

Coronavirus: COVID-19
Current Update – September 8, 2021

As of September 8th, 2021, Canada has a total of 1,526,133 confirmed cases of COVID-19. Ontario has 571,332 cases and Toronto has 175,496 cases.

Ontario logs fewer than 600 new COVID-19 cases for third day in a row

Today, there are 554 new cases of COVID-19 in Ontario. The seven-day average is 732, up from 728 at this time last week. The positivity rate is 3.3%.

Of these 554 new infections, 418 people are not fully vaccinated or have an unknown vaccination status. The remaining 136 people are fully vaccinated.

Today's cases were mainly found in: Toronto (149), Peel Region (46), York Region (41), Windsor-Essex (47), Niagara (33), Durham (25), Simcoe-Muskoka (25), Halton (24), Ottawa (22), Hamilton (21), Wellington-Dufferin-Guelph (21), Waterloo (20), Chatham-Kent (16), and Middlesex-London (15). All other health units reported fewer than 10 cases in Ontario.

According to the province, there are 194 COVID-19 patients in an Intensive Care Unit, and 115 of them are breathing with the help of a ventilator. Among ICU patients, 186 patients are not fully vaccinated or have an unknown vaccination status, and 8 are fully vaccinated.

In Ontario, 38,174 vaccine doses were given in the last 24 hours. Over 10 million people in Ontario are fully vaccinated, which is 78% of the population that is eligible for a vaccine. Meanwhile, 84.5% of people in Ontario who are eligible for a vaccine have had at least one dose.

Sources:

1. <https://covid19tracker.ca/index.html>
2. <https://toronto.ctvnews.ca/ontario-logs-fewer-than-600-new-covid-19-cases-for-third-straight-day-1.5576971>

How to help children cope with pandemic-related stressors for back to school

With school starting this week, many parents have been sharing their children's stress, anxiety, and unease about returning to in-person learning. As most schooling was virtual because of the pandemic, many children have not been inside a classroom for months.

This is not to say that children are not excited to go back to school or to be in a classroom. However, "studies are showing record high levels of stress and anxiety in school-aged children as routines and classrooms have been disrupted by the pandemic."

Parents have turned to new coping strategies for reducing their child’s stress. Such as yoga, deep-breathing, and teaching them how to talk about their feelings. One parent describes how their child has started having “anger outbursts” because of their anxiety.

A lot of this stress is specifically around returning to school, adapting back to learning in-person, and feeling uncertain about the pandemic and what this will mean for school in the future. If cases continue to climb, it is possible that learning may be virtual once again.

To address this growing concern, McMaster Children’s Hospital created back to school videos to help parents address any pandemic-related anxiety that their child is experiencing. The videos cover many topics including vaccinations, managing anxiety, making friends, bullying, germs, talking to your child about COVID-19, infection prevention tips, and much more. The videos can be found here: <https://www.hamiltonhealthsciences.ca/back-to-school>

It is important for parents to remember that “transitions are always challenging, but look for the glimmers of good and celebrate the successes, even when the path is bumpy.”

Source:

1. <https://www.ctvnews.ca/health/coronavirus/how-to-help-your-child-cope-with-pandemic-related-stressors-that-may-interrupt-school-1.5574694>
2. <https://www.hamiltonhealthsciences.ca/back-to-school>

Ontario’s COVID-19 Vaccine booking portal:

Those eligible for a vaccine can book here: <https://covid-19.ontario.ca/book-vaccine/>.

Or by phone at: 1-833-943-3900.

For general information about vaccines, call: 1-888-999-6488.

In Toronto? Here’s a safe transportation option to go to your vaccine appointment:

Wheel-Trans is committed to providing vaccine rides to the elderly and people with disabilities in Toronto. Wheel-Trans is offering individual rides to City-run mass vaccination sites, pharmacies, doctor’s offices, and clinics that are giving out vaccines. Customers may be joined by one Support Person on their Wheel-Trans ride.

You may be eligible for Wheel-Trans service if your disability prevents you from using the TTC’s conventional transit for all or part of their trip.

