

Stephen

DASKO

Mississauga Ward 1 Councillor

Our Community is our Home



MISSISSAUGA



Region of Peel
working with you





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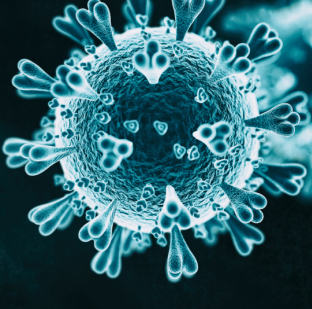
Dear Neighbour,

April 2020

Thank you for staying safe and staying well! It is our civic duty to be responsible to our families, our friends, our community and ourselves during this pandemic time. Our incredible front line workers from across the municipality, region, province, and country are to be commended as their efforts have been second to none. I hope the information provided in this newsletter will be helpful and address questions you may have concerns over. Please do not forget to sign up to receive my regular e-newsletter at stephendasko.ca


Our Community is Our Home

Stephen



COVID-19
Coronavirus

Update



City of Mississauga Cancels All Events and Spring Programs Up to July 3 Due to COVID-19 Impact

The City of Mississauga is taking additional precautionary measures in response to the COVID-19 pandemic by cancelling all events and sprint programs(registered and drop-in) up to July 3, 2020.

For health information, visit Peel Public Health at peelregion.ca/coronavirus.



COVID-19 Response: New Mississauga Web Page a One-Stop Resource for Older Adults

In these challenging times, the City of Mississauga is focused on supporting our older adult community. The City has launched a new web page that provides guidance - please visit the website for more information " <https://web.mississauga.ca/city-of-mississauga-news/covid-19/guidance-for-older-adults-and-caregivers/> r older residents and their caregivers to help meet their needs.

You Can Help

The Mississauga Food Bank and The Compass are accepting donations to help support older adults and others who are relying on food banks during this time.

Trillium Health Centre Partners are accepting donations of personal protective equipment (PPE) as they continue to provide care for older adults and other patients in response to COVID-19.

Home and Yard: Services related to your home and yard, parking, street maintenance and tree services. For more details, please visit: <https://web.mississauga.ca/services-and-programs/home-and-yard/>

Spring is Planting Season

Port Credit Seed Library, located in Port Credit Library, is a place where you can “borrow” seeds for planting and return new ones at the end of the season. Established in March 2015, it has 600+ members and is still growing.

What is a Seed Library?

A collection of edible, decorative, and herb seed varieties that are both organic and non-GMO. You may borrow these seeds to grow plants at home. When the growing season is over, harvest your seeds and return a portion of them back to the Seed Library to keep the library self-sustaining.

How to Get Seeds

With warmer weather approaching, I hope you will be able to enjoy your backyards and around your residences. For those who are interested in gardening, I have available a limited number of vegetable and flower packets of seeds through a generous donation from the Port Credit Seed Library.

If you are interested please contact me at Stephen.dasko@mississauga.ca as supplies are limited and we will get them to you in a safe and responsible manner.



New Guidelines for Garbage Disposal Across Peel during the COVID-19 outbreak

In response to the COVID-19 pandemic, residents are advised of the latest temporary changes to waste services in Peel. Allowance of two (2) extra garbage bags for collection started Monday, April 20, 2020. Garbage tags are no longer needed or allowed, until further notice.

THE COMPASS FOOD BANK URGENT APPEAL

Donate the most needed items. If you want to make an online donation please visit thecompass.ca.

- canned milk
- canned meat
- toilet paper
- oatmeal (packages)
- Orange Pekoe tea
- pasta sauce

- almond milk
- granola bars
- dish detergent
- shampoo
- toiletries

Drop off donations at The Compass,
310 Lakeshore Road W, Mississauga:

- Mondays - 11 am to 7:30 pm
- Wednesdays - 9 am to 5 pm
- Fridays - 9 am to 5 pm

Place your food by the back door, ring the doorbell and depart.

Please see regular updates on my YouTube channel at Ward1Cares

Mental and Physical Activity

HOW TO BE MENTALLY AND PHYSICALLY ACTIVE WHILE STAYING INDOORS

- Write letters to friends and family that can be shared later.
- Read your favourite books and find your most challenging puzzles.
- Keep walking indoors by turning up the music and power walking through the house. Remember to pump your arms and lift your knees!
- Reach out and make a difference in someone's life. Call friends daily or weekly to chat. Encourage your friends to call their friends to keep the conversations going.

Visit mississauga.ca/stay-active for more tips. You can also follow *Mississauga Recreation* on social media by searching for **MississaugaRec** on Facebook, Twitter or Instagram to find daily activities.

Accessing the Library

- If possible, take advantage of the library's online resources through mississaugalibrary.ca.
- Otherwise, assistance is available by contacting support.library@mississauga.ca or by calling **905-615-3500**.
- If you don't reach someone live, leave a message and your call will be returned within 24 hours Monday to Friday.

