

# Information Bulletin #4 - April 3, 2020 About Coronavirus (COVID-19)



For friends and family of GEF Seniors Housing tenants and residents

*Self-care is especially important right now. Hydrate, make a plan, prioritize sleep, meditate, unload and say no, buddy up and check out The Daily – 10 ways to practice self-care during times of stress: <https://tapit.us/w3jD5> (Text4Hope)*

If you haven't already done so, you can sign up to receive daily text messages of encouragement and inspiration by **texting COVID19HOPE to 393939**.

Please refer to the previous information bulletins you have received for other important information, or [visit the GEF Seniors Housing website](#).

## What's new

Alberta Health Services and Alberta's Chief Medical Officer of Health have directed GEF Seniors Housing to **close all common areas and social rooms in the lodges and apartments until further notice**.

- This directive does not include laundry rooms or public washrooms that are separate from closed common areas. We are reminding all tenants and residents to **be careful to practice social distancing at all times** in the laundry rooms, hallways, main entrance, reception and dining areas where applicable.
- Designated smoking rooms in applicable buildings remain open, but we are limiting the number of people who can enter at one time until further notice, to maintain a minimum of two metres of distance between people.

To comply with the Alberta Health Services directive on restricted visitors, **residents and tenants in our lodges and combined sites – Kiwanis Place, Pleasantview Place and Sakaw Terrace - are no longer able to remotely buzz in guests**.

- GEF has disabled the code that allows residents and tenants to buzz in their own guests. Only designated essential visitors and essential service providers will be allowed in to the building, after they fill out the AHS Designated Essential Visitor Screening questionnaire and attest that they are well. **No visitor or staff member who is unwell will be allowed in.**
- Each resident – and tenant at combined sites – has designated one essential visitor. This is the only visitor they will be allowed to have in the building, and only during the hours of 9 a.m. to 4 p.m. daily.

**Tenants and residents have been asked that, if they are feeling unwell, they should immediately notify the site office or the front desk – preferably by phone.** They must also notify the site office or front desk if they are self-isolating because AHS has directed them to do so.

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We appreciate that the additional restrictions may be difficult, but we are asking for everyone's continued cooperation and understanding. We are being sure to follow all directives and guidance of Alberta's Chief Medical Officer of Health and Alberta Health Services, so we can all help keep everyone – tenants, residents and staff – safe and healthy.

There are many ways you can still stay in touch with and encourage your friend or loved one during this time. Phone, email, text, instant messaging and video apps are all great ways to connect in real time.

As part of helping keep everyone well, we are not printing copies of the new Spring 2020 GEF Community Connections e-newsletter and making them available at site offices. Instead, we have [posted it on the GEF Seniors Housing website](#). Please feel free to share it with others. [You can read past versions of the newsletter here](#).

To keep current on the latest information from the provincial and federal governments, as well as Alberta Health Services, visit the following websites:

**Alberta Health Services:** [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

**Government of Alberta:** [www.alberta.ca/COVID19](http://www.alberta.ca/COVID19)

**Government of Canada:** [www.canada.ca/en](http://www.canada.ca/en)

If you have any questions, please contact your site office.