

SAHRA eBlast – Apr 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 <http://sahratoronto.com/>. This will take you directly to the Information/COVID-19 page.

Dealing with COVID-19 - a "how to" guide

Public Health officials have provided good advice on how to stay healthy during the COVID-19 pandemic, but did you ever wonder what else needs to be washed or disinfected other than your hands? Based on his professional background, Jim Sadler the President of SAHRA has prepared a “how to” guide. Refer to [this guide](#) for answers to this question and others like it.

Councillor Mike Colle COVID-19 Update #8 April 26

View Update #8 at <https://sahratorontocom/category/covid-19/>

Provides information on:

- Targeted Spring Cleanup
- City of Toronto Launches Business TO
- High Park Cherry Blossom Festival Going Virtual
- City of Toronto provides Update on Response to COVID-19
- City of Toronto Receives Shipment of Three Million Surgical Masks
- Signs of Progress in the Fight Against the Spread of COVID-19
- Do you know a senior who needs help accessing food?
- Local Businesses in Ward 8
- Expansion of Digital Main Street
- TTC and Toronto Paramedics partner for emergency transport
- Thank You Volunteers
- Slow down and Obey the Rules of the Road
- Thank You to our 311 Workers
- Traffic control signals installed at Dufferin and Glengrove
- 211 help
- Mike in the Kitchen

MPP Robin Martin COVID-19 Update April 23

View the latest Update at <https://sahratorontocom/category/covid-19/>

Provides information on:

- COVIDSUPPORTS Website
- Provincial Government Updates

- Federal Government Updates
- Municipal Government Updates

Auto Theft and Bike Awareness

The spring weather is coming on and we are hearing of an increase of **vehicle break in** incidents, as well as an increase in **vehicle theft**.

Toronto Police Services (TPS) Community Response Officers remind us:

The thefts have always been there, seems like the car break ins are not being reported like before....the actual theft of vehicles are pretty common

TPS encourages everyone to report any vehicle break in incidents using the following link:

www.torontopolice.on.ca/core

Always make certain that you securely lock your vehicle. In addition, please remember secure your vehicle fobs in a secure metal container or a Faraday Bag and away from doors and exterior walls, in order to protect them from allowing car theft technology.

Of course, any incidents of car theft need to be reported immediately to 32 Division as well as to your own insurance company. Make certain you have up to date copies all of your personal documents pertaining to your vehicle available in a safe place in your home, in case you are still leaving the originals in your vehicle. It's not recommended to leave any such documents in your vehicle, although they must be available when you are driving.

In addition to the above vehicle issues, Toronto Police Service also recommends **registering your bicycle(s)** to help protect against re-sale if stolen (in the City of Toronto). Here's the link for bicycle registration: www.torontopolice.on.ca/bike

Show Your Support for Health Care Workers and all Essential Workers

Across the country, people gather on streets/balconies each evening to make some noise to show their support for health care workers and essential workers. Within SAHRA's area, one group that gets together every evening to "make some noise" is the Neighbourhood Watch Online group on Felbrigg. Attached are two short video clips (neighbours at the west and east ends of the street) of the singing/dancing at the **30th Day Celebration** of holding this event on Felbrigg, with the children leading us in dancing.

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 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 who are offering to help, free of charge. Email us at info@sahratoronto.com.

Do you know of anyone who needs help? Perhaps a senior or an apartment dweller in our area, impacted by the pandemic restrictions? If so, please let us know and we will arrange for the appropriate support.

Good Neighbour Project

Are you someone who is in isolation, elderly, a single parent, a person living with a disability and you require delivery assistance for supplies and groceries with no one to help? A task force of volunteers with the Good Neighbour Project are on standby to offer you assistance. Uses a Facebook network. Please call 647-873-2230 between 8:00am-8:00pm daily.

