

WINTER 2021

YORK REGION MATTERS



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Stop the spread of COVID-19

Stay home as much as possible and limit close contact to those in your immediate household



See inside for details

You're not alone – We are all
in this together

P2

YORK REGION MATTERS



YORK REGION CHAIRMAN AND CEO AND MEMBERS OF REGIONAL COUNCIL

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Chairman & CEO

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Stay connected! Subscribe to #YRMatters

York Region's e-newsletter helps us connect with our residents. Subscribe at york.ca/enews

MESSAGE FROM YORK REGION CHAIRMAN AND CEO

2020 was a year unlike anything we expected or experienced. Yet, despite this uncertainty, we should be proud of the collective actions we have and continue to take in overcoming the COVID-19 pandemic.

The health and well-being of our citizens remain a top priority for York Regional Council and The Regional Municipality of York.

With Health Canada's recent announcements, COVID-19 vaccines will start rolling out to select groups over the next several months. The Canadian government has indicated a

wider number of vaccinations will begin in April 2021 and most Canadians will be vaccinated by September 2021.

Until COVID-19 vaccinations are available for everyone, we must continue working together to keep communities safe by following public health measures. These include staying home as much as possible, maintaining physical distancing, washing your hands frequently and wearing a face mask or covering.

Wayne Emmerson



Wayne Emmerson
York Region Chairman
and CEO

ON THE COVER



The COVID-19 pandemic continues to be stressful and it's normal for situations like this to negatively affect our mental health. You may be feeling anxious, stressed or concerned.

Having a routine, getting proper rest, eating healthy foods and staying active are just a few coping strategies to help manage stress.

Try making time to get outside and get some fresh air. You can also unplug from your phone and keep up with credible sources. Watching the news all day can be draining; try taking a break to recharge.

Giving back can benefit your mental health and support the well-being and vitality of your community. Looking for ways you can help? Connect with organizations to offer supplies, solutions, ideas and donations to support the response to COVID-19.

Physical distancing does not have to mean being alone. Call or virtually connect with your loved ones, neighbours and friends. Lean on each other for support.

If you are feeling overwhelmed, please seek help. There are many community resources available for all ages. You can access services and tips at no cost, online or by phone, including:

- Canadian Mental Health Association
- Kids Help Phone
- BounceBack Ontario

Visit york.ca/covid19 for more mental health resources to help reduce stress and anxiety, how to talk to your children about COVID-19 and how to support yourself and your loved ones' mental health.

Tell us what you think

We always look for ways to enhance our publication and include information you are interested in.

For a chance to win a \$50 gift card from a local business in your community, tell us what you think about this edition

and what you would like to see in the future at york.ca/yorkregionmatters



Getting back to basics

We continue to experience a number of COVID-19 cases across York Region.

As we try our best to fall back into routine, as we so often do this time of year, we remind you to keep some basic public health recommendations at the forefront:

- Stay home when you're sick
- Practice physical distancing
- Limit trips out of the house
- Wash your hands well and often
- Practice cough and sneeze etiquette
- Avoid touching your face with unwashed hands
- Wear a mask to indoor public spaces and when you can't maintain a physical distance of 2 metres with people from outside your household

- Avoid gatherings with those from outside your household

- Download the COVID-Alert app

The pandemic has been challenging for everyone. This winter remember some of your favourite pastimes to recharge like taking a winter hike, baking or cooking. Turn off social media and use your device to connect with family and friends by calling or video chatting instead.

Remember seemingly small actions to reduce the spread of illness today translate to exponentially reduced spread of illness for you and your loved ones tomorrow.

For an update on York Region's emergency response to COVID-19, please visit york.ca/covid19

It's a different flu season

Every year residents are reminded to get their flu shot to avoid serious health complications. This year the need for a flu shot takes on much greater importance as symptoms of the flu can mirror those of COVID-19.

Take your family's level of protection one step further by getting a seasonal flu shot from your health care

provider or a participating pharmacy. Safe for those six months of age and older, the annual vaccination is proven to reduce the number of doctor visits, hospitalizations and deaths related to the flu.

