



November 13, 2020

Dear Residents,

**Re: Update COVID-19 Protocols**

Thank you again for your continued vigilance in helping to keep Shalem a safe place to live during the ongoing COVID-19 pandemic! We are grateful that Shalem has not had a COVID-19 case to date and we continue to pray for God's protection.

As you may have heard, yesterday the province of Alberta issued some additional restrictions in response to the continued rise in daily new cases of COVID-19 in Calgary and Alberta. Here at Shalem, we want to ensure that we are doing everything we can to keep our community safe. We recognize that while in some ways the Residents of Shalem live as one community, the ability for each Resident to 'come and go' as they desire increases our risk and exposure.

While some of the new provincial restrictions do not apply to Shalem, we have taken a careful look at the social and group activities that take place in our facility as well as other protocols and are implementing the following changes:

**Shalem Group Activities**

- Effective immediately exercise classes will not be offered until further notice. This is in response to the provincial restrictions imposed on group exercises. We recognize that the exercise classes are important to the physical and emotional health of residents, so we encourage residents to continue exercising on their own as possible. Our team will be providing some exercise tips and suggestions to help with this.
- BINGO will also not be offered until further notice as the number of volunteers able to come on site has also been impacted by the extra precautions.
- Chapel and other group activities will continue to be offered as possible, however, masks will be mandatory for participation.

**Visitors**

- We will be continuing to limit social visitors to two (2) **designated** adult guests per resident suite. If you have not provided the names of your two designated guests and/or other physical and mental support persons to Reception, please do so. Thank you for your understanding and compliance of this protocol as we know this is always easy. This protocol is in an effort to reduce the number of different visitors we have coming into our buildings and will be fully enforcing this restriction as of November 16.



- Please remember that all guests MUST sign in and out at the Haven front desk for the safety of your guests, yourself, and all residents. This is in response to the Provincial requirement to obtain contact tracing information for all individuals who come into our facility.
- All visitors MUST wear masks when walking through the hallways or any common spaces and all visits MUST take place in Resident suites.
- No overnight guests will be allowed at this time, outside of those necessary for physical/mental support.

### **Shalem Community**

- Residents will still be able to leave and return to Shalem premises at will. Please continue to make smart choices in the places you visit and people you visit.
- We encourage all Residents to identify a smaller cohort within the larger community of Shalem with whom to limit your visiting and social interactions. Please limit this cohort to a maximum of 15 people and limit your card playing or other games and activities to this cohort.
- We will continue to provide coffee in the Shalem Café, however, please restrict your coffee group to those you have identified as your cohort and use social distancing with others.
- Although not mandatory at this time, we encourage all Residents to wear masks when using Shalem common spaces and hallways as possible. We have noticed many of you already doing this and appreciate the extra effort you are taking to keep our community safe.
- 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. This pandemic continues to challenge all of us!

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

Let's remember to seek God for His help and His strength as we persevere!

Dorothy de Vuyst  
Executive Director

**Wait for the LORD; be strong and take heart and wait for the LORD.**

Psalm 27:14