Alert

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. This means making changes which include:

- Staying at home, leaving only for solo exercise or essential needs.
- Where possible, getting help from family and social supports for essentials.
- Keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible.

To learn about the latest updates on actions taken by the City of Mississauga, visit mississauga.ca/coronavirus or follow [@CityMississauga](https://twitter.com/CityMississauga) on Twitter.

In these challenging times, the City of Mississauga is particularly focused on supporting our older adult community with factual, timely and relevant communications.

For health information and to learn about a wide range of social supports, visit peelregion.ca/coronavirus.

The information included in this resource offers quick tips for an older adult audience. For current and frequently updated material, you are encouraged to visit the City's COVID-19 webpage mississauga.ca/coronavirus.

If you aren't able to access the website yourself, please ask a close friend or family member for assistance.

Important Contact Information

3-1-1

For all City information.

2-1-1

To be connected to community and social services in your area at any time.

9-1-1

For all emergencies.

905-799-7700

Peel Public Health

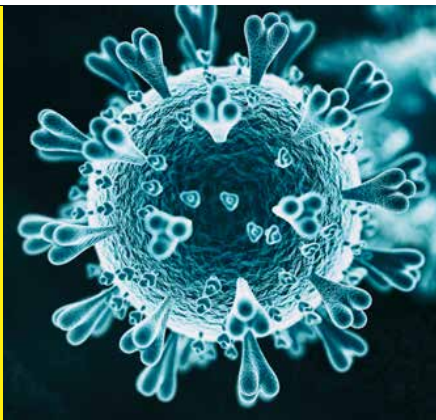
866-797-0000

TTY at 1-866-797-0007

Telehealth Ontario - Call this number if you're experiencing symptoms of COVID-19.

1-833-784-4397

Government of Canada



Vital COVID-19 Guidance for Older Adults

Groceries and Meal Delivery

PURCHASING FOOD AND ESSENTIAL SUPPLIES

Residents over the age of 70 are reminded to stay at home, leaving only for solo exercise or essential needs.

Many grocery stores offer online delivery services. If you do not have access to a computer or Internet, contact a friend or family member for assistance.

RECEIVING FOOD AND ESSENTIAL SUPPLY DONATIONS

- The *Peel Food Map* is a resource directory that provides information about food programs across Peel Region.
- Visit peelregion.ca/foodmap for locations and descriptions.
- Due to COVID-19, please contact locations to see if they are open and programs are running.

ADDITIONAL SUPPORT FOR THOSE IN NEED

- *Meals on Wheels* continues to operate and is accepting new referrals. They can be reached at **905-821-3254**.
- The *Mississauga Food Bank* is available to those living in poverty to access food in a healthy and safe way. They can be reached at **905-270-5589**.

Health, Wellness and Worship

ADDITIONAL IMPORTANT CONTACT INFORMATION

- Sign up for friendly phone calls by contacting info@links2care.ca or **905-873-6502**.
- For a wide range of community services and assistance, contact *Community Information Partners Peel* at peel.cioc.ca or **905-890-9432**.
- To have prescriptions filled without leaving your home, call your trusted pharmacy as most have delivery services in place.
- If you are a member of a spiritual congregation, club or organization, you are encouraged to call your church or organization to learn more about the services and supports available.
- *Ontario Senior Safety Line*
For elder abuse information referral and crisis counselling, call **1-866-299-1011**.
- Remember that you are not alone. For access to mental health support contact:
 - 24/7 Peel Crisis Services at **905-278-9036**.
 - *Canadian Mental Health Association (CMHA) Peel Dufferin* at **905-451-2123** or **1-877-451-2123**.
 - *Alzheimer Society Peel* is offering counselling over the phone and through video sessions. Call **905-278-3667 ext. 307**.

Helpful Resources. The City is working with Peel Public Health and recommends you visit the Region of Peel Health site for the most up-to-date details. Peel Public Health has advised that if you develop symptoms of the Novel Coronavirus (COVID-19), please self-isolate and contact Peel Public Health at 905-799-7700 and if you require immediate medical attention, please call 911 and advise the operator of your symptoms but please do not call 911 unless it is an emergency.

Call 311 to report

public gatherings of 5 or more people

non-essential businesses

Important Phone Numbers

- **Mississauga 3-1-1** or 905-615-4311 (outside City Limits)
Available 7am - 7pm
- **Peel Public Health** 905-799-7700
Monday - Friday 8:30am - 4:30pm
- **Peel Regional Police**
Non-Emergency Line: 905-453-3311
- **Telehealth Ontario** 1-866-797-0000
Toll-free TTY: 1-866-797-0007

The City of Mississauga and Region of Peel websites will be updating their information on a regular basis and will be the best place for the most recent updates for all residents. As always, my office is available to assist residents on municipal or regional matters by e-mail at Stephen.dasko@mississauga.ca