

Coronavirus: COVID-19
Current Update – January 28, 2021

As of January 28th, 2021, Canada has a total of 764, 687 confirmed cases of COVID-19. Ontario itself has 262, 463 cases with Toronto having 83, 935 cases.

Ontario reports 2, 093 new COVID-19 cases, 56 more deaths

The province is reporting over 2, 000 new cases of COVID-19 today, as testing completion rose significantly. Ontario labs completed more than 64, 000 tests in the past 24 hours, generating a positivity rate of 3.3 percent after errors and duplicate tests were accounted for.

Locally, there are 700 new cases reported in Toronto, 331 in Peel Region, 228 in York Region and 123 in Niagara. There were 56 COVID-19-related deaths reported in the last 24 hours, and 31 of them occurred in residents of Long-Term Care homes.

Dr. Isaac Bogoch says that while we are going in the right direction in the province in terms of case numbers decreasing, we still have a ways to go. He said it would not be acceptable to “plateau at 1,200 to 1,500 cases per day.” The continued case declines are important to ensure that hospital occupancy decreases and elective surgeries are able to resume. Hospitalizations for COVID-19 fell to 1, 338 according to the Ministry of Health data, which is down 44 in the past 24 hours.

Source: <https://www.cp24.com/news/ontario-reports-2-093-new-covid-19-cases-and-56-more-deaths-1.5285810>

Bell Let’s Talk Day encourages Canadians to talk about mental health

Today is the 11th annual Bell Let’s Talk Day, where Canadians are joining in on the conversation about mental health, which has been a very prevalent topic during the COVID-19 pandemic. This day also raises awareness about the stigma surrounding mental health and aims to eliminate it once and for all.

This year, more Canadians than ever have reported feeling anxious and have experienced depression. According to a recent survey by Mental Health Research Canada, 22 percent of Canadians reported that they had been diagnosed with depression, with another 20 percent saying that they had received an anxiety disorder diagnosis, which is an all-time high. This shows that the North Yorkers for Disabled Persons, Inc. Updated January 28, 2021

stress and unpredictability of the COVID-19 pandemic has affected the mental health of many Canadians.

Bell Canada will donate five cents for every text, phone call, tweet or TikTok video using #BellLetsTalk. Bell Let's Talk is the world's largest conversation about mental health, and more than 1.1 billion interactions have been recorded since the event launched in 2011. This has raised more than \$113 million toward mental health initiatives across Canada.

Some provincial mental health supports can be found on the Ontario website:

<https://www.ontario.ca/page/find-mental-health-support>

Source: <https://www.cp24.com/news/11th-annual-bell-let-s-talk-day-encourages-canadians-to-discuss-mental-health-1.5285539>

UPCOMING EVENTS:

March of Dimes

Caregiver Webinar Series

Three-part series for Caregivers: Caring for self while caring for others

Date for first session: February 1, 2021, at 2:00 p.m.

To register: <https://www.eventbrite.ca/e/caregiver-webinar-series-consideration-of-self-feb-1-registration-136440839223>

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) 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

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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