

## SAHRA eBlast – Mar 28 2020

### COVID-19 Website Page

In an effort to keep our Members informed on COVID-19, we are communicating via our **eBlasts**. We have now created a dedicated Page under Information on our **Website** for these posts.

You can access the link/button to COVID-19 Information for COVID-19 articles at <https://sahratoronto.com/>. This will take you directly to the Information/COVID-19 page.

### Our Show of Support for our Health Care Workers and all Essential Workers

The Registered Nurses' Association of Ontario (RNAO) initiated a campaign for everyone to join in and actively show our support for health providers and essential service workers. As of March 19<sup>th</sup> at 7:30 p.m. and every evening going forward, people – from the doorsteps of their homes or keeping a safe distance – cheer on the millions of health providers and essential front-line workers in Ontario, Canada and around the world who are tackling COVID-19.

We are now asking the residents in our SAHRA Neighbourhood to show our support in honour of those heroes keeping us all safe, while keeping in mind social distancing.

Join us at **7:30 p.m. THIS EVENING – SATURDAY, MARCH 28, 2020 Rain or Shine**

and every day going forward until the fight against COVID-19 is over

- Make yourself heard by stepping out onto your porch, balcony, or open a window and make noise: bang pots and pans, sing a song, applaud, or honk your horn

**TONIGHT WE WILL SING 'O CANADA'**

- Tell your family, friends and neighbours to get involved
- Post your cheering-up activity on social media with the tag @RNAO and using the hashtags #TogetherWeCanDolt and #Cheer4HealthWorkers

“This amazing spirit of human solidarity must become even more infectious than the virus itself.” – Dr. Tedros, World Health Organization  
Let's make Dr. Tedros' words a reality!

### COVID-19: Accessing Support through Federal & Provincial Government Benefits

(compliments of Councillor Josh Matlow)

The COVID-19 pandemic will have an economic impact on everyone's livelihood. Councillor Josh Matlow has put together a helpful Q+A below to assist you in navigating through the Federal and Provincial Government benefits.

*Did you pay into EI, and have worked at least 700 hours in the last 52 weeks, but have been laid off due to \_\_\_\_\_ work \_\_\_\_\_ closures?*

You can apply for regular EI benefits through the Federal government. Beginning in April, even if you are EI-eligible, you can apply for the Federal Government's Canada Emergency Response Benefit (CREB) to ensure timely access to funds, as Canada's EI system is currently overloaded with applications.

If this does not apply to you, you may still apply for the Provincial Government's Emergency Assistance Program through Ontario Works and the Federal Government's Canada Emergency Response Benefit (CREB)

*Did you pay into EI and have worked at least 700 hours in the last 52 weeks, but are unable to work because \_\_\_\_\_ you \_\_\_\_\_ are \_\_\_\_\_ ill \_\_\_\_\_ or \_\_\_\_\_ in \_\_\_\_\_ self-quarantine?*

You can apply for EI sickness benefits through the Federal government.

If this does not apply to you, you may still apply for the Federal Government's Canada Emergency Response Benefit (CREB)

*Did you pay into EI and have worked at least 700 hours in the last 52 weeks, but are unable to work because \_\_\_\_\_ of \_\_\_\_\_ school \_\_\_\_\_ closures?*

You can apply for regular EI benefits through the Federal government.

If this does not apply to you, you may still apply for the Federal Government's Canada Emergency Response Benefit (CREB)

## Community Response



5 things we/you can do to make a positive difference in your community while we deal with COVID-19. SAHRA is offering to be a communications hub for those in need. If you are isolated or quarantined and need help – whether for groceries, prescriptions, pet food or even just a friendly phone call, please contact us. We will match the need up with residents you are offering to help, free of charge. Email us at [info@sahratoronto.com](mailto:info@sahratoronto.com). We will get through this, as a community, if we help each other.

