

HOPE

HELPING. OUT. PEOPLE. EARNESTLY

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COVID19 QUARANTINE CENTRE
LIVINGSTONE FOUNDATION INTERNATIONAL
KEVIJA-Ü/THAHEKHU, DIMAPUR
Managed by Western Sümi Hoho &
Western Sümi Baptist Akukuhou Küqhakulu (WSBAK)
W E D N E S D A Y

e-Newsletter

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COVID19

SOME DO'S & DON'TS:

Do's

1. Always use Hand Wash or Hand Sanitizer
2. Always Cover Your Mouth & Nose
3. Consult A Doctor If Sick
4. Stay Indoors
5. Maintain Social Distancing

Don'ts

1. Avoid Close Contact With Anyone
2. Do Not Spit
3. Avoid Close contacts
4. Don't Panic
5. Don't Touch Your Face, Eyes & Nose



Vikiyeto Noel Jimomi
Jr. Accounts Assistant
Treasuries & Accounts, Nagaland.

You are You-nique

You are a single piece. No one other person is the same as you. You were born pre-packed with various assignments, and equipped with tools for completing those tasks assigned to you. Inasmuch as one prepares themselves for a travel or a business trip, God prepared you. He did meticulous research and packed you on purpose for a purpose.

The Psalmist declares that, *"My frame was not hidden from You when I was made in the secret place. When I was woven together in the depths of the earth, Your eyes saw my unformed body. All the days ordained for me were written in Your book before one of them came to be."* (Psalm 139:15-16)

Just as an artist takes a canvas into a locked studio, God took you into His hidden chamber where you were woven together. He selected your temperament threads, your character texture, the yarn of your personality; everything – before you were born.

God did not drop you into the world utterly defenceless and empty-handed. You arrived fully equipped. All the days ordained; day of birth and day of death; days of difficulty and victory; what motivates you; what exhausts you. God authored, and authors it all. Therefore, you cannot be anything you want to be; but you can be everything God wants you to be.

I used to watch my mother do embroidery. She used to embellish sturdy white cloths with colourful threads. Her artisan skills rendered common plain white cloths uncommonly unique. God did the same with you! You were *"fearfully and wonderfully made"* (Psalm 139:14) and *"skillfully wrought"* (Psalm 139:15).

You are more than a statistical chance; you are more than a marriage of heredity and society; you are more than a confluence of inherited chromosomes and childhood trauma.

Thanks to God, you have been sculpted from nothing into something. God sculpted the way you are before you even were, engraving you with all the characters that you possess and live with.

Secular society may tell you that you can be anything you want to be. But if God did not pre-pack and design you to be what you are, can you be an expert in what you are? You cannot be anything you want to be. But you can be everything God wants you to be.

When you do the most what you do the best, you put a smile on God's face. What could be better than that?

You were created You-nique! You were created Special! Do not ever forget that!

#Some things to know about...

Mr Vikiyeto Noel Jimomi was a member of the Empowered Group on Covid-19 and involved in the following activities:

1. Making contact with stranded persons from Nagaland outside India and outside Nagaland
2. Creating awareness and coordinating with various agencies within the country and outside for facilitating the return of persons from Nagaland stranded
3. Collection of information and details of each returnee for providing logistic support to the various agencies
4. Inter-personal contact with people stranded outside, providing information and other necessary help.

WHO INFO

5 ways you can help keep your children safe online

If your family is stuck at home during the Corona virus disease (COVID-19) outbreak, it's likely your children are spending a lot more time online. School, chats with friends and grandparents, even music lessons — so much has shifted online. Being connected helps children and teenagers reduce the impact of this new (temporary) normal and encourages them to continue with their lives. But it also presents a new set of challenges for every parent. How can you maximize all that the internet has to offer, while minimizing the potential harm?

5 ways you can help keep your children safe online

1. Keep them safe with open communication:

Have an honest dialogue with your children about who they communicate with and how. Make sure they understand the value of kind and supportive interactions and that mean, discriminatory or inappropriate contact is never acceptable. If your children experience any of these, encourage them to tell you or a trusted adult immediately. Be alert if your child appears to be upset or secretive with online activities or if they are experiencing Cyberbullying. Work with your child to establish rules on how, when and where devices can be used.

