



November 26, 2020

Re: COVID-19 Update

Dear Residents,

Many of you will have watched or read about the new provincial guidelines that were announced earlier this week. And many of you will be asking what does that mean for us here at Shalem?

Shalem is a unique complex. Although we live in community, we are largely an independent living facility. Because of this, the coming and going of Residents brings an increased level of risk into our community. The intent of these additional measures are to limit the intersections of contact that can be created living in community such as Shalem.

Safe Visiting

This is perhaps the most difficult aspect of the current guidelines. As per the provincial guidelines, there are to be no social gatherings in any setting.

- We ask all Residents to comply with the provincial guidelines of identifying two other people with which to visit. These two people can either be from within Shalem or outside, but not both. We do recognize that this involves making difficult choices and hope that this necessity will be short-lived.
- Home care/support people will continue to be allowed. This includes:
 - Home care services (whether official Home Care or family support care)
 - Chaplaincy/spiritual care
 - Housecleaning
 - Grocery or other delivery
 - Mental health resources

- As before, please ensure the names of your visitors and/or support people are provided to the Haven Front Desk.

Haven Front Reception/Hallway

As much as possible we want to decrease the foot traffic coming through the Haven entrance as we recognize the bottleneck that this has created. All visitors/support care will continue to use this entrance to ensure contact tracing information is captured, however, we are asking Residents to make the following adjustments:

Haven Residents

- Please continue to use the Haven Front Entrance as your main entry and exit. Sign in and out health checks will continue.
- Please do not linger in the front entrance area to avoid congestion in the area.

Court and Manor Residents

- Please use the entrances of your own building to enter and exit the building (rather than the Haven entrance) and do not enter the Haven hallway unless necessary.
- Please arrange to have deliveries brought to your building entrance and collect the delivery yourself if you are able to do so. Otherwise, groceries and other deliveries can be delivered directly to your suite without sign-in. Any pharmaceuticals or other packages dropped off at the Haven entrance will be made available for pick up at Dorothy Ryzebol's office during normal business hours.

Dining Room

- The Dining Room will continue to be open for all meals for Haven Residents and those Residents who have meal plans.
- Residents will be given assigned tables/eating partners. Please work with Arlene in the selection of these assignments. As well, additional tables will be made available to allow people to sit alone if they prefer.
- Take-out orders will continue to be available for all other Residents. During the next three weeks take-out orders will be delivered to your suite by staff at no charge.

Recreational Group Activities

There is a need to be extremely careful with group activities. We recognize the emotional and physical benefit that many Residents receive from these activities, so we are reluctantly temporarily adjusting this. As well, due to a reduction of volunteers we have prioritized the activities we can safely offer.

- Chapel will continue to be offered weekly.
 - For Court and Manor Residents chapel will be held in the Atrium with attendance limited to 10 people. Sign-up sheets will be available on either the Court or Manor bulletin boards. Depending on demand we may offer multiple Chapel sessions.
 - For Haven Residents, Chapel will be held in H3, also limited to a maximum of 10 people.
- Select group activities focused on mental/physical health will be provided to Residents. We will temporarily offer separate activities for Haven Residents from Court and Manor Residents. Please look at the calendar or bulletin boards for locations. As with Chapel, these activities will be limited to 10 people.
- We are glad that many Residents have enjoyed the coffee provided in the café, however, due to the social gathering this promotes, coffee will temporarily not be provided.

Masks Protocols

- For all group activities offered, masks will continue to be mandatory for all Residents.
- We encourage all Residents, as possible, to wear masks in hallways and common spaces.

Please know that your well-being is of utmost priority to us. Not only your physical well-being but also your emotional and spiritual health. We know that all Residents are committed to keeping Shalem safe. Know your risks as you interact with your support people, engage in the community and with each other, and protect each other during this time when rates are rising quickly.

Also, please know that our team is working hard to provide safe ways to provide encouragement and support to all Residents. This Christmas season will be one

where we need to support each other, show grace, and focus on those blessings we do have.

I am also attaching a letter from Dr. Deena Hinshaw which further speaks to the recent provincial restrictions. Thank you for your ongoing vigilance. We are grateful to God for protecting each of our Residents and my hope and prayer is that these protocols will be short!

Please don't hesitate to reach out to any of the staff should you have questions regarding these protocols or any other needs you may have.

In prayer for each of you,



Dorothy de Vuyst
Executive Director