

Information Bulletin #11 - Oct. 28, 2020 About Coronavirus (COVID-19)



For friends and family of GEF Seniors Housing tenants and residents

“We are all tired, but COVID-19 will be with us for some time.

I know this is difficult. COVID-19 is a marathon, not a sprint, and Albertans have been sacrificing and working hard for many months now.

We are a remarkable province, with a long and proud history of coming together and looking out for one another.

Let’s continue that tradition now by doing our part to limit the spread and by following the guidance put in place as closely as possible.”

Dr. Deena Hinshaw

Alberta Chief Medical Officer of Health

October 26, 2020

What’s new

- With active cases of COVID-19 rising in Edmonton over the past week, Alberta’s Chief Medical Officer of Health (CMOH) has put in place new guidance that applies to GEF Seniors Housing lodges and the combined sites of Kiwanis Place, Pleasantview Place and Sakaw Terrace.
- The guidance calls for only designated family/support persons to visit residents indoors at our sites, with a maximum of one person at one time.
- The new guidance means that, for now, social visits indoors with guests will be suspended. Residents can still go outside or off-site to visit with family and friends.
- Given the current rise in COVID-19 cases, we are asking all friends and family to think about whether you need to visit in-person with your loved one, or whether you can stay connected remotely instead, at least for now. GEF is exploring ways to help you stay connected remotely, and we will let you know more details as they become available.
- Social gatherings, like recreation activities, are now limited to a maximum of 15 people with physical distancing in place.

Keep yourself and others safe

- Especially this year, it’s important for all of us to get our flu shot. All GEF lodges had seasonal influenza vaccine clinics earlier this month. Seniors who missed their site’s flu clinic are encouraged to get their vaccination at a local pharmacy or their doctor’s office.

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- If you are a designated family/support person and you are visiting at the lodge, you must wear a mask at all times while in the lodge, and in resident units where you cannot maintain physical distance.
- Keeping your hands clean remains one of the best ways to stay healthy. We are encouraging residents to wash their hands thoroughly and often with soap and water, for at least 20 seconds at a time, especially before they leave their unit and when they return.
- Monitor how you are feeling at all times – especially if you have developed a fever, cough, shortness of breath, have trouble breathing, a runny nose or a sore throat. If you are not feeling well, please do not visit the lodge.
- Use hand sanitizer when soap and water are not available.

Handy reference links

GEF Community Support: 780-733-7690 or communitysupport@gef.org

Edmonton Community Resources: <https://www.ab.211.ca/>

Alberta Health Services Mental Health Helpline: **1-877-303-2642**