2. Use technology to protect them:

Check that your child's device is running the latest software and antivirus programs, and that privacy settings are on. Keep webcams covered when not in use. For younger children, tools such as parental controls, including safe search, can help keep online experiences positive.

Be cautious of free online educational resources. Your child should never have to provide a photo or their full name to use these resources. Remember to check the privacy settings to minimize data collection. Help your child learn to keep personal information private, especially from strangers.

3. Spend time with them online:

Create opportunities for your child to have safe and positive

online interactions with friends, family and you. Connecting with others is more important than ever at the moment and this can be an excellent opportunity for you to model kindness and empathy in your "virtual interactions".

Help your child recognize and avoid misinformation and age-inappropriate content that may increase anxiety about the COVID-19 virus. Many digital resources from credible organizations like UNICEF and the World Health Organization are available for you and your child to learn about the virus together.

Spend time with your child to identify age appropriate apps, games and other online entertainment.

4. Encourage healthy online habits:

Promote and monitor good behavior online and on video calls. Encourage your children to be kind and respectful to classmates, to be mindful of what clothes they wear and to avoid joining video calls from a bedroom.

Familiarize yourself with school policies and helplines to report cyberbullying or inappropriate online content.

As children spend more time online, they can be exposed to more advertising that may promote unhealthy foods, gender stereotypes or age-inappropriate material. Help them recognize online ads and use the opportunity to explore together what is wrong with some of the negative messaging you see.

5. Let them have fun and express themselves:

Spending time at home can be a great opportunity for your children to use their voices online to share their views and support those in need during this crisis. Encourage your child to take advantage of digital tools that get them up and moving, like online exercise videos for kids and video games that require physical movement.

Remember to balance online recreation with offline activities, including time outside, if possible.

<https://www.unicef.org/coronavirus/keep-your-child-safe-online-at-home-covid-19>



breakfast was prepared by Tokulu SHG Thahekhu Village, block 7.

Thank you & God bless.



Lunch was prepared by Madam Toyeli Samson. Thank you Ma'am God bless you.



Dinner was prepared by Akuvuto Community. Thank you & God Bless



Special thanks to Highway Area Sumi Students' Union (HASSU), Mr. Kitoka Sumi President - HASSU & his Team for the generous contribution of food packs (snacks & ice creams) for the inmates at Q-Centre, LFI. May God bless our future leaders.



COVID-19 PREVENTION

- WASH YOUR HANDS**
Wash them often with soap for at least 20 seconds
- COUGHING ETIQUETTE**
Cover your mouth when you cough or sneeze with tissue or the inside of your elbow
- WEAR MASK**
Make sure your mask fits well with the nose clip
- AVOID HUMAN CONTACT**
Keep your distance 1 meter away from crowd

YOUR LOGO @yourhealth.gov

HEAL ME, OH LORD!

Heal me oh-Heal me Lord (2x)
 Touch me with your healing hands
 Heal me oh heal me Oh Lord. (2x)
 Save me oh save me Lord (2x)
 From all deadly disease
 Save me Oh save me oh Lord

<https://www.youtube.com/watch?v=QMgwQWpRisg>



There are five key steps to tackle the coronavirus: Hands Elbow, Face, Distance and Feel

- 1 HANDS** (Icon: hands being washed)
- 2 ELBOW** (Icon: hand covering mouth)
- 3 FACE** (Icon: hand covering face)
- 4 DISTANCE** (Icon: two people with a 1M distance arrow)
- 5 FEEL** (Icon: hand touching face)

HELPLINE NUMBERS:

For General Help:

Medical Quick Response Team (QRT): 07630877983/06009920884/03862-227006.

Reception: 7005352003: 9436004409: 8837207330

Organiser's: 8787581778/9402832881: 8119960737

For Personal Online Counselling: 6009099799 (Female), 8730028488 (F), 8415867373 (F), 8794588394 (F), 7005575202 (Male), 7005837100 (M)

Soliciting your cooperation