

Information Bulletin #12 - Nov. 18, 2020

About Coronavirus (COVID-19)

For friends and family of GEF Seniors Housing tenants and residents

“After eight months, I know that some people have let their guard down, often because they have not personally contracted the virus and they don’t know anyone who has, either.

Why take extra precautions? Why limit what you do when you have not gotten sick?

I understand the fatigue and frustration, and the desire to go back to the old normal. But COVID-19 does not play favourites.

If you have not gotten sick, and if you don’t know anyone who has, then you must do everything possible to keep it that way.

We all have a role to play in suppressing transmission, and together we have the power to lower our case counts.”

**Dr. Deena Hinshaw
Alberta Chief Medical Officer of Health
November 9, 2020**

What’s new

- The holiday season is fast approaching, and we all want to make it as special and safe a time as possible. In the past, we have had lots of opportunities for decorating, entertainment and meals together.
- However, as active cases of COVID-19 in Edmonton continue to rise, we need to follow public health recommendations and guidance to keep everyone safe during the pandemic, while still enjoying this most wonderful time of the year.
- Residents are encouraged to get involved in holiday decorating in their building. This year, GEF staff will physically put up the decorations in our common areas, but residents are invited to contribute their decorating ideas and suggestions. They are also encouraged to decorate their own doors and units.
- In past years, we have done many events to help spread good cheer, but the in-person gatherings this year will unfortunately look different. As much as we recognize – and share in – the joy of celebrating the holidays with family and friends, **you will not be able to attend holiday events** at your family member or friend’s site because of public health restrictions.
- Computer tablets will be available at all lodge sites for residents to sign out and use, so they can do video calls with family and friends. The Activity and Wellness Coordinator (AWC) will show residents how to use the tablets, and we will also have an instruction sheet available. Contact the AWC at your family member or friend’s site if you would like more information.

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We know everyone wants this pandemic to be over, so we can “get back to normal.” And we all know how frustrating it is not to be able to see family and friends like we used to do. But we would encourage you to **keep doing the right things:** wearing a mask; physical distancing, and washing your hands frequently and for at least 20 seconds at a time.

Everyone’s health, safety and wellness is important. GEF Seniors Housing continues to put a high priority on keeping all of us safe, including staff, tenants, residents, visitors and contractors. You are encouraged to **get your flu vaccine this fall if you have not already done so**, and continue to:

- Do a self-check of how you are feeling each day, and be aware of any COVID-19 symptoms like cough, fever, shortness of breath, sore throat or runny nose;
- Maintain physical distance of six feet or more from others at all times, whether you’re indoors or outdoors;
- Use hand sanitizer when soap and water are not available.
- Get outside for some fresh air.

All designated family/support persons are required to **wear a mask at all times while in the lodge**, including in resident units, and especially where they are unable to maintain physical distance.

Handy reference links

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

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

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