

**Coronavirus: COVID-19**  
**Current Update – September 15, 2020**

As of September 15th, 2020, Canada has a total of 138, 010 confirmed cases of COVID-19. Ontario itself has 44, 817 cases with Toronto having 16, 873 cases.

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**Rise in COVID-19 cases in Canada ‘very well might be’ start of second wave, doctor says**

Infectious disease specialist, Dr. Isaac Bogoch, says that current upward trends in B.C., Alberta, Manitoba, Ontario and Quebec may be fuelling Canada’s second wave of COVID-19 infections. He says, “We all have a collective responsibility to keep these cases low, and quite frankly we haven’t been doing what we should be doing and we’ve been seeing a subsequent rise in cases.” Bogoch stresses that following public health measures is key in reducing transmission of the virus, and this includes frequent hand washing, mask wearing, and physical distancing.

Cynthia Carr, an epidemiologist from Winnipeg, says that Canadians should brace for more restrictions and shutdowns if COVID-19 case numbers continue to rise. She says that the arrival of a second wave will be feared in the health community because it signals that the virus has changed its behaviour. This means that it could have more severe implications for younger populations.

This past weekend, British Columbia reported 317 new cases of COVID-19 and six deaths, and Alberta reported 418 new cases and one death. On Monday, Quebec health authorities announced 276 new cases of COVID-19, marking its fourth day in a row reporting more than 200 infections. Ontario has reported 251 new cases today, and 313 yesterday, which was the highest number of new daily cases in 14 weeks.

Source: <https://www.ctvnews.ca/health/coronavirus/rise-in-covid-19-cases-very-well-might-be-start-of-second-wave-doctor-says-1.5105105>

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**Sleep apnea patients at greater risk of developing COVID-19 complications, study finds**

Researchers at the University of Warwick conducted studies that looked at COVID-19 patients and found that those who also had sleep apnea were at a higher risk of developing serious complications and death.

According to the study, obstructive sleep apnea is a condition characterized by complete or partial blockage of the nasal airways during sleep when the muscles becomes relaxed. It is commonly diagnosed in people who snore or appear to stop breathing while sleeping. COVID-19 increases stress

on airways and a person's ability to breathe, and therefore affects obstructive sleep apnea patients more strongly. Researchers also say that many of the risk factors associated with sleep apnea, including diabetes, obesity and hypertension are similar to those associated with poorer COVID-19 outcomes.

Source: <https://www.ctvnews.ca/health/coronavirus/sleep-apnea-patients-at-greater-risk-of-developing-covid-19-complications-study-finds-1.5104190>

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### **North Yorkers' Annual General Meeting (AGM)**

North Yorkers will be hosting its AGM on Monday, September 28<sup>th</sup> at 5pm. This meeting will be held outside, and COVID-19 precautions remain in effect. For details on this event, please contact the office.

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### **UPCOMING EVENTS:**

#### **Vibrant Healthcare**

##### **Virtual Health and Wellness Series**

**When:** Tuesdays and Thursdays, 1-2pm

- Techniques to Manage your Stress, Tuesday, September 15<sup>th</sup>
- Sing Along, Thursday, September 17<sup>th</sup>
- How to Stay Healthy During Flu Season, Tuesday, September 22<sup>nd</sup>
- Importance of Cardiopulmonary Fitness, Thursday, September 24<sup>th</sup>

To register, email at: [jennifert@virbanthealthcare.ca](mailto:jennifert@virbanthealthcare.ca)

#### **March of Dimes**

##### **The Caregiver Experience, Online Events**

- Caregiver Organization Overview
  - Date: Wednesday, September 16<sup>th</sup>, Time: 2 – 3:30pm
- Understanding Caregiver Benefits with The Canada Revenue Agency
  - Date: Wednesday, September 23<sup>rd</sup>, Time: 2 – 3:30pm
- A Healthy Bite of Exercise and Nutrition with Urban Poling Inc!
  - Date: Thursday, September 24<sup>th</sup>, Time: 2 – 3:30pm
- “It takes a village.” Building a Care Management Team with TYZE
  - Date: Wednesday, September 30<sup>th</sup>, Time: 2 – 3:30pm

Registration can be done here: <https://www.eventbrite.ca/o/march-of-dimes-canada-27715764721>

## Harmony Place

### Online Music Therapy Sessions

Date: Wednesdays and Fridays, starting Friday August 7<sup>th</sup>, and Wednesday August 19<sup>th</sup>, 2020

Time: 2:30 – 3:30pm

Zoom link:

<https://us02web.zoom.us/j/82054622001?pwd=Z2xyZjFZQUpNRFB6YzAwU085N3pGUT09>

Meeting ID: 820 5462 2001

Passcode: 051424

For more information, contact Wanda by email at: [wanda@harmonyplace.on.ca](mailto:wanda@harmonyplace.on.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)