

SAHRA eBlast – Apr 30 2020

Doctors' Day event on May 1 at 9:00 PM

On **Friday, May 1** at **9 PM** go out onto your porch/balcony and **turn on your phone flashlight** and hold it high. Shine a light to show your appreciation for Ontario's Doctors. Say thank you for all they do.

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://sahراتoronto.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.

Hon. Marco Mendicino COVID-19 Update April 28

View the Update at <https://mailchi.mp/parl/april-5-coronavirus-constituency-office-update-4157689?e=7234dd8274>

Provides information on:

- **Tele Town Hall – May 3 at 2pm – update on support available to you and your families – call 416-781-5583 to Register**
- Help for Small Businesses
- Support for Students
- COVID-19 Research
- Updates from Ontario
- Updates from Toronto

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

During these days of COVID-19, there are families and individuals in our area that are in need of food from the food bank. The North York Harvest Food Bank is the local food bank provider for our area. For a long time, Armour Heights Church has been a supporter of the North York Harvest Food Bank.

The North York Harvest Food Bank is in need of food and monetary donations. 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). The Church will ensure the items are collected each day and added to the food bank box. Once the box is full, Harvest Food collects the food. The most needed items are canned tomatoes, canned beans, canned fish, rice and household size oil.
- Or you can donate money to the Harvest Food Bank by [clicking here](#).

Community Response



Five 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.

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.

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.