By doing your part and taking precautions – including getting the annual flu shot – you can help keep our hospital emergency

rooms and hospital beds available for other health crises in our communities.

This winter, stay healthy and safe by practicing the basic public health infection prevention and control measures.

Visit york.ca/flu





Brrr'ing on the snow! Winter is here

As we welcome winter, it's a good time to plan and prepare for the winter weather.

Shorter daylight hours and changing weather conditions can reduce visibility. It's important to remember pedestrians and cyclists can be harder to see.

Drivers are reminded to operate their vehicles with headlights on from dusk to dawn and to be mindful of those that could be walking or cycling. Drivers also need to be mindful of the road conditions. As temperatures get colder, ice and snow can make roads slippery and require longer distance for vehicles to come to a stop.

5 STEPS TO WINTER READY

1. Winter tires
2. Wiper fluid top-up
3. Headlights at dusk
4. Mindful of road conditions
5. Watch for pedestrians and cyclists

For more information on winter preparation and safety, please visit york.ca/beprepared

New CPR steps save lives

During a suspected cardiopulmonary resuscitation, doing hands-only CPR can have a significant effect on a person's chance of survival. Even during a pandemic, you can reduce the risk of a COVID-19 transmission and still save a life!

More information about CPR can be found at york.ca/CPR and follow @YorkParamedics #ItsInYourHands

If you encounter a person who may be in cardiac arrest, you should follow these modified CPR steps:



1

Call 9-1-1 and shout for an automatic external defibrillator (AED)



2

Wear a mask and/or place a cloth or piece of clothing over the persons mouth and nose



3

Provide hands-only CPR; push hard and fast in the centre of the chest; don't stop until help arrives



4

Use an AED if available; they are very safe and easy to use



5

Perform proper hand hygiene and cleaning afterwards

On the move!

Keeping people travelling and water flowing

York Region works year-round to provide safe, efficient and reliable transportation and water and wastewater systems for all users. Much of the work happens above-ground where you can see it; however, a great deal also takes place out of sight. This work, including improvements and repairs, is needed to ensure growing communities are supported when and where they're needed.

Repairs and improvements to the road network can

include everything from repaving and enhancing intersection accessibility to adding cycling or vehicle lanes. Over the next 10 years, York Region will invest more than \$3 billion to keep our pedestrians, buses and cars moving efficiently.

Having clean, safe and reliable water delivery is something most people take for granted. Turn the tap and clean water is ready for you and the same goes for water leaving your home; flush the toilet or pull the drain plug and it's gone.

Whether it's a system of underground pipes or a water tower, York Region's water and wastewater projects are moving forward to meet the needs of the rapidly growing population with an investment of \$2.5 billion over the next 10 years.

More information about road construction projects in each municipality can be found at york.ca/roadconstruction

More information about water and wastewater constructions projects can be found at york.ca/waterconstruction



Your future York Region

York Region is home to 1.2 million residents and is expected to grow to 1.8 million people by 2041

As we update our Regional Official Plan to accommodate this growth, residents and businesses continue to help set the direction for the future. Through on-going public consultation across York Region through a process called the Municipal Comprehensive Review, your voices have been heard and we want to hear more!

Learn about our Municipal Comprehensive Review process and the feedback you can share to help build tomorrow's York Region at york.ca/mcr

Share how you want York Region to look and feel in the years to come at york.ca/haveyoursay

How you can get involved

2020 has brought upon us unprecedented times where in-person consultations are challenging. Interacting with us virtually, either through a computer or phone screen, is the best way to engage with us for now.



QR Code Instructions



1 Open your camera and point it at the QR code to scan it



3 Tap the pop-up notification when it appears



2 Wait for the camera to recognize and scan the QR code



4 If you do not get a pop-up, type in the short link

Bringing high-quality education to York Region

Construction of the new York University Markham Centre Campus is underway!

On September 22, 2020, York Region joined the City of Markham and York University to officially break ground on the new university campus that will bring 4,200 new student spaces to the Region.

In 2015, York Regional Council confirmed their support of the Markham Centre Campus by authorizing a funding agreement to provide up to \$25 million in capital funding towards the new campus. This commitment was reaffirmed in July 2020, with the Ontario government's official announcement to move forward with construction of the campus.

