



October 28, 2020

Dear Residents,

Re: Update COVID-19 Protocols

First of all, thank you for your ongoing vigilance in helping to keep Shalem a safe place to live during the ongoing COVID-19 pandemic.

For those of you following the news and COVID-19 updates, you will be aware that the growth rate and daily new case numbers of COVID-19 in Calgary continues to climb sharply. And increasingly more of us are now aware of people within our church, school, friend or family communities who have tested positive for the virus.

As you live in community together, we are striving to keep Shalem a safe place while recognizing the mental and social benefits that come from fellowship with each other. This is not a responsibility we take lightly. However, as we have continued to assess the situation, the decision has been made to implement or re-implement additional restrictions.

Shalem Initiated Activities

- Activities hosted by the Recreational Team that are social in nature, will be cancelled effective immediately.
- Activities hosted by the Recreational team that are instructional in nature or where physical distancing protocols are able to be maintained will continue to be offered.

Social Club/Resident Social Activities

- All social activities initiated by Residents involving food will be cancelled effective immediately.
- Resident initiated games are permitted following the established sanitization protocols. These protocols will be posted in all Shalem spaces.
- Should Residents wish to organize a social function it must be reviewed and approved by management.

Dining Room

- The Dining Room maximum capacity will be reviewed with priority given to Haven Residents and those Residents from the Manor and Court on monthly food plans. Additional residents may reserve a dine-in spot in the Dining Room on a first come first serve basis as space allows.
- Take-out meals will continue to be available.

Visitors (People permitted for social visits)

- Visitors will be limited to two (2) **designated** adult guests per resident suite effective **November 1**. Residents must submit the names of their designated guests to Reception by October 31. As of November 1, only visitors identified on the Designated Visitors list will be permitted into the building. No children will be allowed at this time.
- All guests **MUST** sign in and out at the Haven front desk for the safety of your guests, yourself and all residents.
- Visitors will receive Guest badges which need to be returned following the visit.



- All visits MUST take place in Resident suites.
- All visitors MUST wear masks when walking through the hallways or any common spaces. Any visitors not wearing a mask will be asked to vacate the building.
- No overnight guests will be allowed at this time, outside of those necessary for physical/mental support (see below).

Physical or Mental Health Support

- In addition to visitors, Residents are able to identify family or other support persons to support the maintenance of their mental and/or physical health.
- All support persons MUST sign in and out at the Haven front desk where they will receive a Guest badge.
- Residents must provide the names of support persons to Dorothy Ryzebol by October 31.

Resident Self-responsibility

- Residents will still be able to leave and return to Shalem premises at will. For the protection of your fellow Residents please continue to:
 - Wear masks in public spaces
 - Limit your visiting to people you are confident are also maintaining low-risk exposure
 - Limit your interaction with Residents to a smaller, select group and maintain physical distancing with other Residents as is possible and practical
 - Maintain frequent hand washing and sanitization habits
 - Daily self-assess your own health and symptoms
 - Quarantine in your suite if you are at high-risk of exposure or feel unwell
 - Get tested if you are symptomatic
 - Notify management with any change to your health

Shalem Spaces

- You may see some modifications to some of the Shalem spaces as we continue to evaluate an appropriate number of people to utilize each space.
- Our housecleaning team continues to be attentive to the regular enhanced cleaning and disinfecting of high touch areas and other common spaces, however, we ask for all Resident's assistance to wipe down common space areas you may use, as you are able.

Know that these decisions have not been made lightly and we appreciate the hardship that these restrictions are to many of you. We anticipate that the above protocols will be in place through November at which time they will be reviewed. A 'Question and Answer' time will be offered. Please watch Bulletin Boards for date, building, location and time.

Thank you for your patience and diligence as we continue to monitor the situation and strive to keep Shalem a safe place.

May God bless each one of you!

Dorothy de Vuyst
Executive Director