



Covid-19
Resident Update – January 6, 2022

We are hearing daily reports of the rapid spread of the Omicron variant of COVID 19. I want to let you know what is happening at “ground level” with staffing and operations in order for you to be as informed, and hopefully, as confident as possible in this ever changing world of ours.

We are asking staff to be vigilant with self-monitoring and have provided staff with guidelines on self-monitoring, isolation, and the use of take home rapid testing kits. Jonathan and Tony are also trained in the use of the rapid test kits.

Department managers met this morning to strategize priority of service delivery should we have significant staff reductions due to the impact of COVID and how these priorities will be met.

Our first priority will be to ensure that Cedars residents are fed. In the very unlikely event that we have no cooks, we do have a number of staff in other departments that know their way around a kitchen and Ray has prepared menu suggestions for our use, should we need them.

Our second priority is for the mental and emotional well-being of residents and Katie and Trish are well ahead with plans should we be short-staffed or if residents need to isolate in their apartments. They have an array of resources and ideas to keep us all connected and mentally active.

Tony and his housekeeping team also have a plan that will ensure that at least basic housekeeping needs are addressed.

Staff will continue to do their part in keeping us all safe and I ask residents to do the same.

Cold symptoms can be confused with COVID and COVID symptoms with a cold. If you have even a cold you should not be in the common areas such as the dining room, library, Bob Watts Room, mail room.

How to self-monitor

Watch closely for symptoms, even mild ones.

Key symptoms of COVID-19 include:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Nasal congestion

PLEASE TURN OVER...



Other symptoms may include:

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you have symptoms please report this information to the front desk. Jonathan or Tony will then administer a rapid test. If negative you will continue to monitor yourself. If positive and fully vaccinated, you will self-isolate for at least 5 days from when your symptoms started or your test date, if you did not have symptoms.

Please let me know if you have any questions or concerns.

Karen Hope,
Executive Director

PS

I wanted to add a note from Chef Ray taken from his last board report regarding supply issues. I trust that you will understand that there are times when we just cannot get the products that we are used to.

As I am preparing this report B.C. has just experienced some intense flooding and damage to fields and farms has been extensive. This no doubt will affect the availability of some products in the near future. Poultry and dairy were possibly hit the hardest. The damage to fields may not be fully realized until the spring when crops start to go in. We will do our best to keep disruptions to a minimum but there will no doubt be shortages here and there that we will have to deal with. Ray Mohr, Chef

Please note, that despite increased costs and the challenges of supply issues, it is the goal of both the Cedars kitchen and the board of directors that the standards of catering will remain as high as ever.