



Feature Article

The New Normal, Love Without Boundaries



Wearing masks, maintaining social distancing and taking online classes... The COVID-19 pandemic has changed life as we know it - changes that seemed rather frustrating at the beginning but have gradually become a kind of 'new normal' in life. The 105 Gibson Centre has also made corresponding changes to fit into the this new normal.

New Curriculum, Connect Hearts

At the outbreak of COVID-19, 105 Gibson Centre suspended all the classes from mid-March to April. However, in May, we launched 10 free online classes, including youth services, community classrooms and Abundant Life Institute; plus ALI



Talk on "Precautionary measures for cardiac patients during the pandemic" by Dr. Chi-Ming Chow.

Starting from June, the Centre offered more online classes, some at reduced fees. Both children and adults could then enjoy these additional activities at home. In July and August, the Centre

successfully organized 28 online courses, while the Abundant Life Institute organized 8 online ALI Talks.

We are overwhelmed with joy to find that our online programs have reached beyond Scarborough and Markham to other cities, from Vancouver to Montreal! Although we cannot meet with each other in person, we have successfully used the new technology to connect us all!

From September to December, we are offering classes on-site and online while doing our best to provide a safe environment for all participants.

New System, Connect Minds

Even though 105 Gibson Centre has scaled back operations for a few months, we continue to find innovative ways to serve our community. In August, we launched a new IT system, a one-stop-shop concept, which provides not only a simple way to register for classes, but also facilitates other services in one go. It is a reliable system to track registrations and manage activities at your own convenience. The new interface offers a comprehensive and enhanced user experience right at your fingertips.



New Hotline, Love Connects

For our Food Bank clients, we have adopted new practices of "Door to Door delivery" and "Curb side pick-up" to serve them during the pandemic.

Furthermore, the Centre has launched a "Free COVID-19 Counselling Helpline" to help those suffering from emotional stress during the pandemic. While we practice social distancing, we continue to reach out to anyone in need. We are united in the bond of love beyond boundaries.

Although the pandemic has changed our daily routine, our priority in serving our community will not change. We strive to help the needy and fill our community with the love of Jesus.

The new normal changes everything; our vision remains.

**105 Gibson Counselling Helpline (FREE)**  
**Phone and Text: 647.918.1205**  
**Email: counselling@105gibson.com**  
**WeChat ID: counselling105Gibson**

Please leave a text or voice message along with your name and phone number. We will respond within one business day.  
 Also, our 105 Gibson Centre's counselling team has compiled some tips on managing your emotional and mental health, visit [www.105gibson.com/tips-for-coping-with-covid-19](http://www.105gibson.com/tips-for-coping-with-covid-19)

Message from Ray



Together, we care  
Ray Lee

This has been a difficult time for us all, hasn't it? A lot of us are challenged to find our way in the midst of so many unknowns, so many restrictions, and so isolated! We are almost in a fog with no real direction ahead except to continue through it. As with all fogs though, it will lift, our path ahead will be clearer, and there is support available should you need it.

Our counselling helpline is available free of charge should you call. Our staff and volunteers who have started to be in-person at the Centre is available for you should you need someone to talk to. You can reach us online too, because we have gone online while still offering in-person programming! Maybe you want to try our new youth upcycling "One's Treasure" workshop, hikes, or online financial health course.

If you want to support others through our efforts, you can donate online. Your support will raise awareness of our services and expand our programming to the multiethnic community and businesses around us.

Our impact is limited only by our imagination and prayer. Please be our prayer partner! We have expanded to serve not only the Arabic-speaking community, but the Spanish-speaking too.

As we support our community emotionally, socially and spiritually, let us do this together. Without the assurance of a future with our loving God, it's easy to be discouraged.

Together, we can overcome. Together, we care.

My experience with 105 Gibson

The real downside of privilege is that we get a narrow view of life  
Lok Ping Ng



Hi, my name is Lok-ping and I am the food bank in-charge.

Thanks to our many donors and volunteer drivers, the food bank has remained operational during the shut-down. I'm grateful, as many of you are, that we are in a position to give. However, involving in the food bank is more than just about giving and helping others. What do I mean by that?

I think I can sum up my thoughts in a quote that I came across recently. It says: "The real downside of privilege is that we get a narrow view of life." Let me say that again: "The real downside of privilege is that we get a narrow view of life."

That's so true because normally, we only move within a small social circle of people of similar background and experience. Involving in the food bank has expanded my vision and given me the opportunity to listen to many different voices - those who have escaped wars and violence to come to this country, those who are living hand to mouth on a day-to-day basis, to name just a few. These are a cross-section of people who have fallen on hard times.

