

# St. Andrew's Centre

June 2021

## From the Office of the Chief Operating Officer

There are some certain things in life, and one is change! I ask that you refer to this newsletter for updates to orders from the CMOH regarding internal resident to resident visiting, social distancing, masking requirements, off site outings and isolation measures within our internal community. I am sure these new developments will bring a smile to many faces. Please note that as a collective community we all are expected to abide by the measures put in place by the provincial and/or municipal authorities so I encourage everyone to educate themselves on the staged reopening plan for Alberta issued by the Provincial Government on May 26, 2021. It is a recognized reality that at times when measures in the outside community change some distinct measures remain in effect for our facility however numerous positive improvements will take effect here in the immediate future.

We are in peak project time and the Centre is buzzing with activity. The concrete construction has started and will continue daily weather permitting. It is difficult to communicate a completion date as weather is a notable factor in this type of project. I thank everyone in advance for their understanding and patience while the work is underway and their tolerance for the noise intrusion. When all is completed, we will have a brand-new SAFE front courtyard for residents and visitors to enjoy and improvements to our underground parkade and resident main floor patios.

I wish to express my thanks to all the residents who attended the focus groups and provided written ideas for the development of the inner courtyard. Susan has been busy contacting vendors with the concepts provided from the resident feedback. Although it will be an exciting time once improvements commence, with the current demands for furniture, fixtures, etc in the general population, we may be waiting a little longer than anticipated for purchase items and/or the items may come in stages. Either way the outcome will be the same, which I hope provides hours of relaxation and social enjoyment in the outdoor area for our residents.

Seniors Week will commence on June 7<sup>th</sup>, 2021 and I encourage all residents to participate in the activities planned for the Centre. Each department has been given the assignment to plan a contest, event, etc to help celebrate the week. To kick off the celebration the Centre will host a free pancake breakfast in the Garden Café from 9am- 10:30am on Monday June 7, 2021.

Finally, to all the marvelous Gentlemen of St. Andrews Centre- Happy Father's Day! In my opinion a Father is not defined as a man who makes a child but rather the man who extends his hands and time to help with a child's upbringing in different ways and has in his heart the ability to love a child through anything. A special thank you if you have taken the time to be a positive role model in someone's life.

Enjoy the sunshine and promise of better days ahead for us all!

Wanda Beaudoin  
Chief Operating Officer

## Changes to Restrictions in Congregate Living Centers

**Effective May 31, 2021**, certain restrictions will be lifted from our Centre. Please review the information provided below in relation to the Centre being a **NON OUTBREAK** site for recreation activity, volunteers, isolation/quarantine requirements for residents returning from hospital, travel and general outings as well as if you have been in contact with a person known/suspected of having COVID. Some restrictions being lifted are based on vaccination status. Please note that these items can be changed at any time by the Chief Medical Officer of Health. Additionally, all **Provincial and Municipal** mandates should be respected and followed as they apply to us all.

### Resident to Resident Contact

It is imperative that residents who are not isolated or quarantined are **not restricted** from **visiting with each other** in natural, self-directed ways within the building.

- Physical distancing is not required between non-isolated/non-quarantined residents who are participating in self-directed activities (socializing in the atrium, residents' suites, etc).
- Masking internally within the Centre for **residents only** is not mandatory but continues to be **strongly encouraged** at this time. Staff and visitors must continue to be continuously masked on site.

### Resident Outings, Overnight Stays, Returns from Hospital, New Tenancy

- Residents fully vaccinated: health assessment upon return, no further precautions.
- Residents with 1 dose or unvaccinated: Health assessment upon return, twice daily self-checks for 14 days for signs and symptoms of COVID.
- Residents returning from a health care facility that is on outbreak must quarantine for 14 days upon return to site.

\*\*\*\*Should a resident who is not vaccinated or not fully vaccinated return from an offsite/overnight outing where they were at a higher risk of potential exposure to COVID-19, it is recommended that they wear a mask when outside of their room for 14 days.

### Recreation Programs/Supplies

- The Centre will provide residents with access to recreational supplies/equipment (e.g. books, playing cards, art supplies, fitness equipment, etc.). Most supplies are in the games room storage closet and will remain in that room. Residents may access the area at any time to retrieve the items.
- Cleaning and disinfection between each use and instruct people who are touching the items to sanitize their hands immediately before and after using the item and throughout the period of use should the situation require (e.g. coughing, touching face, etc.).
- Low risk activities should be resumed (e.g. worship services, crafts, exercise, games, indoor and outdoor performances including singers, music, etc.) This includes puzzles in alcoves-Please sanitize your hands before and after use when puzzle making.
- Both indoor and outdoor groups sizes can be determined by the Centre based on the size of their space and the ability to address other public health guidance.
- Volunteers are welcomed on site provided continuous masking is practiced and hand hygiene is completed.

## Garden Café

Group dining will continue for **non-isolated/non-quarantined** residents while maintaining the following standards:

- No maximum on how many residents can sit at each table as long as tables are placed two (2) meters apart.
- Family/visitors are not able to join the resident for a social mealtime in the Café and Common spaces (ex: Atrium).
- Ensure residents use hand sanitizer immediately before their meal and immediately after their meal.

## UPDATES TO VISITOR RESTRICTIONS

Effective at the beginning of May 2021 all residents will be allowed to have 4 designated visitors who may enter the building and visit with the resident in their personal suite. Designator visitors once assigned by the resident (or their legal decision maker), are not be changed except in extenuating circumstances and with prior approval of management.