## Yard/Boulevard Clean-up

It's that time of year when our yards and the street boulevard need a Spring clean. If you could spend some of your 'outside time' cleaning up your yard and the boulevard in front of your house, it would make a most pleasant difference to our community. The street cleaning machines aren't an 'essential service' and the annual Community Clean-up in April will have to be cancelled, so it is up to us to clean-up our property/community.

Warning: Disposable gloves are being discarded on the streets – please take special care when removing them/dispose of them in a sealed plastic bag placed in the gray Garbage bin.

## Donations to the North York Harvest Food Bank / Armour Heights Church support

For a long time, Armour Heights Church has been a supporter of the North York Harvest Food Bank. During these days of COVID-19, there are families and individuals in our area that are in need of food from the food bank. As an essential service, Harvest Food Bank remains open and continues to be in need of food and monetary donations. Even during these days of self-isolation, we can continue to support the Harvest Food Bank. Here's how you can help:

- Drop off food items outside the office door of Armour Heights Church at 105 Wilson Ave (the office door is off the parking area on the east side of the Church on Wilson). One Church will ensure these items are collected each day and added to the food bank box. Once the box is full, Harvest Food will collect the food. The most needed items are canned tomatoes, canned beans, canned fish, rice and household size oil.
- If getting out and either purchasing or dropping off food is not safe for you to do at this time but you would still like to help, you can donate money to the Harvest Food Bank by [clicking here](#).

Thank you for making a big difference in the lives of many.

## Community Spirit During COVID-19: Ways to Help

### Call to Action: SPRINT Senior Care's Meals on Wheels

SPRINT Senior Care's Meals on Wheels (MOW) program is volunteer-based and delivers tasty, nutritious meals directly to seniors' doors seven days a week, 365 days a year. MOW volunteers also perform security checks when delivering meals, to ensure seniors' safety.

Volunteers are the foundation of many of SPRINT Senior Care's services and we could not care for our seniors without support from over 300 volunteers annually. Due to the impact of COVID-19, we anticipate being in need of more volunteers to help us deliver Meals on Wheels.

If you are interested in finding out more about how you can help, please contact our Volunteer Services and Human Resources Department at 416-481-0669, ext. 8723, or [volunteer@sprintseniorcare.org](mailto:volunteer@sprintseniorcare.org). Visit us at [www.sprintseniorcare.org](http://www.sprintseniorcare.org) to learn more about our services and programs.

### Call to Action: Friendly Neighbour Hotline

University Health Network's OpenLab is helping vulnerable seniors—the group most at risk during the COVID-19 pandemic—by mobilizing volunteers to deliver groceries and other household essentials. The service gives priority to seniors living in low-income housing.

Volunteers are ordinary Torontonians who want to help. All volunteers have been vetted. Vetting includes a review of government-issued ID (e.g. driver's license, passport) and two references, one of which must be from work, school or another volunteer organization. Those who have passed the vetting process attend mandatory online training before they can assist vulnerable seniors.

The UHN OpenLab team has established the processes and procedures of the operation, and consulted with City officials, collaborators, and seniors themselves to ensure a coordinated, effective and safe response. The team has long-standing relationships and projects looking at creative ways to support seniors to live independently in Toronto's vertical communities. This has allowed UHN OpenLab to get organized very quickly, and to go live with the service in just a week.

The Friendly Neighbour Hotline went live on Monday, March 23. Currently, it is only serving Toronto seniors who live in low-income housing. The toll-free Hotline is available in 180 languages: 1-855-581-9580

To become a volunteer, please complete the [Volunteer Intake Form](#).

If you would like to make a donation, please visit [our fundraising page](#).

### **"Peanuts" Words of Wisdom**

"Peanuts" first debuted in Oct, 1950 in seven newspapers under the United Features Syndicate.

Developed by Charles M. Schulz, who was raised Lutheran in Minneapolis and Saint Paul, Minnesota,

"Peanuts" ran for nearly 50 years and was published in 2,600 newspapers, 75 countries and 21

languages. One of his gems of wisdom...