As I meet them and serve them, I am reminded of Jesus who came into our world and lived amongst us. In that sense, the work of the food bank is about the understanding of the compassion of Christ, and how we can flesh out this concept by walking with and suffering with people. This is the example that we are called to follow.

So, let us continue to encourage one another to do good, particularly during this time. I look forward to seeing you some time in the near future, hopefully, in person. Until then, take care and God bless.

WeWalk

These recent 6 months are difficult for us all, but we continue providing our service to our community. 105 Gibson Centre is committed to walking because God's love compels us to extend his love and compassion to our community with continued services and programs.

Walking with our Community during Lockdown

- ▶ Our Food Bank served 2,400 clients from April to August
- ▶ Our counselling Helpline received 65 enquiries from April to August
- ▶ 1,850 users registered for our online classes and talks from May to August



105 Gibson Centre have had a walkathon every year since we started in 2013. This year the walkathon was successfully held on October 3 at the Morningside Park. Due to the pandemic precautions, our staff walked. The theme "WeWalk" means that we walk for you to get through the difficult time together.

Praise our Lord, our staff finished the 10km walk on a beautiful, bright autumn day. Together, we have exceeded our goal and collectively raised \$71,350. We thank all donors for the generous support!

COVID-19 pandemic is still posing significant challenges to our community, the need is the call! Please continue to support us by donating at [www.105gibson.com/donate](http://www.105gibson.com/donate). All proceeds will be used to support our programs and services.



What can \$100 do?

- Feed a family** - feed a family of 4 (2 adults and 2 kids) with 3 meals per day for 4 days through the Food Bank
- Make an impact** - subsidize 2 clients' counselling sessions at the Centre
- Give hope** - provide community service opportunity at the Centre

Your \$100 can be a change-maker in the community! It's beyond a purpose of just a donation!

WE CAN'T DO IT WITHOUT YOU.

105 Gibson in Action

Re-opening measures

105 Gibson Centre now opens to public, with below arrangement:

- **Hours of operation:** Monday to Friday 10 am - 10 pm Saturday 9:00 am to 10:00 pm
- **Maximum number of occupants:** Centre controls the number of occupants in accordance with the public health guidance set out by York region.
- **Entering the Centre:** All visitors must sanitize hands before entering. All visitors must wear masks at all time in the Centre
- **Physical distancing:** All visitors must practice physical distancing - keep 2 meters/ 6 feet from others. Wash your hands frequently. Ongoing monitoring of Centre users' physical distancing and policing by staff on an ad hoc basis
- **Cleaning:** Common areas, furnishings and washrooms, including high-touch surfaces (e.g., door knobs, handrails, sink and toilet handles, water fountains, electronic devices, tables and equipment), are to be cleaned and disinfected every frequently
- **Hand Hygiene and Respiratory Etiquette** Hand hygiene products are available in all rooms. Hand sanitizers are provided in common areas

105 Gibson Food Bank

We have adopted new practices of "Door to Door delivery" and "Curb side pick-up" to serve the clients during the pandemic.

105 Gibson Wellness Clinic Tele Rehab Service

Tele Rehab is a safe and effective method of delivering physiotherapy assessment and treatment online. To book an appointment, please leave a message at 647-918-1205, or email to [amyl@105gibson.com](mailto:amyl@105gibson.com).

Youth Services One's Treasure

You can transform a T-Shirt to a cushion! This workshop is on repurposing used items into something fun and functional. Youth aged 14+, don't miss the new online class starts on Oct 31!



Upcoming Event

Youth Services - Youth Success Initiatives

Every Saturday from 10 - 11:30am. Offers FREE online tutoring on Math, Science and ESL for HIGH SCHOOL STUDENTS. Please register at: [www.105gibson.com/online-registration](http://www.105gibson.com/online-registration)

Community Classroom - Learn to Cook Mediterranean Cuisine

Friday November 6 - 27 from 3:00 pm - 4:15 pm. Learn to cook Mediterranean food, and share the food and culture of the Middle East. Prepare your dinner ready to eat. Online Class. Fee is \$30. Please register at: [www.105gibson.com/online-registration](http://www.105gibson.com/online-registration)

Supporting 105 Gibson

We welcome you to join our efforts in blessing the community through partnership, donations, and volunteering.

We would like to thank Mr. Eric C. Tappenden, the President and the Owner of Chapel Ridge Funeral Home, for his donation and support to 105 Gibson Centre.

We also take this opportunity to thank Dr. Christine Li for her charity work day on Oct 5, 2020. Dr. Li donated her entire day's income to support 105 Gibson Centre.

Please visit our website for more information on how you can support us!