Toronto The Good: TPL Partners with Food Banks



The Toronto Public Library (TPL) has partnered with the North York Harvest Food Bank, Daily Bread Food Bank and Second Harvest to set up food bank distribution from library branches across the city to provide alternate service locations for existing food banks that are now closed. Since the implementation of measures to slow the spread of COVID-19 transmission, there has been a dramatic

decrease in access to food banks, with over a third closing in recent weeks. TPL's efforts are in support of the City's broader work on food security for Toronto's vulnerable residents (Source: TPL).

If you are in need of support, you can read more information, including hours and addresses of the food bank locations, at 211Toronto.ca, as well as the City's COVID-19 response website [here](#).

211 Toronto

211 Toronto connects people living in the GTA to over 4,000 programs and social services such as financial help, employment services, mental health, home care, housing, shelters, food and childcare. It offers a 24/7 confidential service in 150 languages, including online, text (21166) and chat services.

SPRINT Senior Care Programs / Need for Volunteers and Donations

SPRINT is continuing the essential **Meals on Wheels (MOW) program** during the COVID-19 pandemic. Hot and frozen meals are delivered to seniors' doors 7 days a week for a low cost. MOW volunteers also perform security checks when delivering meals, to ensure seniors' safety. Volunteers are the foundation this program - due to the impact of COVID-19, we anticipate being in need of more volunteers to help us deliver Meals on Wheels.



SPRINT is now offering a **Grocery Delivery Service** for seniors who are not able to shop or do not feel safe leaving their homes. If you or someone you know needs such a service, call 416-481-0669 Ext. 1225.



SPRINT is also making **Security and Wellness Checks** – volunteers phone isolated seniors in the community as a security check as well as an opportunity for socialization.

SPRINT needs donations of non-perishable food and other essential items. They also need volunteers to sort and package items for the seniors.

Items can be dropped off at 140 Merton St (2nd floor) Monday to Friday between 8:30 a.m. and 4:30 p.m.

Most-needed non-perishable food items: Apple sauce, Tuna or canned meat, Dry or canned beans, peas and lentils, Cereal, Crackers, Soft granola bars, Ovaltine, Ensure, Boost, Canned soup and stews, Peanut butter and jams, Instant oatmeal, Juice boxes, Coffee and teas, Pudding, Nuts and dried fruit, Canned evaporated milk, Macaroni and cheese.

Most-needed personal care items: Incontinence products (size M, L and XL), Shampoo, Hand soap, Body wash/bar soap, Deodorant, Toothpaste, Toothbrush, Mouthwash, Toilet paper, Tissues.

If you or someone you know needs such a service, please make contact with SPRINT at 416-481-0669 Ext. 1225.

If you are interested in finding out more about how you can help, please contact the Volunteer Services and Human Resources Department at 416-481-0669, ext. 8723, or volunteer@sprintseniorcare.org. Visit www.sprintseniorcare.org to learn more about SPRINT'S services and programs.

Support Our Shops

The **Bedford Park Residents Organization** has compiled lists of Restaurants, Local Businesses and Basic Needs Retailers that are open in our neighbourhood during COVID-19. Please “shop locally” to support these stores. The lists will be updated as additions/updates are submitted so please review this link from time to time.

<https://www.bprotoronto.ca/wp-content/uploads/2020/04/April-2020-Special-Community-Edition.pdf>.

The **Uptown Yonge BIA** has updated their website to include live access to businesses' websites that remain open at the link www.uptownyonge.com.

Lytton Park Residents' Organization (LPRO) April 22 E-Newsletter

View the latest E-Newsletter at <https://lpro.files.wordpress.com/2020/04/lpro-e-newsletter-22-april-2020-final.pdf>

Better Living Website COVID-19 Updates

Better Living Health and Community Services is actively updating their website to provide you with access to reputable sources of information and reference sources on COVID-19. You can access their website here: <https://mybetterliving.ca/covid-19-resource-page/>

Some COVID-19 Humour

