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|  | **Wellness Wednesday**  **October 21, 2020** |
|  | **Daylight Saving Time – November 1**  On November1 at 2 am our clocks “fall” back and we gain an hour of sleep in the morning. But what is Daylight Saving Time? Check out these [Common Myths about Daylight Saving Time](https://www.readersdigest.ca/culture/daylight-saving-time-myths/).    **What does this shift mean for our health?**  In an article published by the [Washington Post](https://www.washingtonpost.com/lifestyle/wellness/sleep-daylight-saving-time-end/2020/08/28/213d3a0c-e8b8-11ea-bc79-834454439a44_story.html), the American Academy of Sleep Medicine notes that the time change can be deleterious to our cardiovascular health, psychological health and increase the number of motor vehicle accidents.    **How can we improve our sleep?**  “Sleep plays a critical role in staying strong and healthy, and to maintain immune function. The things we have to look out for with respect to sleep are quantity, quality, and timing. All three have to be addressed in order to get the maximum benefit.” Dr. Elliott Lee  To learn more about the importance of sleep check out Dr. Elliotts COVID-19 Q&A: [**Good sleep in troubled times**](https://www.theroyal.ca/news/covid-19-qa-good-sleep-troubled-times) |
|  | **Halloween and COVID-19**  This week the provincial government announced that there will be no trick or treating for kids in Toronto, York Region, Peel and Ottawa, but that doesn’t mean **Halloween** is cancelled. Here are some great ways for you and your family to enjoy Halloween safely.   1. Family movie night. Watch some of the classic family friendly Halloween movies. Some favorites are Hocus Pocus, Ghostbusters and the Adams Family. 2. Do a Halloween treat hunt at home. 3. Decorate your home and take a walk around your neighborhood to see how others have decorated. 4. Dress up and do a funny family photo shoot. 5. Make some Halloween themed snacks and have a video party with friends.   For virtual, drive-thru and outdoor Halloween Events happening around the GTA check out [The Top Halloween Events for 2020](https://www.toronto4kids.com/The-Top-Halloween-Events-For-2020/).    **Download the COVID Alert App**  [**COVID Alert**](http://r20.rs6.net/tn.jsp?f=001mUSiMBbRuBfEMuTQdrAovt49cCq051vHyL3rtD4cvC0p-y6kdZlS6jM9VACfRg3cCXiFvIBJzV7Mf9EjnhGzkaM2d9ZmnNXIc8cWgFoA7bGq-x_x67tZ2SlrBXIuoHaWAAmiYyGn5l5sCBM33I7OqoyRuPXQyNVvoXO1hDDsNcZhsDSMZabgtowRzblxIVCfjliMijxaYvYBg05cOLxZARRdLYAbeHhfttx3oqJ-KE1LRCa7qiMSJiH0HmWDCYmYms1PPSsPmQs=&c=btVbpRbZZ23iNHgFcomyYMuiw7cxa8Uq2NZHr1x-drSVk1qM0ANhFQ==&ch=RQnby0Nj0DHGZZNL0mhiYFE4IjKYp3Qi1WPqJJ1aFH16khbe6yeDGw==) is Canada's free exposure notification app that alerts your smartphone if you have been in the vicinity (within 2 meters for at least 15 minutes) of someone who has reported a positive diagnosis of    COVID-19. The app does not use GPS or track your location. The app uses Bluetooth to exchange random codes with nearby phones each day. Users voluntarily notify the app if they’ve tested positive for COVID-19. If you've been near one of those codes and may have been exposed, you'll get a notification.    This [**free app**](http://r20.rs6.net/tn.jsp?f=001mUSiMBbRuBfEMuTQdrAovt49cCq051vHyL3rtD4cvC0p-y6kdZlS6jM9VACfRg3cCXiFvIBJzV7Mf9EjnhGzkaM2d9ZmnNXIc8cWgFoA7bGq-x_x67tZ2SlrBXIuoHaWAAmiYyGn5l5sCBM33I7OqoyRuPXQyNVvoXO1hDDsNcZhsDSMZabgtowRzblxIVCfjliMijxaYvYBg05cOLxZARRdLYAbeHhfttx3oqJ-KE1LRCa7qiMSJiH0HmWDCYmYms1PPSsPmQs=&c=btVbpRbZZ23iNHgFcomyYMuiw7cxa8Uq2NZHr1x-drSVk1qM0ANhFQ==&ch=RQnby0Nj0DHGZZNL0mhiYFE4IjKYp3Qi1WPqJJ1aFH16khbe6yeDGw==)is a useful tool to help you stay healthy and safe. |