



November 27, 2020

## (COVID-19) Coronavirus Preparedness at Lac Ste. Anne Foundation - Update

As Alberta and the rest of Canada implement additional restrictions to slow the spread of COVID-19, we continue to follow the Chief Medical Officer of Health's Orders and [Alberta's Relaunch Strategy](#).

To date there have been **no** confirmed cases in any of our Lac Ste. Anne Foundation sites. Our COVID-19 Contingency Plan is available for all Residents and Families upon request.

It is important to note that in these uncertain times, we cannot plan perfectly and at any time activities and services may be restricted again.

### **IMPORTANT INFORMATION – Supportive Living Lodge Sites**

**Meetings** – All staff/Board meetings will be held utilizing teleconference or Zoom platforms until further notice.

**Resident Activities** – will resume as usual, we will ensure masking requirements and social distancing is adhered to.

**Volunteers** –volunteers are still permitted, we will ensure screening, masking requirements and social distancing is adhered to as well as ongoing facility risk assessments to ensure everyone's safety. .

**Visiting Requirements** – There have been no changes to these requirements, we will ensure screening, masking requirements and social distancing is adhered to. Please ensure that visits are only being requested for the two (2) appointed designated visitors and that appointments are being requested. This will assist us in ensuring we have appropriate contact information in the event of an outbreak.

**Dining** – we have resumed full table seating where Residents are comfortable as well as presetting tables (shared condiments/coffee/tea butlers, etc.) for meal service.

**Enhanced Room Cleaning** – when residents have an indoor visitor, the visitor will be provided with appropriate cleaning wipes to sanitize any items they may have touched in the suite prior to leaving.

**Resident Screening** – Residents will now only have to complete the screening questionnaire and temperature check one time per day (unless the resident has have left the property). Residents are asked to complete self-checks throughout the day and report any unusual symptoms to staff.

**Isolation/Quarantine Requirements** – The Foundation now has the ability to assess new move in and resident outings exceeding 24 hours quarantine requirements based on completion of a risk assessment to determine low/medium or high risk.

**Resident Outings** – If residents are not required to isolate/quarantine they are encouraged (but not required) to stay on the facility’s property, except in the case of necessity. It is recommended that residents do not participate in unnecessary outings however, they may still choose to do so.

In the event a resident chooses to go out, for any purpose, they must;

- Maintain physical distancing of two (2) meters;
- Wear a mask at all times;
- Ensure safe transportation (See [Safe Transportation](#));
- Maintain good hand hygiene;
- Complete the resident screening requirements upon return.

The Lac Ste. Anne Foundation recognizes that family and friends are part of the care and support team for residents who reside in our facilities. As such, we support a safe approach to visitation within our facilities to ensure residents are able to maintain physical and mental health and well-being while still retaining necessary safety precautions to minimize risk of infection.

Please read our [Safe Visitation Policy](#) for more information.

**The Lac Ste. Anne Foundation is committed to providing respectful, secured, and supportive work environments to ensure the safety and well-being of all individuals. We do not tolerate nor condone any acts of abuse from visitors or clients directed toward any Lac Ste. Anne Foundation employee or representative.**

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## **IMPORTANT INFORMATION - Seniors Independent Living Sites**

There are no new directives for Seniors Independent Living, however, we want to ensure our tenants remain diligent in managing and protecting their health and the health of those around them.

### **Indoor Social Gatherings -**

- Indoor close contacts must be limited to people in the same household
- People who live alone can have up to the same 2 non-household contacts for the duration of the restriction
- Work and mutual support group meetings are not social gatherings, but attendance should be limited and public health measures followed
- This does not apply to service visits from caregivers, health or child care providers and co-parenting arrangements

**Social Distancing** - Please remember to practice social distancing in the event you **must** go to public places (grocery stores, medical appointments, pharmacy)

**Hand Hygiene** - Wash your hands often for at least 20 seconds, cover coughs and sneezes, and avoid touching your face.

**Wearing Masks** - This is a personal preference, Non-medical masks (cloth or homemade):

- should only be used in addition to other protective steps
- are not proven to protect the person wearing it, but may help protect others
- cover your mouth and nose to prevent respiratory droplets from contaminating other people or surfaces
- must be worn and taken on/off properly as the outside can become contaminated

**Mental Health Supports** - We understand this is a very difficult time for everyone, however, if you feel you are having an extremely hard time adjusting to the new normal, please ensure you reach out and talk with someone about how you are feeling.

**Common Area Spaces** – It is recommended that you do not gather in the common areas spaces and always wear a mask and practice safe social distancing when you are not in your suite.

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For further information from Alberta Health Services on the novel coronavirus (Covid-19) please go to:

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

For further information from the Government of Canada please go to:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>



For further information from the World Health Organization please go to:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

If you have any questions or concerns please contact the Lac Ste. Anne Foundation CAO,  
Dena Krysik 780-786-3100 office 780-269-0084 cell or email [dkrysik@lsaf.ca](mailto:dkrysik@lsaf.ca)

***Thank you for your understanding and continued support & cooperation***