Attracting post-secondary opportunities has been a long-standing priority for

Regional Council and is a key goal in our Economic Development Action Plan.

As one of the largest business communities in Ontario and Canada's second largest tech hub, York Region is where talent and opportunity intersect. In bringing a university campus to the City of Markham, we are working to connect students and researchers with our diversified high-tech business community.

Through direct investment in the people, education and economic industry, we are strengthening opportunities for students and creating new opportunities for research, innovation and business growth.

To learn more about York Region's Economic Development Action Plan and post-secondary attraction visit york.ca





Getting ready to serve you at 17150 Yonge Street!

The new York Region facility at 17150 Yonge Street (corner of Yonge Street and Eagle Street) in the Town of Newmarket is now complete. Once all services resume, it will provide residents with better access to Regional Services from one central location, including:

- Provincial Offences Courts
- Public Health Clinics
- Social Services
- Children Services
- Ontario Works
- Housing Services
- York Small Business Enterprise Centre
- Access York Contact Centre

Due to the on-going COVID-19 pandemic, only select services are currently available at this facility. These include the reception desk of the Access York Contact Centre and front counter services for Court Operations and Prosecutions. Also open to the public by appointment only are some Public Health clinics. For information on when additional Regional programs and in-person services will resume, please visit york.ca/COVID19

We look forward to continuing to provide high-quality services from this new, convenient location. Visit york.ca/17150YongeStreet for more information or stay connected on the Region's social media channels.

Make your own non-medical mask

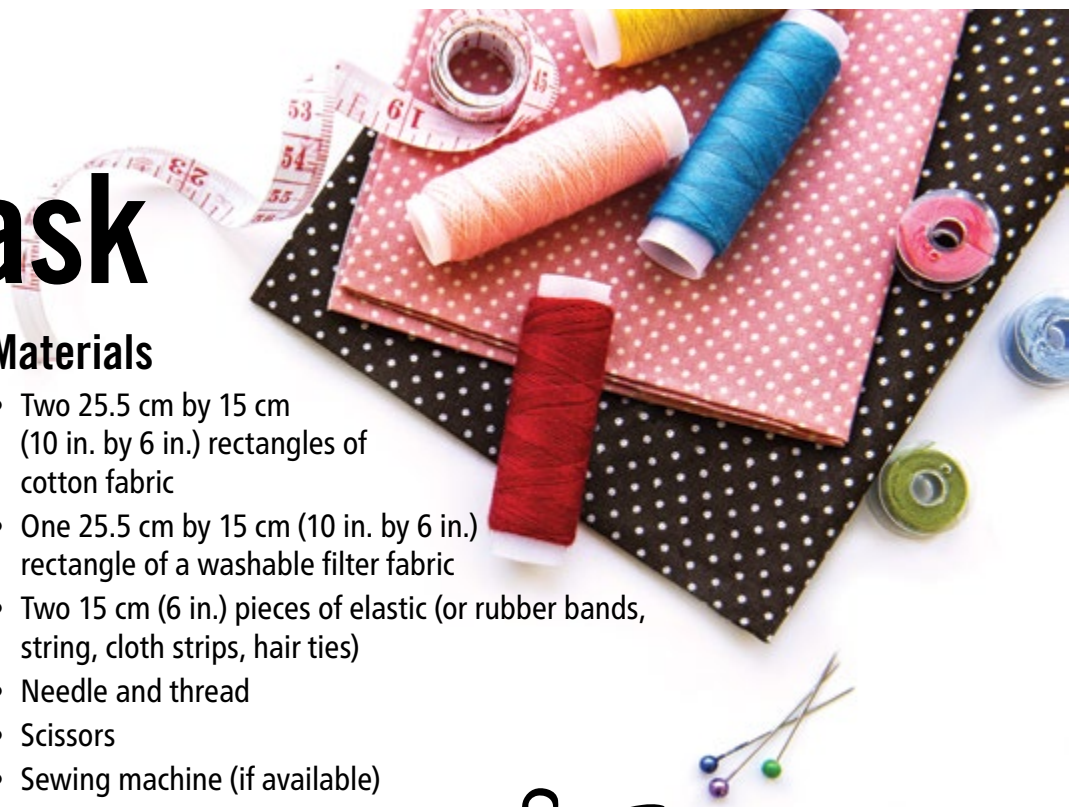
The following instructions will help you make your own face covering to help protect yourself and others from infectious respiratory droplets.

