

SAHRA eBlast – June 19 2020

City Survey

While the City continues to work on reducing the spread of COVID-19 and ensuring the delivery of essential and critical City services, it is also working to prepare for Toronto's recovery in the weeks and months to come. The City has established the **Toronto Office of Recovery and Rebuild (TORR)** to:

- coordinate engagement and research
- develop the City's recovery strategies
- recommend actions to rebuild and reimagine the way the City delivers programs and services.

Residents, businesses and communities will play a significant role in successfully restoring communities and social and economic infrastructure. The City will continue to engage with institutions, the community and partners to get input that will help shape the City's actions around recovery and rebuild

The City of Toronto's Office of Recovery & Rebuild has launched an [online survey](#) to seek the perspectives of residents, communities, and businesses on how the City can recover, rebuild, and emerge from the COVID-19 pandemic even stronger. You have until **June 30** to complete the survey. For those that do not have access to a computer or the internet, or who need help in another language, members of the public may call **311** to complete the survey. More information on the survey and future opportunities for input is available online at www.Toronto.ca/RecoveryRebuild.

TTC COVID-19 Update June 18th

Effective July 2, 2020 masks or face coverings will be mandatory on the TTC. Children under two and those with medical conditions will be exempt. Instructions for wearing a mask and making your own simple face covering are available [here](#).

To support our customers in this change we will be employing a one-time targeted strategy to distribute 1,000,000 non-medical masks to our customers. Working with the City's Poverty Reduction Office, the distribution will start June 29. We are also doing a multi-lingual customer education campaign to ensure awareness.

The TTC's full news release with messages from Mayor Tory, TTC CEO Rick Leary, and Dr. Eileen de Villa, the Medical Officer of Health for the City of Toronto, is available here:

https://wwwttc.ca/News/2020/June/17_06_20NR_Board.jsp

Attached is an update with additional details. The safety of our customers and employees will always be our top priority. Thank you for your support for safe transit.

MPP Robin Martin June 11th COVID-19 Update

View the Update at <https://sahراتoronto.com/2020/06/11/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.

Research Study (UofT)

SAHRA has received a request from students from the University of Toronto who are doing a research assignment to better understand how costs of living are affecting homeowners and renters in Toronto. It has been a challenge getting our short survey to homeowners during this trying time and we would really appreciate it if you would share our survey link with your Members to take our **3 minute** survey at <https://realtech.typeform.com/to/bN1nO6>

The responses are analyzed by the team for purposes of providing guidance on possible solutions throughout the summer program, not published research. The survey responses are anonymous and typical demographic questions are asked including options if a participant prefers not to answer certain questions. The only contact information that can be collected in the survey is email, and this is optional not mandatory.

For further information or assistance please contact Disha Punn at disha.punn@mail.utoronto.ca.

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.

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.

Google Maps – new features to help commuters avoid crowds

Google Maps has launched new features due to COVID-19 that will alert users of any travel restrictions on their planned route and allow users to submit data showing when a transit line is crowded or not. Unfortunately, some of the new Google Maps features have not reached Canada yet. A press release said that pop-up alerts with information on COVID-19 testing sites

for travellers attempting to plot a route to one will be coming to Canada soon. For more information: <https://www.ctvnews.ca/health/coronavirus/google-maps-launches-new-features-to-help-commuters-avoid-crowds-1.4981040>

Lytton Park Residents' Organization eNewsletter June 10th

There are articles of interest to SAHRA members in the LPRO Newsletter (attached).

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

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](#).

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/>

5 Steps for Managing Stress (compliments of the Glendon Athletic Club)

As the events surrounding the coronavirus (COVID-19) outbreak unfold, it's understandable that you might begin to feel increasing stress. Information is rapidly changing and can be confusing, overwhelming and even scary. You may experience fear and spikes in anxiety. But even if you're managing your anxiety levels well, there's still so much more to deal with. Whether it's dealing with at-risk family members or patients, a roller coaster economy, trying to juggle work, keeping kids occupied or home schooling while schools are closed, or simply adjusting to a new, unfamiliar situation, stress can easily pile up and negatively impact you – both physically and mentally.

Exercise regularly. While gyms are closed and social distancing guidelines are in place, it's still possible to get in aerobic exercise, like walking, running, hiking or playing with your kids/pets, all can help release endorphins (natural substances that help you feel better and maintain a positive attitude). And there are

other exercises you can do in the comfort of your own home. Dr. Sullivan recommends yoga and stretching as one way to both exercise your body and calm your mind and it's easy to do by yourself.

Maintain a healthy diet. Stress can adversely affect both eating habits and metabolism. The best way to combat stress or emotional eating is to be mindful of what triggers stress eating and to be ready to fight the urge. "If you are someone who is prone to emotional eating, know your triggers, know what stresses you out and be prepared," Dr. Sullivan says. Keeping healthy snacks on hand will help nourish your body, arming yourself nutritionally to better deal with your stress. "Helping to regulate your blood sugar throughout the day is going to keep your body stable and your emotions on a much better playing field," Dr. Sullivan says.

Take a break. "As humans we want control over our lives and in this situation, so we have to learn to manage lack of control," says Dr. Sullivan. While it's important to stay informed of the latest news and developments, the evolving nature of the news can get overwhelming. Find a balance of exposure to news that works for you. This is particularly important for our children. We need to limit their exposure to the media and provide age-appropriate information to them. Whenever reasonably possible, disconnect physically and mentally. Play with puzzles, a board game, do a treasure hunt, tackle a project, reorganize something, or start a new book that is unrelated to coronavirus coverage.

Connect with others. "I can't stress enough how important connection is during times of uncertainty and fear," Dr. Sullivan says. "Fear and isolation can lead to depression and anxiety. We need to make a point to connect with others regularly." Reach out to family members, friends and colleagues regularly via phone, text, FaceTime or other virtual platforms. Make sure that you are checking on those that are alone. Check in regularly with your parents, grandparents and your children. **Get sleep and rest.** The ever-changing news environment can create a lot of stress, stress that gets amplified when you don't get enough sleep. It's especially important now to get the recommended amount of sleep to help you stay focused on work and on managing the stress the current outbreak can bring. Dr. Sullivan recommends avoiding stimulants like alcohol, caffeine and nicotine before bed. If you still find yourself too stressed to sleep, consider developing a new pre-bedtime routine, including a long bath or a cup of caffeine-free herbal tea. And planning for tomorrow earlier in your day can help alleviate stress related to what's to come.

Reference: Milanowski, A. (2020, March 19). 5 Ways to Manage Stress During the Coronavirus Outbreak. Retrieved April 17, 2020, from <https://health.clevelandclinic.org/5-ways-to-manage-stress-during-the-coronavirus-outbreak/>



Grow your own herbs indoors no soil needed!

Growing your own herbs can be interesting and rewarding, particularly when only water and a container are required!

The growing procedure for all herbs is the same:

- Simply cut a fresh piece of herb about six or so inches long.
- Clip off old leaves (cut on angle) leaving only the two youngest sets of leaves at the very top of the plant. This gives the herb the best chance to thrive!
- Finally, submerge part of the stem in a jar or container with clean water.

We recommend trying chives, rosemary, basil, thyme or oregano (each require 6-8 hours of sunlight daily). Before you know it, you will have fresh herbs ready at your fingertips! With any excess fresh herbs, they can be either dried out or frozen to be used at a later date.