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100 ACCOMPLISHED BLACK CANADIAN WOMEN (ABC)

100ABCWomen Update #4

April 2020

Already Working from Home? COVID-19 Takes It to a Whole New Level



(Fennella Bruce, a 2020 100 ABC WOMEN Honouree, gives her Point of View)

I left the office environment two years ago after a long career in the television news industry and started my own media consulting business. It wasn't a hard transition for me – I'm pretty disciplined, so I still got up in the morning at a decent time, got dressed and moved as if I was going out to work, and not to my home office. I developed a pretty good workflow and structure to my days. I learned when to shut down (you tend to work longer hours when you work for yourself), I stopped taking personal calls during work hours and curbed my social media use – which can be a real time drain if you get caught up in it. So, when COVID-19

forced everyone into self-isolation and Canada started working from home, I didn't stress. I thought, what will be the big adjustment for me?

It turns out that there were a few things I had to restructure for my business. The main one was networking/socializing. Part of what I do involves attending business events, conferences, workshops, entertainment events, etc. None of that can happen right now because I will abide by the stated rules to stop the spread of Covid-19.

Travel was another big part of my 2020 plan. I spent all of February in Los Angeles with my client, director Frances-Anne Solomon (a 100 ABC Honouree), attending pre-Oscar events, The Oscars, the Pan African Film Festival, the NAACP Image Awards as well as building my LA database. My mindset was to continue the path with business travel planned for April, May and June already in place. All those plans are canceled.

Now that everyone is doing business from home, there are more virtual and phone meetings happening, which forces me to really budget my time and make sure meetings stay on track (COVID-19 talk should always be banned from business meetings, it can suck up a lot of time).

One thing I am thankful for, is my business is thriving during this period. Everyone is home and consuming media and the digital space is also jam packed. My clients are getting booked to give their expertise during COVID-19 on multiple platforms. I am also working ahead on projects, in preparation for when we get back to some sense of normalcy. Working from home does have many benefits, but when you lose your freedom to physically interact with your business or social contacts, it is an adjustment that I hope is temporary.

Keep well and keep working. **This too shall pass.**

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100 Accomplished Black

Canadian Women — 2018

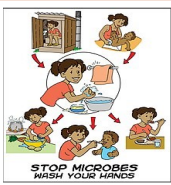


WAYS TO GET YOUR BOOK NOW:

- ⇒ **A Different Booklist— 779 Bathurst St., Toronto, Ontario**
- ⇒ **www.Amazon.ca**
- ⇒ **<https://www.100abcwomen.ca/how-to-get-your-book/>**

Quote of the Month:

"STRENGTH DOESN'T COME FROM WHAT YOU CAN DO, IT COMES FROM OVERCOMING THE THINGS YOU ONCE THOUGHT YOU COULDN'T." —Velma Morgan—



'SURVIVAL TIPS'
DURING THIS CHALLENGING TIME (COVID 19)
By Carol Mundley, Certified Health Professional
- 2020 100 ABC Honouree
PART 1- PHYSICAL CARE



Recognize your own requirements - Remember your emotional needs are equally as important as is your physical needs.

If at all possible, include activities that will not only stimulate your physical needs, but also, your psychological needs.

Utilizing more technological sources to communicate will become the new way of life for many.

If you are an essential worker or in the service industry who are still working, remember you too may be experiencing frustration and isolation once you get home. Due to the many restrictions, you are not able to sit and have breaks with your colleagues.

Once you get home, don't forget during this time you should be changing your shoes or sanitize top and bottom before going inside.

Washing your hands before you do anything else and changing your clothes as soon as you get inside, before you sit anywhere.

Separate your clothing by putting those worn out in a pillowcase, if you are unable to put them in the wash immediately.

If you have to either quarantine yourself from the rest of your family, or if you live on your own, you can no longer do things you were able to in the past. But, all is not lost, so start thinking of a new hobby or getting back to doing something you haven't done in a while.

Do something nice for yourself every day, it doesn't have to be anything elaborate. It could be as simple as taking a long leisurely bath, shower or doing your pedicure/manicure.

Think about starting a journal, documenting your thoughts and plans.

Attempt a task you always thought of, but never had time to do so.

