

Coronavirus: COVID-19
Current Update – June 5, 2020

As of June 5, 2020, Canada has a total of 94, 070 confirmed cases of COVID-19. Ontario itself has 29, 747 cases with Toronto having 11, 835 cases.

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As our economy is slowly reopening and people are out and about in the community enjoying the warm weather, we would like to remind everyone to continue to be as vigilant as possible if you need to go out for any reason. Limit the number of places and people you are exposed to, practice social distancing, clean your hands often and wear a face covering in public. If we can continue with the slow re-open with minimal new cases of COVID-19, the likelihood of a new surge in cases, or a second wave, will be minimized. If we can get our community infection prevention tactics right now, we will be well positioned for the future and our new societal “norm”.

Everyone at North Yorkers would like to acknowledge the support of our families during the COVID-19 pandemic. It has not been easy for people to be away from their loved ones for this long, however we appreciate that everyone has respected our safety protocols to ensure our residents and staff remain COVID free.

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We recognize that there is a lot of grief and stress in the world right now and that things might feel overwhelming with current events taking place around the world. At North Yorkers, we stand in support of the principles of inclusion, equity, and accessibility for all.

If you plan on peacefully protesting this weekend, please remember that the coronavirus pandemic is still a threat, and the virus spreads quickly from close contact with others. Wear a face covering, try to keep your distance from others as best you can, and most of all, please be safe.



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UPCOMING EVENTS:
March of Dimes Canada

The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver A 4 Part Series
Starting Wednesday June 10th @ 2pm EST for 4 weeks.

Register for 1 or all 4!

Overall description: When you become a caregiver, everything changes - daily actions, beliefs, hopes, expectations and connections to others.

In this series, we will explore what happens to us when we care and turn toward-not away-from our loved ones, and how deep care for another transforms us and our relationships. The insights and strategies offered in this series are designed to help participants begin to make sense of the very experiences that transform them throughout the caregiver role so they can more fully advocate for their loved ones and themselves.

Session Themes:

June 10th: When Help Disappoints

June 17th :Caregiver Relationship Confusion

June 24th : Be Your Own Community Organizer

July 8th: Care Networking

Register Online: <https://afterstroke.marchofdimes.ca/news-events/family-caregiver-experience-4-part-series>

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If you or someone you know uses Augmentative and Alternative Communication (AAC), and requires resources related to COVID-19, please contact Jessica (Jessica.nydp@gmail.com) and she can assist you in accessing and/or creating various communication tools.

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If you think you may be experiencing symptoms of COVID-19, take the self-assessment at www.ontario.ca/coronavirus. Follow all directions from your medical provider or your local health unit at the following phone numbers:

Telehealth Ontario: 1-866-797-0000

Toronto Public Health: 416-338-7600

Peel Public Health: 905-799-7700

Durham Region Health Department: 905-668-7711

York Region Public Health: 1-877-464-9675

Please refer back to previous updates as lots of important information has been provided that may still be relevant. If you have any questions or require more information on how you can protect yourself and those around you from the COVID-19 virus, please contact our Outreach Communication Facilitator Jessica, at 416-222-4448 or jessica.nydp@gmail.com