

SAHRA eBlast – April 21 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 #7 April 18

View Update #7 at https://mailchi.mp/731cc4d33a39/update6_april7_2020-4783251

Provides information on:

- DonateTO
- Distantly.ca
- ToGoTorontocom
- City Hall Live
- Construction & Noise By-law Updates
- Yard Waste Collection Updates
- Supports for Individuals Experiencing Homelessness
- Street Sweeping for Spring Cleanup
- Updates on the Personal Protective Equipment Supply
- Stricter Enforcement to help stop the spread of COVID-19
- City and Partners providing essential food support
- Mental Health Support Strategy
- Mike in the Kitchen

Hon. Marco Mendicino COVID-19 Update April 20

View the latest Update at <https://sahratoronto.com/2020/04/20/hon-marco-mendicino-covid-19-update-mendicino/>

Provides information on:

- Canadian Emergency Response Benefit
- Support to Business
- Mental Health

- National Volunteer Week
- Travelling by Plane
- Canada-USA Border
- Supporting Sport and Culture
- Indigenous Businesses
- Updates from Ontario
- Updates from Toronto

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.

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.

Are you willing/able to Volunteer to help us help our residents? If so, please email us at info@sahratoronto.com indicating the type of help you can offer.

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](https://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.

COVID-19: City of Toronto launches new DonateTO: COVID-19 portal to support pandemic relief efforts (City of Toronto News Release Apr 15 2020)

Mayor John Tory announced the launch of the City's DonateTO: COVID-19 portal which allows businesses and residents to make donations of products, services and funds in support of the City's pandemic relief efforts. The City of Toronto is working hard to support everyone impacted by COVID-19 and there are many ways the community can support the relief efforts, including donations of personal protective equipment, other goods and services, food and financial gifts. All donations help the City, in coordination with our community partners to enhance much needed services and supports, especially for the most vulnerable and those who support them. Residents and business wanting to help support the City's COVID-19 response and recovery efforts can visit www.torontoca/covid-19 to make their gift or find out more about volunteer opportunities.

City of Toronto supports launch of Distantly.ca to help main street businesses

(City of Toronto News Release Apr 14 2020)

Mayor John Tory highlighted the launch of an online donation platform that allows community members to make direct donations to small businesses to help lessen the impact of the COVID-19 pandemic. This platform allows customers to continue to support local main street businesses impacted by non-essential closures, such as coffee shops, restaurants and hair salons. Local businesses can visit <https://distantly.ca/> to set up their free account today or contact their local Business Improvement Association for assistance. Toronto residents who are able, can make a secure online donation to their favourite local business. These contributions will help to alleviate expenses, such as rent and payroll.

Updates for affected City Services and Facilities

This City webpage <https://www.toronto.ca/home/covid-19/covid-19-latest-city-of-toronto-news/affected-city-services/> lists the changes in their services and facilities brought about by COVID-19. Note that the city is asking that all personal hygiene/sanitary products, including **tissues, wipes, masks and gloves be disposed of in the Garbage (Grey Bin) in a sealed plastic bag**, and not the green bin.

If masks and gloves have been discarded on your street, please pick them up with great care and dispose of them in the Garbage in a sealed plastic bag.

The collection of yard waste has been extended until **Fri, May 1** on the **regular day for your garbage (Grey Bin) pickup**. After this, the City will assess if it can continue to provide the service.

Please note the following for yard waste: **Use a YARD WASTE bag if possible. Otherwise a rigid open-top container can be used.**

Proper Disposal of Doggie Poop Bags

A friendly reminder – doggie poop bags are to be deposited in your **GREEN BIN**. They are **not** to be put in with **YARD WASTE**.

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

PEANUTS

