

Friday, July 17, 2020

Dear Residents and Families,

We remain committed to providing updates to our residents, families, and staff at AgeCare. As such, we are providing weekly updates to keep you all informed on what is happening at our community and organization-wide.

These weekly updates will include:

1. [Information and announcements](#) – actions you can take to stay healthy and prevent the spread of COVID-19.
2. [Recreation highlights](#) as the need to stay active, intellectually stimulated, and socially connected never ends.
3. [A weekly shout-out](#) to celebrate the great work and activities happening at our community.

These updates are sent Friday each week. We hope that you find them helpful. Thank you all for your continued support.

Sincerely,

Patricia Blas  
Director of Care

Amir Rajani  
General Manager

## Visitor Restrictions

At this time, there have been no new directives from the Chief Medical Officer of Health regarding changes to visitation at continuing care communities. We anticipate new directives regarding visitation will be released in the next few weeks. **When this occurs, AgeCare will provide an explanation of these changes and the impact that they have on residents, families and our existing visitor restrictions.**

**Until that time, the current visitor restrictions remain in place.** Only one essential visitor, who is attending to a resident who is dying, is allowed into our AgeCare communities.

Residents and families can continue to schedule virtual and outdoor in-person visitation sessions by contacting Marlee Dukart, Recreation Therapy Manager at (587) 619-6317 or [mdukart@agecare.ca](mailto:mdukart@agecare.ca).



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## Stay Healthy & Prevent the Spread of COVID-19

Measures to reduce the spread of COVID-19 are important as restrictions in the greater community begin to lift. Especially if you plan to visit your loved as an essential visitor, or for a scheduled outdoor in-person visit. Seniors remain highly vulnerable to the effects of COVID-19 with the risk of severe illness, hospitalization, and even death if they contract the virus.

**We encourage all families and loved ones to think ahead about the actions that they are taking in their day-to-day lives to stay healthy and prevent the spread of COVID-19.** To assist you with this, we have provided some information about the spread and survival of COVID-19 on surfaces, as well as important actions that you can take to prevent the spread.

### How COVID-19 Spreads

COVID-19 is an infection of the nose, throat, and lungs and is most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze,
- close, prolonged personal contact, such as touching or shaking hands, and
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands.

### Survival of COVID-19 on surfaces

It is not certain how long COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. The virus may persist on surfaces for a few hours or up to several days, depending on different conditions such as temperature, the type of surface, and the humidity of the environment.

High-touch hard surfaces are most likely to be contaminated, including:

- toilets
- tables/side tables
- handrails
- doorknobs
- electronics
- countertops
- light switches
- faucets
- cabinets
- buttons
- electronics (phones, remotes)



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## High-Risk Activities

Activities that carry high risk are not recommended - even with physical distancing - including sharing food, drinks or utensils, sharing equipment, and direct physical contact or touch with people outside of your household.

The risk of COVID-19 may also be increased in certain public settings, such as public transit, shopping centres, spiritual and cultural settings, theatres, sports arenas, festivals, and conferences. Check the list of [exposure locations](#) to see if you may have been exposed to COVID-19.

## Actions You Can Take

### 1. Effectively Clean Your Home and Surfaces

Health Canada has recommended cleaning [high-touch hard surfaces](#) often and has published a [list of hard surface disinfectants](#) that may be effective for use against COVID-19.

Refer to the [guidance on cleaning and disinfecting](#) for more information.

### 2. Practice Proper Hygiene

Proper hygiene can help reduce the risk or spread of infection:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food,
- use alcohol-based [hand sanitizer](#) if soap and water are not available,
- avoid touching your eyes, nose, or mouth with unwashed hands, and
- when coughing or sneezing use a tissue or the bend of your arm, dispose of any tissues and wash your hands afterwards.

### 3. Practice Physical-Distancing

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 in your everyday routines to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings,
- avoiding common greetings, such as handshakes or hugs,
- limiting contact with people at higher risk like seniors and those in poor health, and
- keeping a distance of at least 2 arms-length (approximately 2 metres).

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#### 4. Wear Masks or Face Coverings

Wearing a non-medical mask or face covering while out in public is **recommended** when it is not possible to consistently maintain a 2-metre physical distance, particularly in crowded public settings, such as:

- stores
- shopping areas
- public transportation

Please refer to the [guidelines on wearing non-medical masks and how to make your own](#) for more information.

#### 5. Limit the Risk of Exposure

To reduce your risk of exposure, avoid high-risk activities, limit unnecessary visitors in your home, and make limited trips to the store.

#### 6. Perform Health Checks

Perform a health check daily to determine if you are experiencing any symptoms (fever, cough, shortness of breath, sore throat, runny nose, generally feeling unwell).

If you think you might have COVID-19, or if you have been in close contact with anyone who has tested positive for COVID-19, use the [Self Assessment Tool](#).

*Some of the information in this update is courtesy of the [Government of Canada](#).*

### Recreation Highlights

The need to stay active, intellectually stimulated, and socially connected never ends – even during these unprecedented times. Our recreation team is working hard to create engaging activities to enrich the mind, body and spirit that maintain physical distancing.

☆ [Download our highlights of the week from the recreation department \(PDF\)](#).



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## Weekly Shout-Out

### Thank You to Our Hospitality Team

SkyPointe's hospitality team continues to provide exceptional service inside and outside of our kitchen and dining rooms. Cooks and food servers are connecting with residents to ensure food is up to resident standard and new foods they enjoy are added to the menus. Hospitality Manger, Ravi Yadav, is working on the 2020 Fall/Winter menu with other AgeCare team members to ensure residents can enjoy nutritious and delicious meals.

