

SAHRA eBlast – May 29 2020

Cannabis Store Applications on Upper Avenue

An eBlast was distributed on May 26 about the fact that there are now 4 applications for Cannabis Retail Store permits on an 8 block section of Upper Avenue (on the east side between Fairlawn and Haddington). You can view the eBlast on the website at <https://sahratoronto.com/2020/05/26/sahra-eblast-may-25-2020-cannabis-store-applications-on-avenue-road/>. The instructions were to forward Submissions to the Alcohol and Gaming Commission of Ontario to customer.service@agco.ca but we have learned that they do not accept Submissions at this address – you have to access an online portal at <https://www.iagco.agco.ca/prod/pub/en/Login.aspx>. Below are instructions for completing the Submissions.

- Access the website by clicking on the link.
- Click on the iAGCO Online Services boxes at the top of the screen.
- Scroll down to the section ‘Search for Current Liquor and Cannabis Applications’ and click on the underlined Search (first word in the first sentence).
- Select the Category ‘Cannabis’ and click on the Search button (don’t fill in the additional fields).
- Scroll down to North York – you will see the individual applications – find the first one and click on the File Objection/Submission box on the right hand-side.
- Enter the displayed code
- Fill in the form – in the ‘Objection/Submission Description’ box, cut and paste in paragraphs from your original email and Submit.
- It will give you a confirmation page.
- Select Home and then repeat the process for the two additional applications.

We apologize for the two-step process but it is important that Submissions be made to the AGCO and as well that Letters be submitted to the Premier and the Attorney General.

Councillor Colle Update May 29, 2020

View the update at <https://mailchi.mp/2b03a2f29e95/update-from-city-council-this-week-4816728?e=139b4e63d2>

The second virtual City Council meeting was held yesterday dealing with some city wide and local issues. The Update includes few highlights from yesterday's meeting including the acceleration of the cycling network, the City's recovery update, and affordable housing initiatives. Three motions were successfully passed by City Council yesterday:

- 1) requesting the City to explore providing bicycles at no cost to our low-income residents
- 2) requesting City Staff to report on a strategic plan to protect residents from the 2nd wave of the COVID-19 pandemic
- 3) asking the Province to put a pause on new cannabis store applications until after the pandemic is over.

Councillor Colle Update #11 May 25, 2020

View the Update at <https://sahratoronto.com/2020/05/25/april-6-councillor-mike-colle-covid-19-update/>

Hon. Marco Mendicino May 20th COVID-19 Update

View the Update at <https://sahratoronto.com/2020/05/20/hon-marco-mendicino-covid-19-update-mendicino/>

MPP Robin Martin May 21st COVID-19 Update

View the Update at <https://sahratoronto.com/2020/05/21/mpp-robin-martin-april-16-covid-19-update/>

Jedburgh and Duplex – Active TO Street – ‘Quiet Street’

Jedburgh and Duplex from Brooke Avenue to Montgomery Avenue has been designed a Quiet Street as part of the ActiveTO program. Quiet Streets are shared space for drives, pedestrians and cyclists. Signs and temporary barricades have been positioned to encourage slow, local vehicle access only. The reduced traffic levels give more space for pedestrians and cyclists while respecting physical distancing.

Reminder --- Vehicle intrusions and Bicycle Thefts in our area

The Neighbourhood Watch Online group in the Apsley area has reported recent incidents of vehicle intrusions in their area. Reminds us once again to make certain that you **securely lock your vehicle** because we are being probably being tested on a regular basis. For those who now work more from home, remember that documents pertaining to your business are vulnerable when left in vehicles. Remember to 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 car theft technology. Make certain you have up to date copies all of your vehicle documents safe in your home in case you still leave the originals in your vehicle.

Toronto Police Services encourage everyone to report any vehicle break-in at www.torontopolice.on.ca/core to enable them to determine patterns and hopefully make arrests. All incidents of vehicle theft must to be reported immediately to 32 Division as well as to your own insurance company.

Because cycling has gained sudden popularity and with stores reporting low inventory, bicycle thefts will certainly rise. Keep your bikes out of sight or under lock to protect them. Toronto Police Services recommend registering your bicycles to help protect against re-sale if stolen. The link for bicycle registration is www.torontopolice.on.ca/bike

Safety around Hand Sanitizer

Doctors at Alberta Health Services and other COVID-related articles are warning that it is not wise to leave hand sanitizer in the car in extreme heat as it can ignite due to high alcohol content...