If you are not yet a Wheel-Trans customer, and you think you may qualify for Wheel-Trans service, you are invited to apply by calling Wheel-Trans Customer Service at 416-393-4111, Monday to Friday from 8 a.m. to 4 p.m.

Existing Wheel-Trans customers can book their rides to and from their vaccine appointments by calling Wheel-Trans Reservations at 416-393-4222, seven days a week from 7 a.m. to 11 p.m. or through the Wheel-Trans Self-Booking Website. Access the website by clicking here: <https://mywheel-trans.ttc.ca/SelfBooking2020/Login?ReturnUrl=%2fSelfBooking2020>.

Upcoming Events:

North Yorkers

The Communication Enrichment Class

Date: Returning September 14, 2021

The class will continue to run virtually on Tuesdays and Thursdays at 1pm, and you can find the online blog at <https://nydpcec.wordpress.com/> where the class activities will be posted before each class. If you or someone you know has a communication disability and may be interested in participating in the class, please contact Jessica, our Manager of Client Services via email at jessica.nydp@gmail.com.

March of Dimes

Caregiving and Resources

Date: Monday, September 13, 2021 at 2:00 pm.

In this webinar, Heather Cresswell will share her the emotional and physical struggles of caregiving and the wonderful support she received for over 34 years. There will be tips and testimonials for all Caregivers. She will discuss her approach with her Mom on how she dealt with regular daily activities, appointments and services. She will give insight on what takes place when caring for a loved one long term.

Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHfhHnLBGvolxLIpUMIAzQTBFMDc0T09PWDk0S00xRUhMWIBMSy4u

3-Part Series with Caroline Tapp-McDougall

Session 3: Slow Caregiving

Date: RESCHEDULED for Monday, September 20th at 2:00pm.

Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHfhHnLBGvolxLIpUMIAzQTBFMDc0T09PWDk0S00xRUhMWIBMSy4u

Caregiver Connection Group (paused until September)

Caregiver Webinars and Caregiver Conversations will not take place in August. They will restart on September 9, 2021 at 2:00 pm. You will need to re-register, and please do this before September.

Register or re-register:

<https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Support.aspx#Conversation>

One to One Peer Support Program

The One to One Peer Support program is still running. No one understands quite like somebody who has lived the same experience. Our Peer Support program pairs caregivers with peers who are also experienced in caregiving and can offer practical advice and support by phone or a video

chat. Contact Angie Clark by email at aclark@marchofdimes.ca or call 1-905-301-8114 for more information or to get connected.

3-Part Series with Caregiving – A Family Affair

This series happened in April, and answered the question: How can families remain strong and intact throughout the caregiving experience? If you missed it or would like to re-watch it, please click below. The access code for all sessions is Care2021.

Session 1: How Care Shapes Family - The first webinar in this series will explore how families change when care needs cause everyone to examine the workability of old family dynamics.

Click here to watch:

<https://us02web.zoom.us/rec/share/Fc5xD9ny1EdcYK8WuxiEtxmgzKb7Nk2CHkVxvfZH3nFpHc78OQaEfc7s514ZKfC0.rRNaho3SFstjrfq2>

Session 2: Remaking the Family The second webinar in this series will explore how to intentionally reshape family relationships and dynamics in order to build a strong and sustainable care team. Click here to watch:

https://us02web.zoom.us/rec/share/kOZCFmWg5uWf_LCf8r0XaJK55z6dC6kNTuIXwLX2oJaU5S7egmtFJfNy7uDC9q65.Gr5BYq2kBTZszSYh

Session 3: A Toolkit for Caregivers - The third and final episode in this series will offer tools and strategies to assess the wellbeing of family members individually and gauge how well the family is meeting challenges as a team. Click here to watch:

https://us02web.zoom.us/rec/share/8KXgbihXQcDFQbemjEPKVgtazMqCK13bxO_adxzeJTPJM4xIAArK-tzIs3UD-ZT3.tBtEP81bttPoBxT-

For recordings of previous webinars please contact Angie Clark at aclark@marchofdimes.ca.

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.

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 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 Senior Manager of Client Services/Lead AAC Facilitator Jessica at 416-222-4448 or jessica.nydp@gmail.com.