

Dear Resident,

Coronavirus Update May 6th, 2020

I know...we are all fed up with the restrictions that currently overlay our daily lives. I am sure that at times you are thinking "If one more person asks me to sanitize, I will scream!" "I don't want to stay 6 feet apart from my friends or family, there is nothing wrong with them or me!"

This new normal however will continue for some weeks to come. The BC state of emergency remains in place, extended to May 12th. While Dr. Henry has told us that we are "flattening the curve" it is not there yet. We have a responsibility to ourselves and to each other, let alone the health care workers on the front line, to continue with the conditions to limit community transmission of this virus. We are a particularly vulnerable part of the community

I have heard some say that we have been too strict here at The Cedars. Unlike some residences in town, we have not closed the dining room over these many weeks but have instead undertaken additional efforts in order to keep our dining room open while keeping you safe. We have worked in ways to continue to offer some social programming, albeit modified, again with the purpose of safety top of mind. Every day, we are guided in our work by the provincial and Island Health experts and advisors. And, every day we need to work towards this end, in partnership with you and with your cooperation.

- Continue to maintain physical distancing and sanitizing/handwashing practices. Please ensure that your visitors maintain their distance. I often see people standing 2 feet apart rather than 2 meters. We all need to keep reminding each other as our natural inclination is to move closer, especially if we have a hearing loss.
- New protocols regarding hospital visits have been received from Island Health. They are: anyone visiting the hospital, be it, for emergency care, acute care/admission, or a medical appointment must self-isolate for 14-days. This does not apply to doctors' offices, Lifelabs, or other clinical appointments. Do know, that if you require blood work your doctor can order this to be done here, at home, in your suite.
- As well as dining in your suite, self-isolation means no coming down to get your mail, or to do your laundry. You can call the front desk and ask staff to put your mail on your meal tray. Laundry can wait a few extra days, if not, perhaps a family member can look after that for you in their home.

If you experience any symptoms of a cold or flu, please do not come out of your suite but be sure to inform staff so that we can take the necessary precautions while serving you. I know that this is allergy season and it is sometimes difficult to tell the difference but it is always best to error on the side of safety.

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- We ask that you do not take any mail or shopping/parcels of any kind into the dining area.
- The fine weather is coming (so is Mother's Day). Should your family wish to visit, do make use of our lovely grounds. You may want to use the patio, where you can visit while maintaining physical distance.
- Family could bring their own deck chairs and visit with you elsewhere on the grounds. Please restrict your visitors to only one or two family members.
- Spring cleaning of balconies will be delayed this year until we are, somewhat, back to normal.
- Nexgen Hearing on Shelbourne are offering to pick up hearing aids that need cleaning and bring them back the same day. If you need such a service, contact Perry Noble, on tel: 250-385-1111.
- Please remember that staff too are living and working with the limitations and the ongoing burden of worry and concern prevalent in our current daily lives. We too have people that we love and are worried about, as well as you. We too want to stay safe and healthy. So, if we seem a little too vigilant at times, please bear with us and know that we are doing what we are advised to do for everyone's benefit.
- And, as always, if you have any questions or concerns please do not hesitate to speak with me.

Karen Hope,
Executive Director

