

Information Bulletin #15 - May 28, 2021 About Coronavirus (COVID-19)



For Friends and Family of GEF Seniors Housing lodge residents

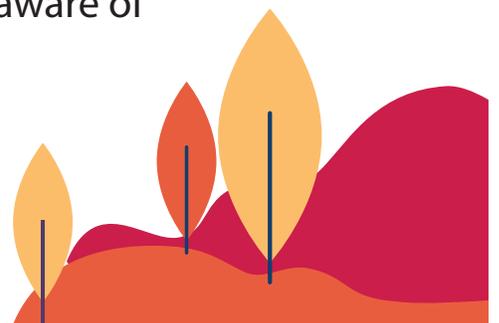
“As more Albertans become vaccinated, including at continuing care facilities where the vast majority of residents are fully vaccinated with two doses, we are able to safely ease some restrictions to increase the quality of life, health and well-being of residents.”

**Dr. Deena Hinshaw
Alberta Chief Medical Officer of Health
May 19, 2021**

What's new

- Effective May 31, 2021 there will be a further easing of restrictions for residents in congregate living settings.
- If residents are returning from off-site overnight visits and outings, they will not automatically have to self-isolate when returning to the lodge. However, they will still have to answer “no” to all of the questions on the Resident Daily Screening form.
- Residents do not need to physically distance or wear a mask in the lodge. However, we will still encourage residents to continue to consider these safety measures, as well as washing of hands often with soap and water for at least 20 seconds, and using hand sanitizer when soap and water are not available.
- If residents leave the lodge to go on an outing or for a medical appointment, they will still need to wear a mask and physically distance from others, the same as all Albertans. Residents are encouraged to wear a surgical/procedure mask rather than a non-medical one, which can be made available to residents on their way out of the building.
- Residents need to do a once-daily self-check to monitor for symptoms of COVID-19. However, it is important for everyone to be aware of how they are feeling throughout the day, and to be aware of any COVID-19 symptoms like cough, fever, shortness of breath, sore throat or runny nose.

Continued on back



- **We are making some adjustments in the dining room.** Seating at each table will increase from two people to four people. We will start putting items like salt and pepper shakers and condiments back on the tables again, unless we are in outbreak. All tables are required to be spaced at least six feet apart.
- If a resident needs help with their meal, one of their Designated Family/ Support Persons or home care personnel can sit with them. At this time, family or friends are not able to join residents for social meals.
- Residents are asked to continue using the hand sanitizer provided in the dining room before and immediately after their meal.
- While self-serve beverages and snacks between meals will not be available, residents can still get a beverage or snack at any time from the kitchen/dining staff.
- **We are opening up recreational and wellness activities, supplies and equipment and common areas.** GEF staff will ensure supplies and equipment are cleaned and disinfected between uses. Residents are asked to sanitize their hands immediately before and after using items and when they cough, sneeze, touch their face, etc. while using items.
- Multi-faith rooms can open up again for worship services. Residents are asked to wear a mask for “high-risk” activities like singing. We are not yet able to offer shared food and beverages at social gatherings.
- Hair salons will be open for shampoo and drying, but stylists are not yet able to cut hair or deliver other services such as perms.
- Personal care, such as foot care, can continue in residents’ units.

Everyone’s physical and mental health, safety and wellbeing is important.

We are encouraging everyone to:

- Consider getting both doses of the COVID-19 vaccine, if they have not already done so
- Get outside for some fresh air and a stroll around the neighbourhood
- Contact GEF Community Support at 780-733-7690 or by email at communitysupport@gef.org if your loved one needs community resources or support

Residents who are not feeling well are reminded to stay in their unit and call the main lodge reception desk to arrange for testing for COVID-19.

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