<https://www.thestar.com/news/canada/2020/05/22/leaving-hand-sanitizer-in-hot-vehicles-a-fire-risk-alberta-doctors-say.html>

TTC COVID-19 Response

The attached document is an overview of measures the TTC is taking to keep customers safe and well informed. The TTC will; provide updates on their plans to meet ridership demand when more businesses and work places begin to open again.

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.

Advice re wearing Contact Lenses during COVID-19 (compliments of Dr. R. Vagners, York Mills Eye Care)

Do you wear contact lenses? Are you doing all you can to protect your eyes during the COVID-19 pandemic? Check out some resources we found and thought would be really great for patients to see!

- [A Guide for Contact Lens Wearers](#)
- [Contact Lens Wear and COVID-19 \(Video\)](#)
- [Contact Lens Wear and Coronavirus \(video\)](#)

Support our Shops Update

The Bedford Park Residents Organization has updated their lists of Shops on Avenue Road and Yonge that are open for business as of May 2 (see attached). This list is also available on SAHRA's website on the COVID-19 Page.

The Bedford Park Residents Organization has also published their May 2020 Newsletter. You can view it from our News page <https://sahratoronto.com/news/news-from-area-residents-associations/>.

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](#).

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.

Better Living Website COVID-19 Updates

Better Living Health and Community Services actively updates their website to provide you with access to up-to-date and reputable sources of information and reference sources on COVID-19. They have a number of special support programs for Seniors. You can access their website here: <https://mybetterliving.ca/covid-19-resource-page/>

The Best Ways to Avoid Back Pain While Working from Home (compliments of Todd Rietschin, GlendonAthletic)

With two-thirds of the workforce now working from home, there is growing concern to adapt new practices that promote wellness along with productivity. To maintain spine health while adjusting to this new normal, it's important to stand, stretch, and practice self-care. Here are a few tips that can keep you out feeling well while working from home.

1. Properly Position Computer Monitor. Be sure to place your computer monitor at or just below your eye level so you don't look down. If you're on a laptop, it might be beneficial to invest in monitors to enlarge your screen, or at the very least a keyboard so you can type with your shoulders relaxed, as opposed to up by your ears if your laptop is raised.
2. Pay Attention to Body Angles. Maintaining certain body angles will help predispose you to better posture, especially if your home office doesn't have ergonomic seating like many workplaces do. Strive

for sitting with 90-degree angles at the knee joint, hip joint and elbow joint. It is also helpful to keep your elbows in closer to the body. This means sitting with feet flat on the floor, chair at a height that allows the thighs to be parallel to the floor, shoulders above the hips, forearms parallel to the floor, and wrists resting in a level position.

3. Practice Simple Stretching. Over time, muscle tightness can lock into place, creating pain and reducing mobility. As you sit, your hips flex, shoulders hunch, the chest caves, and the head drops forward, shortening and tightening the body's muscles. [Try these three simple stretches](#) for the upper and lower body, and try to work them in as frequently as possible throughout the day.

4. Take Five-Minute Breaks. For each hour you sit, step outside or stand and stretch for five minutes to loosen the muscles. If you need to, set a timer to make sure you get that five-minute break.

5. Balance Sitting and Standing Throughout the Day. The obvious solution to excessive sitting is to not sit for such long periods. Simple in theory, but this can be difficult in practice. Try to implement the below three simple steps to start:

- When working at a desk, stand up every 30 minutes. If possible, adjust your workstation to include an adjustable desk to allow work to continue while in the standing position.
- If it is not possible to stand up every 30 minutes, stretch and move the neck and back muscles while in the seated position.
- Try to include movement into the daily routine. Moderate activities such as climbing stairs or walking to get a glass of water can be helpful.

Reference: Reed, S. (2020, April 9). The Best Ways to Avoid Back Pain While Working from Home. Retrieved April 23, 2020, from <https://www.americanspa.com/wellness/best-ways-avoid-back-pain-while-working-home>

Tips for Better Household Air Quality

With the weather getting nicer and folks starting to think about turning on their air conditioner, here are some tips to help keep air quality high in your home:

- Keep your vents clean
- Reduce humidity and mold by using a dehumidifier
- Crack the windows occasionally (just a tad)
- Keep your floors clean
- Buy a houseplant or two
- Install a carbon monoxide detector and monitor levels