If you are not currently working or going to school, you may be home alone and therefore, further isolated. Keep a schedule to help with keeping your day structured. Maintaining a structured schedule will help with keeping you occupied, write down your plan for your day (be creative in including at least one new task daily).

Do a work-shop/ seminar online or take some online courses. There are many courses being offered through various online methods. Join a wellness or virtual chat group online.

If you are someone who is at further risk of experiencing domestic violence, because you are home more with your abuser, or at home with a parent (a) who is abusive, always think of having an emergency pack at home. This pack should have a list of emergency telephone numbers for shelters, food bank, and numbers for at least one person who you trust enough to help you.

If at all possible, you should have funds in this pack and at least one change of clothing. Reminder you will need a place to hide the pack where the abuser will not find it easily, preferable outside the home. Think about the possibility of starting a journal, but take care to write in coded messages.

Self-care during this very tough time is not only essential to our overall health, it is absolutely necessary to our overall survival!

One day, one step at a time! Remember it is also okay to have space from those who you love!

We thank Carol Mundley for these tips and hopefully many will use them to assist in keeping this "invisible enemy" at bay.

Contact Us—Check our website for more information:
www.100ABCWomen.ca

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"NEWS YOU SHOULD USE"

PART- 2- RESILIENCE DURING COVID-19 **PROTECT YOUR MENTAL WELLNESS**



As human beings we have been known to be faced with many trials and tribulations from time to time. However, never before have we had, we been tested with true resiliency as we are presently with anything such as this pandemic, COVID-19. Yes, we must admit we are in unprecedented times where there is no barrier, no status or class of whom will be spared.

Anxieties have reached unprecedented levels as everyone has been forced into adapting new strategies in maintaining one's mental wellness and well-being during this time. Assess your stress levels as only then you can make plans to manage your stress and anxiety.

Feelings of loss of control and excessive worry are not unusual as you are dealing with things you have never been faced with before. However, trying various strategies to help you cope can be a step in the right direction. Always being mindful about your own coping mechanisms, some coping skills you already have so continue to use those and add others. Other things that you might find helpful:

Maintaining normal scheduling will help in creating some normalcy in your life.

Create new hobbies. Challenge yourself by doing something you have never tried before

Connect with family, friends via video chat

Start a journal

Get creative—join a virtual wellness program

Go for short walks, always being mindful to maintain physical distancing guidelines. The recorded loss of social connections has been immeasurable and the true test of human behaviours will be fundamental test of mental resilience when it comes to physical distancing guidelines

Reach out to a neighbour or an elderly person and offer support or assistance. More than ever we are more open to showing compassion for people who before, were seen as a mere hindrance. Our abilities to be more tolerant and exercising patience. This will help with distracting you from your own needs and will create a sense of worth for you.

While we are able to be patient with others, exercising patience to self is much more difficult to attain. However, this is key to our mental well-being. Accept the fact that some anxieties, worries and fears are normal. This will help in making us more hyper alert and vigilant in protecting ourselves and love ones.

Carol Mundley has provided some valuable information in two parts. She is a certified Health Professional and the tips come from a position of appropriate education and well over eighteen years of experience, which is still growing since Carol is still on the job giving a "hand up".

To get your tickets for the Book Launch & Gala, please click on the url link below:

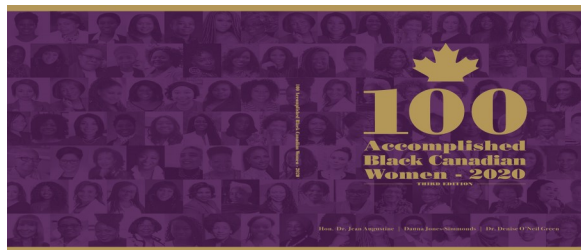
<https://www.100abcwomewen.ca/product-category/2020-gala-tickets/>

Only a limited amount of tickets are available.

Editors: Dauna Jones-Simmonds &

Norma Wilson

thank you!



In the News!

<https://www.100abcwomen.ca/in-the-news/>



**2020—3rd 100 ABCWomen Book Launch
& Gala on Saturday, September 26, 2020
at Woodbine Banquet Hall, Toronto**

100 ABC Women

2022 Nomination Process is Open!

<https://www.100abcwomen.ca/nomination-form-2022/>

Career Opportunities

Opportunities at City of Toronto—Click on the link to learn more about positions.

