would also like to thank all of our nurses, physicians, health-care professionals, long-term-care staff and first responders for all they are doing to care for those affected by COVID-19. It takes courage to show up, stay positive and keep going through the long hours and missed family dinners. Our community thanks you for everything you are doing to protect our health and to care for our loved ones.

Since the declaration of COVID-19 as an emergency in Ontario and in Halton,

our community has come together to say thank you to our front-line workers in many meaningful ways.

Walking through my neighbourhood, I have seen sidewalk chalk and window signs reminding us to stay strong.

And every evening, I hear residents shout, clap and cheer for those on the front line who are working to keep us safe and maintain critical services in our community.

Thank you for encouraging them and doing your part by staying home. Our health-care professionals and front-line staff need our support, now more than ever.

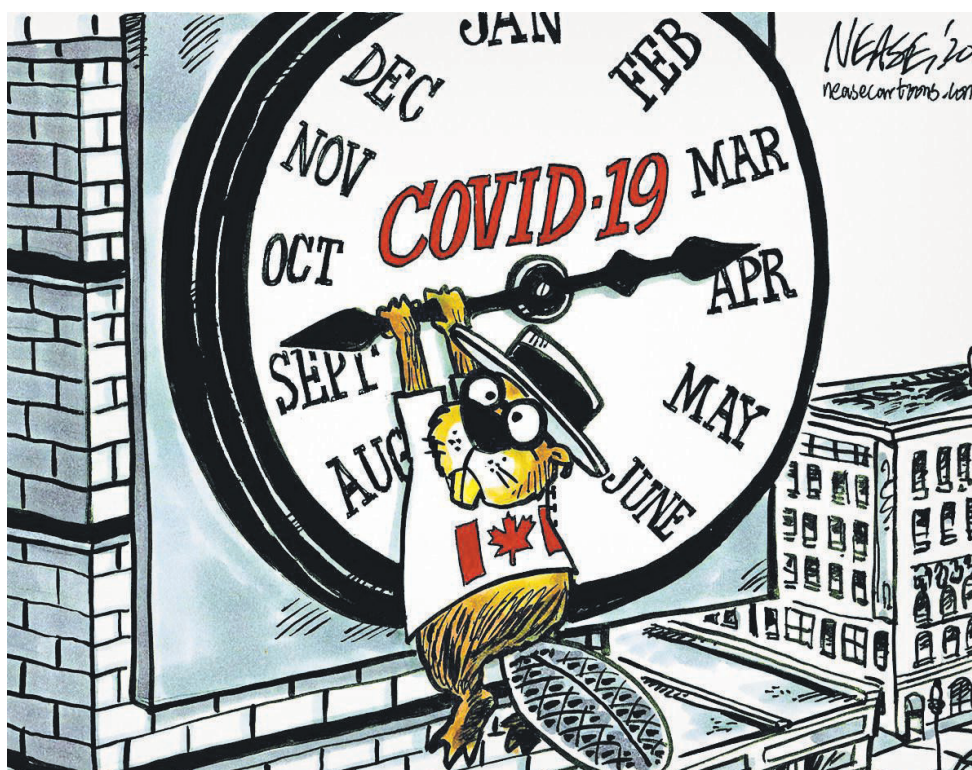
I encourage you to share photos and videos of how your neighbourhood is thanking those on the front line by posting them on social media with the hashtags #StrongerTogether and #HaltonON.

To learn more about Halton's response to COVID-19 and our staff on the front line, visit halton.ca/COVID19 or go to the #StrongerTogether campaign on our social media channels at @RegionofHalton.

Remember to be kind, be informed and be safe.

Gary Carr is the regional chair of Halton Region. To contact him, email gary.carr@halton.ca.

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SO YOU'RE HAVING WEIRD DREAMS

OUR SUBCONSCIOUS IS ON OVERDRIVE DURING THIS STRESSFUL AND UNCERTAIN TIME, WRITES STEPHEN ILOTT



STEPHEN ILOTT
Column

OK, so we're all starting to have more intense, weird dreams as our minds try to cope with the stress, hidden or overt, of this pandemic.

Don't wake up in a panic, flip over and flat palm your husband in the face.

Things are uncertain, times are surreal, normal avenues of things like food and income are wobbly and we feel that we have to

somehow take control in order to feel less adrift.

Certainly we have to sort stuff out, especially when we sleep. Our subconscious minds are on full speed ahead mode. The first thing I'd say is let the dreams come. It helps. Write them down.

Try and sort out why your brain is tossing such a mixed salad at you.

This is a rare opportunity to get in touch with your inner you. Say, "Hello inner me." But don't be stressed when it talks back. It's normal.

We are all going to have some measure of PTSD after this is over.

In the meantime, YouTube some smart therapists. Avoid the end-of-days horse-pucky and focus on the nuts and bolts science, which will honestly lay out exactly how things will flow, but know inside we're all a bit unnerved and need to connect as humans.

Whatever honest voices out there have to offer listen, appraise and absorb what works for you to calm the dreams.

Practise lucid dreaming if you've never heard or tried it. Might be a good time to avoid shooter games in virtual reality, especially the zombie apocalypse ones.

And, hopefully, this world's thirst for apocalypse movies and shows will abate somewhat and we'll crave romantic comedies again.

Collectively hear all the voices and see we are in this together, working toward restoring our civilized world, perhaps in a better way. An e-hug to you all.

Stephen Ilott is a home organizer and author of "The Domestic Archaeologist." Visit www.decluttering.ca or contact him at silott@cogeco.ca or 416-460-8098.

MORE ONLINE

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