



December 10, 2020

Re: COVID-19 Update

Dear Residents,

Yesterday afternoon the Province of Alberta announced that immunizations will begin in Alberta next week. While it will still take several weeks and possibly months for many of us to receive the vaccinations, this is welcome news! This news brings hope that the end of this pandemic is in sight!

With the end in sight, the announcement of additional restrictions this week, while not unexpected, was not what we were hoping to hear. Especially as we anticipate the Christmas season, the additional restrictions make many of us weary and frustrated. But together, and with God, I know we can persevere through this last stretch together!

What does this mean here at Shalem?

Safe Visiting

We ask all Residents to responsibly comply with the provincial guidelines for all indoor and outdoor social gatherings. We want to ensure that Residents continue to receive the support they require for their well-being so home care/support people that are required for your living needs will continue to be allowed. If you are unsure about what to do, please make the conservative choice. Additional information is also available at www.alberta.ca/coronavirus-info-for-albertans.

As before, please ensure the names of your support people are provided to the Haven Front Desk.

Services

The Dining Room will continue to be open for all meals for Haven Residents and those Residents who have meal plans. We know that the opportunity to come together to eat is important to many of our Residents and we believe we can continue to do so safely with the current assigned seating that is in place. We ask for your continued patience and grace with our Dining Room staff and with each other as our team continues to provide this service.

The Hair Salon, however, does fall under the new restrictions and unfortunately will be closed beginning December 13. As well, Foot Care services will also not be temporarily available.

Recreational Group Activities

We recognize the emotional and physical benefit that many Residents receive from certain activities, so will continue to offer limited group activities focused on mental/physical health. Where possible, these activities will be hosted virtually. Please look at the calendar or bulletin boards for locations. Activities will continue to be limited to a maximum of 10 people with masks mandatory for participation.

Know that our team is working hard to provide safe ways to make this Christmas season special and meaningful for Residents.

Mask Protocols

We ask all Residents to wear masks outside of your suites. We know that not everyone is able to do this for health reasons, but for those Residents who are able, we thank you for your effort and diligence in this, as well as grace towards those who are unable to wear masks.

God's Strength

I am reminded of the verse in Isaiah 41:10 which says *'Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.'* Know that we can weather these next weeks resting in this promise. God is faithful. He will strengthen you. And in that we can find joy this season!

Please don't hesitate to reach out to any of the staff should you have any questions or concerns. We will notify you with any additional changes as they arise.

In His Strength,



Dorothy de Vuyst
Executive Director