

SAHRA eBlast – Mar 31 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 19th 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. EVERY EVENING 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 and/or honk your horn/turn on your flashers
- 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/also forward them to info@sahratoronto.com and we will include them in our next eBlast

“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!

Armour Heights Public School Playground Closure

On Wednesday, March 25, Toronto's Medical Officer of Health announced the closure of a number of city amenities including all city-owned playgrounds, sports fields, and basketball and tennis courts to limit public congregation and reduce the spread of COVID-19. All Toronto schools have been called on to do the same. The TDSB statement is available at [TDSB website](#).

For that reason, effective immediately, the TDSB is closing all playgrounds and other amenities, including sports fields and basketball and tennis courts, on school board property until further notice. The Board is posting signs and taping off all playgrounds and asks the public to please avoid use until

further notice. Where fencing or gates exist around structures, they will be locked. The gates to the green space around the Armour Heights Public School have been locked shut.

We recognize that playgrounds are important to our school communities, however we must all follow the advice of medical experts from Toronto Public Health and limit public congregation. Thank you for your understanding and cooperation as we work together to maintain the health and safety of our communities.

Councillor Mike Colle COVID-19 Update March 30

View Update #5 at <https://sahratontocom/category/covid-19/>. Provides information on:

- New safety measures for people who live in High-Rises
- Closure of Playgrounds and Other Park Amenities
- Mandatory 14 day isolation if you've been outside the Province
- Thanking all front-line health professionals
- Supporting Local Small Businesses
- Online Grocery Providers List

Hon. Marco Mendicino COVID-19 Update March 30

View the latest Update at <https://mailchi.mp/parl/march-30-covid-19-constituency-office-update?e=7234dd8274>.

Provides information on Canada's COVID-19 Economic Response Plan – Support for Individuals and Support to Business.

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@sahratonto.com. We will get through this, as a community, if we help each other.

Lytton Park Residents' Organization

Their latest Newsletter is available on the SAHRA website at

<https://lpro.files.wordpress.com/2020/03/lpro-e-newsletter-28-march-2020-final.pdf>

Links to Music and Art in the Time of Social Distancing (compliments of the Lytton Park Residents' Organization)

✓ Live-Streamed arts events from around the world:

<https://www.socialdistancingfestival.com/?fbclid=IwAR1kbMv6552GVn4kupNdCTzZjoiSTRJx9PutgbwAosXUE8Nj764OpU8ceU>

✓ The Metropolitan Opera: Live stream every day at 7:30 am: <https://www.metopera.org/>

✓ Daily Live-streamed concerts: <https://radiomilwaukee.org/discover-music/music-news/a-list-of-live-virtual-concerts-to-watch-during-the-covid-19-shutdown/>

✓ Google Arts & Culture: free virtual tours of museums, art galleries and historic landmarks: <https://artsandculture.googlecom/>

Rules for trips to supermarkets (compliments of Metro)

Use our grocery stores and online grocery services responsibly. Follow the instructions issued by public health authorities and avoid all non-essential outings.

Here is a checklist to ensure your safety and that of the essential employees working at our stores.

1. Follow the guidelines issued by government authorities.
2. If you have any symptoms, do not go to a store.
3. Avoid shopping as a group or with your family. Have a designated shopper and limit your trips.
4. If you are unable to do your own shopping, ask someone else to do it for you.
5. Comply with social distancing rules before and during your shopping, and at the checkout.
6. Buy with your eyes.
7. Avoid over-handling products and buy only what you need.
8. Pay with credit or debit cards, if possible.
9. If you can't get to a store, check out the online grocery services or delivery services offered by many grocery stores.
10. Be courteous and patient with other customers and employees that you encounter along the way.

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/>

**Going outdoors
is not cancelled, listening
to music is not cancelled,
quality time with our
families is not cancelled,
reading a book is not
cancelled, sharing with
friends is not cancelled,
singing out loud is not
cancelled, laughing has
not been cancelled,
sharing **HOPE** with others
has not been cancelled.**



**Let's EMBRACE what
we have.**