

**Coronavirus: COVID-19**  
**Current Update – August 20 2021**

As of August 20th, 2021, Canada has a total of 1,464,210 confirmed cases of COVID-19. Ontario has 558,101 cases and Toronto has 172,644 cases.

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**Large vaccination site in North York won't be closing anymore, but it will be smaller**

Since vaccination rates are high, the City of Toronto has been closing some of the mass vaccination sites that the City runs, and focussing on mobile vaccination clinics to areas with low numbers of vaccinated people.

The Mitchell Field Community Centre in North York was one of the mass vaccination sites that were going to be closed, but a news release from the city said that the clinic will continue to open on a smaller scale.

The clinic will be open for walk-ins from Tuesday to Saturday, from 1 p.m. to 7 p.m. as of Aug. 23. These hours of operation are the same as the other City-run mass vaccination sites that will continue to stay open, which are: Cloverdale Mall, the Hangar, Metro Toronto Convention Centre, and Scarborough Town Centre.

Source:

1. <https://toronto.ctvnews.ca/toronto-backtracks-on-decision-to-close-north-york-mass-vaccination-clinic-1.5543074>

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**Ontario reports more than 600 new cases of COVID-19**

Today, there are 650 new cases of COVID-19 in Ontario, up from 531 yesterday and 485 the day before. The seven-day average is 518, up from 399 at this time last week. The positivity rate is 2.4%.

Of these 650 new infections, 103 are in people who are confirmed to be fully vaccinated. The other 547 cases involved people who are either unvaccinated, partially vaccinated, or their vaccination status is unknown.

Today's cases were found in: Toronto (136), Peel Region (113), York Region (63), Hamilton (55), Windsor (48), Middlesex-London (39), Durham Region (25), Waterloo (25), Ottawa (22), Niagara Region (22), Halton Region (19), and Simcoe Muskoka (15). All of the other health units in Ontario reported fewer than 10 new cases.

According to the province, at least 197 COVID-19 patients in hospitals across Ontario, including 21 people who are fully vaccinated and 176 people who are either not fully vaccinated or have an unknown vaccination status. At least 135 of the patients are in an Intensive Care Unit in Ontario hospitals and 77 are breathing with the help of a ventilator.

Yesterday, 45,748 doses of COVID-19 vaccines were given out. Over 9.7 million people in Ontario have had both doses and are fully vaccinated. The province has given out over 20.3 million doses of COVID-19 vaccines since the vaccine rollout began in December.

Source:

1. <https://toronto.ctvnews.ca/ontario-reports-more-than-600-new-covid-19-cases-for-first-time-since-early-june-1.5554833>

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### **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.

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### **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:**

## **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\\_YdjYHf-hHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHf-hHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u)

### **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\\_YdjYHf-hHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHf-hHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u)

### **Caregiver Support e-Learning Sessions (ongoing)**

These sessions are delivered entirely online. This learning model enables you to work through these sessions at your own pace and time. There are 7 short videos and 4 modules. Each module takes about 30 minutes. These sessions provide tools to meet the unique needs of caregivers with the aim of reducing stress and learning new coping and problem-solving skills.

Register:

[https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew\\_OpyuNE5Y\\_YdjYHf-hHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHf-hHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u)

### **Caregiver Connection Group (paused until September)**

Caregiver Webinars and Caregiver Conversations will not take place in August. They will re-start 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](mailto: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.

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

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.

For recordings of previous webinars please contact Angie Clark at [aclark@marchofdimes.ca](mailto:aclark@marchofdimes.ca).

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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 Sarah ([sarah.nydp@gmail.com](mailto:sarah.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](http://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 Sarah, at 416-222-4448 or [sarah.nydp@gmail.com](mailto:sarah.nydp@gmail.com).