



## **Covid-19 Vaccines**

They are the questions on everyone's mind: when and where can I get my vaccine?

Finding the information you need can be confusing. As Canada gets more vaccines, or if there's a delay in the supply, information can change quickly. Also, there's more than one way to find information and book appointments.

Here are some resources:

**-If you are 70 years old this year or older:** The province has started expanding vaccine appointments. To book a vaccine if you are 70 or older, visit <https://vaccineto.ca/sites> Or you can call to book at: 1 (833) 943-3900 or 1 (888) 999-6488. A relative or caregiver can also book on your behalf. Have your health card handy.

**-If you are turning 60 or older this year:** you can get a vaccine at pharmacies such as Shoppers Drug Mart, Rexall and some independent pharmacies that are offering the AstraZeneca vaccine at some of their locations. To find a pharmacy near you and put your name on a waiting list, visit: <https://covid-19.ontario.ca/vaccine-locations>

You can also visit Rexall Pharmacy's website at:

<https://www.rexall.ca/covid-19/ontario-vaccine>.

(One of the Rexall locations is in the **Galleria Shopping Centre**.)

The supply of the vaccine is limited so being on a waiting list doesn't necessarily mean you'll get the vaccine.

-If you need more information on how to schedule a vaccination, visit: <https://covid-19.ontario.ca/get-covid-19-vaccine#how-to-schedule-a-vaccination>

-You can also visit: [www.ontario.ca/bookvaccine](http://www.ontario.ca/bookvaccine)

**-If you are 80 years old this year or older:** book a vaccine at: <https://vaccineto.ca/sites>

Or you can call to book at: 1 (833) 943-3900 or 1 (888) 999-6488. A relative or caregiver can book on your behalf. Have your health card handy.

**-To stay up to date** on information on Covid-19, visit: [www.toronto.ca/coronavirus](http://www.toronto.ca/coronavirus)





### What seniors need to know

The National Institute on Ageing, Sinai Health, and Healthy Ageing and Geriatrics have put out a brochure called ***Covid-19 Vaccines – What Older Canadians Need to Know***. It answers questions about the vaccines, how they work, side effects and much more. Visit the Sinai Health Site at: <https://sinaigeriatrics.ca/>

The brochure is free and can be found here:

[https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/604633bc36ef3e44b3a3da83/1615213500193/COVID-19+Vaccines+--+What+Older+Canadians+Need+to+Know+\(Final\).pdf](https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/604633bc36ef3e44b3a3da83/1615213500193/COVID-19+Vaccines+--+What+Older+Canadians+Need+to+Know+(Final).pdf)



### Stay Safe!

Vaccines have been great news for everyone. But the new variants of Covid-19 are more contagious and can cause severe illness. Keep up the great work of staying home as much as you can, wearing your mask, washing your hands and physical distancing. It's not easy and can be very lonely, but it is helping to keep everyone safe – including you. Stay in touch with us for programs, and for virtual and by phone socializing. We are here to help you through this.

### News from MP for Davenport Julie Dzerowicz

In late March, the federal government announced it was investing \$60.8 million to fund over 3,000 community-based projects across Canada that will support seniors. MP Julie Dzerowicz says that in our community of Davenport, “11 incredible organizations received a total of over \$248,000!” The following groups ran extra projects to help seniors through this pandemic:

- Agape Mission of Canada
- **Davenport-Perth Neighbourhood and Community Health Centre**
- Health Chaplaincy Mission Inc.
- Kilogram Studio
- Moonhorse Dance Theatre
- Oasis
- Paradise Korean Seniors Centre
- Sistering
- Vietnamese Women's Association of Toronto
- Vietnamese Association, Toronto
- West Neighbourhood House



### Earth Day is April 22

Jour de la Terre, Dia de la Tierra, Dia da Terra, Giornata della Terra, Dìgiú rì or Iméra tis Gis – no matter what you call it, it's a day to celebrate the place we all call home. Earth Day falls on April 22, which is considered the date the environmental movement began in 1970. This year's theme is Restore the Earth to bring hope that all people can come together to heal the planet. For more information on Earth Day Canada 2021, visit: [www.earthday.ca](http://www.earthday.ca)