If possible, use different fabrics for each side of the face covering, so you know which side faces your mouth and which side is out.

Filters add an extra layer of protection. When making homemade masks, consider using a piece of filter fabric as one of the layers.

Materials

- Two 25.5 cm by 15 cm (10 in. by 6 in.) rectangles of cotton fabric
- One 25.5 cm by 15 cm (10 in. by 6 in.) rectangle of a washable filter fabric
- Two 15 cm (6 in.) pieces of elastic (or rubber bands, string, cloth strips, hair ties)
- Needle and thread
- Scissors
- Sewing machine (if available)



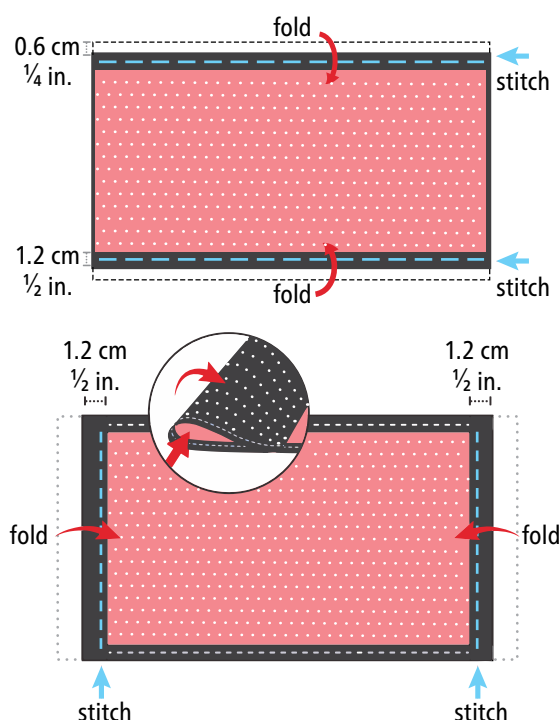
25.5 cm x 15 cm (10 in. by 6 in.)

Step 1

Cut out two 25.5 cm by 15 cm (10 in. by 6 in.) rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work too. Cut out one 25.5 cm by 15 cm (10 in. by 6 in.) rectangle of non-woven polyester fabric. Place the rectangle of non-woven fabric between the two rectangles of cotton fabric. You will sew the face covering as if it was a single piece of fabric.

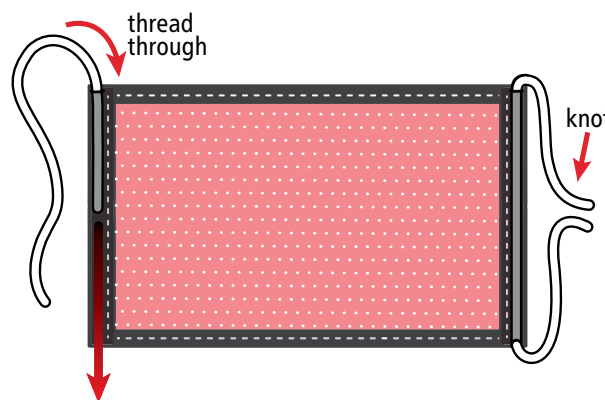
Step 2

Fold over the long sides 0.6 cm or 1/4 in. and stitch down. Then fold the double layer of fabric over 1.2 cm or 1/2 in. along the short sides and stitch down.



Step 3

Run a 15 cm or 6 in. length of 0.3 cm or 1/8 in. wide elastic through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.



Use hair ties or elastic headbands if you do not have elastic. If you only have string, you can make the ties longer and tie the face covering behind your head.

Step 4

Gently pull on the elastic so the knots are tucked inside the hem. Gather the sides of the face covering on the elastic and adjust so it fits your face. Then securely stitch the elastic in place to keep it from slipping.

