



Stay connected, stay active, stay strong

The Seniors Services team at Davenport-Perth is still available to serve you – even if Covid-19 means we can't meet in person. The lockdowns have been difficult – especially on our seniors. So to be safe we are offering our programs and services by phone and virtually. Contact us and arrange to have a check-in call or participate in a social group conference call, just two ways to stay connected and feel less alone. If you feel isolated or if you know a senior who could benefit from more social interaction, don't hesitate to get in touch at (416) 656-8025 and ask for the Seniors Services department. We have staff who speak Spanish, Portuguese, Italian and English.

If you have a computer, visit www.dpnchc.ca click on Programs and you'll find the link to Seniors Services. We offer fitness classes for seniors, which you can join through ZOOM. Physical activity improves your health, lessens your risk of developing several diseases, can reduce your risk of falling and improves your quality of life.

If you're not able to join an online class or take regular walks, ask us about exercises you can do at home. Be sure to check our website regularly. As warmer weather approaches, we may begin offering some of our programs outdoors again.

For now, stay safe and take care of each other!

Covid-19 Vaccines Update



Canada is distributing two vaccines as they become available, the Pfizer-BioNTech and the Moderna COVID-19. There have been delays in vaccine shipments so the roll-out dates in Ontario may change. After two doses the vaccines are expected to be 94%-95% effective. Ontario is rolling out the vaccines in three phases. Speak to a healthcare provider to see if you are eligible to receive the vaccine in Phase 1 or Phase 2. In Phase 3, which is to start in August 2021, the vaccines will be available

across Ontario for anyone who wants to be immunized.

Visit: covid-19.ontario.ca, www.toronto.ca or www.health.gov.on.ca to stay up to date.

Black History Month

How well do you know famous Black Canadians? Who is Viola Davis Desmond? Is her image on Canada's \$5 bill or \$10 bill? Viola Davis Desmond was a civil rights activist known for refusing to leave the whites-only section at the Roseland Theatre in Nova Scotia in 1946. Hers is just one story among so many that we honour during Black History Month, stories of bravery, resourcefulness, and stories of Black people who bettered the lives of those around them despite the hardship and racism they faced. Black History Month, which Canada officially recognized as a month-long event in 1995, pays tribute to contributions Black people have made starting when the first Black person arrived in 1604.

To learn more, visit www.canada.ca. And you can find Viola Davis Desmond's image on the Canadian \$10 bill.



Elder Abuse help and an information event

If you or someone you know is a victim of elder abuse, call and get help. The Seniors Safety Line is 1-(866) 299-1011. For more information, visit www.eapon.ca. The **Toronto Council on Aging is hosting a free discussion on how Covid-19 has affected elder abuse**. You can join the virtual discussion on **March 2** from 6:30p.m.-8 p.m. Visit www.torontocouncilonaging.com and click on "Impact" for the calendar of events.



Coping with Alzheimer's and dementia during Covid-19

The Alzheimer Society of Toronto has created a guide for people with dementia and their care givers and families. The guide is free and is called **Together Apart** and it offers tips and activities for virtual and phone visits. It also gives users ideas on how to engage their loved ones and tips on how to better communicate with them. If you would like to learn more, visit www.alz.to or call (416) 322-6560.

Help prevent falls

Fall Prevention Month is the month of November but fall prevention is something you might think about every day – especially during these cold and icy winter months. For information on safe winter walking and how to handle a fear of falling, visit: www.fallpreventionmonth.ca.

For vulnerable adults: age 50+

The City of Toronto has a Vulnerable Adults and Seniors team, which includes Public Health Nurses who can help vulnerable adults, seniors and their caregivers access services. Call (416) 338-7600 or email publichealth@toronto.ca for more information.



Honouring Women

International Women's Day is coming up on March 8 and this year the theme is "Choose to Challenge." The first ever International Women's Day was celebrated in 1911 with just over 1 million people. Today it's a global movement. If you think you're powerless to change how women are treated, just think about the girls and women in your life. Help them challenge the inequalities that hold them back in their personal and professional lives. Encourage and celebrate the girls and women you know every day!

To learn more, visit: www.internationalwomensday.com or www.cfc-swc.gc.ca.

Hope for the new year

Asia's Lunar New Year took place on Feb. 12 and was celebrated by more than a billion people in China and millions more in Asian countries and communities around the world. This year is the Year of the Ox. With Covid-19, celebrations were very different from past years, with many Asian communities in Canada holding events online. Asia's Lunar New Year is considered a time to honour deities and ancestors, to gather with family and share in the hope of good things to come.

Gung Hay Faat Choy! Gong xi fa cai!