<https://www.brainhunter.com/frontoffice/seekerViewJobDetailAction.do?sitecode=pl389&jobId=232367&page=search&external>

City of Toronto—Blacks on Board Project—Please apply—www.toronto.ca/ServeYourCity—Lots of Board Opportunities available

To apply to the Summer Leadership Program, please click on the following link: <https://slp2020ple.infolib.ca/>

<https://www.gojobs.gov.on.ca/Preview.aspx?Language=English&JobID=145296>

Please send your career opportunities that you want posted on our website to:

100abcwomen@gmail.com.

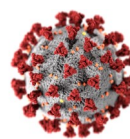
Thanks to Our Sponsors
2020 Sponsorship of the Book Launch and Gala



Upcoming Events Calendar

SAVE THE DATE
2020 BOOK LAUNCH & GALA
SATURDAY, SEPTEMBER 26, 2020
WOODBINE BANQUET HALL
30 VICE REGENT BLVD
TORONTO
95% Tickets are already sold!

**Will the Book Launch & Gala still occur in
September 2020 amidst COVID-19?**



Answer: 100 ABC Women is continuing to monitor and adhere to the recommendations of the government officials and medical experts. If there needs to be adjustments, then we will be looking at February or September 2021. We will be making a decision in June 2020. For now, we are on for September 26, 2020!!!

Learn More About 2020 Honourees

<https://www.100abcwomen.ca/2020-honourees/> We encourage our friends and supporters to follow/share/like/comment on our posts across our social media platforms.

Like us and follow us on:

Facebook: 100ABC Women
www.facebook.com/100abcwomen

Instagram: @100_abcwomen
www.instagram.com/100_abcwomen

Twitter: @100abcwomen
www.twitter.com/100abcwomen

Advertise with Us!

Join Nadia Hohn on Thursday, April 30 @ 9 am

Register to Participate!

Need some sunshine?



Presented by A Different Booklist Cultural Centre
and Owlkids Books:

Poetry & Porridge: Breakfast with Nadia L. Hohn

Thursday, April 30 | 9am to 10am EST

Join Nadia L. Hohn on Zoom for a
live reading of *A Little Miss Lou*
and a kids poetry activity!

Register at: <https://bit.ly/PoetryandPorridgewithNadiaHohn>

In celebration of #PoetryMonth
#ALittleMissLou @adifferentbooklistcc
@owlkidspublishing

Looking to send congratulatory messages to 2020
Honourees or advertise in our Program Booklet?

Click on this link to get more information.

<https://www.100abcwomen.ca/ads-congrats/>

100ABCWomen is committed to recognizing and documenting the accomplishments of Black Canadian Women. All Honourees are encouraged to share their accomplishments so that our readers can appreciate the difference they are making in their respective communities.

CURRIED SQUASH & APPLE SOUP



INGREDIENTS

1 tbsp. (1.5 ml) butter
1 onion, chopped
3 cloves garlic, minced
2 tsp. (10 ml) curry powder
1 medium butternut or large acorn squash, peeled and chopped
(about 6 cups/1.5L)
2 apples, peeled and chopped
2 cups (500 ml) reduced-sodium chicken broth (keep 2 extra cups on hand in case soup is thick)
2 cups (500 ml) milk, warmed
Salt and pepper

DIRECTIONS

In a large pot, melt butter over medium heat. Add onion and garlic; sauté for about 5 mins. or until softened. Stir in curry powder, squash and apples; sauté for 2 mins. Add chicken broth, cover and bring it to a boil. Reduce heat to medium low and simmer covered for 15 to 20 mins. or until squash and apples are soft. Using an immersion blender in pot, purée the cooked ingredients until smooth. Stir in warm milk and reheat soup medium heat, stirring until steaming. Do not boil. Season to taste with salt and pepper. Serve in bowls. Garnish with grated Asiago Cheese and Parsley.

Norma's Cooking—Delicious!!

“Strong Women Aren't simply born. They are made by the storms they walk through.”
Anonymous

Words of Wisdom shared by Her Worship—
Tessa Benn-Ireland.