- Designated family/support persons may attend to a resident simultaneously, while maintaining physical distancing (unless they are from the same household) and all other safe visiting practices (wearing a mask, good hand hygiene, health assessment check prior to entering, etc).
- These persons may be a family member, friend, companion (privately paid or volunteer), support worker (privately paid or volunteer), or any other person identified by the resident, including minors.
- **Children under 14 years of age must be accompanied by an adult.**
- It is possible for multiple residents to have the same designated family/support persons.
- In the event of an outbreak in the facility, designated visiting may be temporarily suspended should the need arise.

In the event of end of life circumstances, significant health changes and/or pressing circumstances increased parameters and accommodations will be made for the individual resident after consultation with the operator.

Indoor/outdoor visiting practices have been developed in collaboration with residents and stakeholders to create acceptable practices based on the last survey results. Copies of the survey results are available outside the main office.

## Facility Operations

Please be aware that the Centre completes the **census** for everyone who resides in the building. Residents are **not required** to provide any additional information.

I am pleased to inform everyone that we have a new addition to the St. Andrews Centre Staff. Susan is a familiar face around the Centre and will now become a fulltime employee of the Centre. Susan will continue to care and maintain the indoor/outdoor gardens/areas, hydroponics, and aquaponics as well as community enrichment projects. Sadly, Marcy has decided to reduce her personal workload and leave the Centre. Please take the time to wish Marcy well and thank her for the valuable service she has provided to the Centre the last 2 years.

## **Resident Fire Presentation**

The annual resident fire presentation was canceled due to the rise in COVID cases in the Edmonton Zone. Centre education sessions for residents will be scheduled ASAP for information on Centre fire protocol. Please watch poster boards for details, all residents are encouraged to attend a session. The general education session with the Fire Department will take place later in the year.

## **Seniors Week June 7-13, 2021**

The Centre will be planning daily events in celebration for Senior's week. We will kick off the celebration on Monday June 7, 2021 at 9:00am until 10:30am with a free pancake breakfast for residents and staff. Breakfast will be available for dine in or take out. Please see the information at the back of the newsletter for the additional events planned for each day. All residents are invited to participate.

## **Indoor Courtyard Planning**

Thank you to all residents who attended the focus group planning sessions for space development, your ideas and these discussions give us valued insight into how the community wishes to see these areas utilized. We have reached out to external organizations for sample products for residents to view however COVID restrictions have impacted many organizations to change their policies on samples. We hope to have items for resident viewing soon.

## **Vaccine News**

If you have only received 1 dose of vaccine Alberta Health Services has asked that individual residents contact 811 or a local pharmacy themselves to schedule a second dose. If you are receiving homecare services, please discuss the possibility of scheduling a home visit to receive your 2<sup>nd</sup> dose with your case manager.

Anyone who has not been immunized but wishes to do so is asked to schedule an appointment with a local pharmacy or through AHS by dialing 811.

We are not sure when staff will have access to second doses at this time.

## **June Tree Decorating**

We invite all residents to collect a paper ties, Happy Father's Day signs, etc to help decorate our trees for Father's Day. Thank you to all that have already done so as it helps to brighten our community with all the unique creativeness of our residents!

## **Hydroponics Gardening**

**Due to the nature of the pandemic and safety of our community we kindly ask all residents to allow the gardeners to harvest the "crops" from the hydroponics towers currently for infection prevention and control measures.** Susan will pick and pre-package the greens on Wednesday's making them available in the pink room refrigerator. Residents are welcome to help themselves when these packages are available. Lettuce, kale, herbs, etc are available for all to enjoy.

## **Gardening Corner from Susan**

Thank you for all the kind words and well wishes given to Marcy as she made the hard decision to move on as your main gardener. There will be a card to sign kept on the ledge by the bird cage.

As the nicer weather approaches there will be a call out for volunteers to assist with watering the potted flowers in various areas in and around St. Andrew's. Watch for notices with these details and more over the next few weeks.

We realize the Koi pond is darker these days with algae on the rocks. More algae eaters (the little black fish) will be added soon help clear that up. However, just know the algae grows because of the active eco system between the plants and Koi fish. The vegetation growing (aquaponics) is harvested at this point only for the bird.

Recently there has been a couple of tripping incidents over the garden hoses while gardeners are watering the tropical beds. We put out signage and try to keep the areas as safe as possible but there are times when the hose will have a loop in it or not be fully flat on the ground. Please go around the hoses as much as possible, or ensure you are stepping high enough over a 'safe' section.

## **Garden Café**

A Father's Day Breakfast Buffet will be served in the Café from 9am- 1:30pm on June 20, 2021 for \$8.50. Foods Service Staff will be handling all food products, dishware, etc to ensure that the buffet is handled safely and to reduce the potential of cross contamination.

## **Update from Hospitality**

Housekeeping services (laundry and suite cleaning) are available in house and can be booked for a single visit, scheduled cleaning, or on-going service. Hospitality has booking slots available, and we are happy to discuss your needs. For additional information on supports offered from our hospitality department, please contact Tess at 587-525-8714.

## **Illness Reporting**

In the event you should feel unwell outside of normal circumstances for your health conditions we kindly remind you that you must:

- **Immediately isolate yourself in your suite**
- **Notify the main office, please speak directly with Wanda if available.**

Further direction will be provided after a resident risk assessment is completed.

## **Indoor Designated Visitors**

As a reminder at this time:

- **ONLY** designated visitors will be allowed access within the site to visit residents.

This restriction will not apply to healthcare professionals supporting a resident's wellness with bringing in aide equipment, delivering medications, etc.

Please be reminded of the following guidelines for all designated/support persons:

- Complete health screening (including a temperature check).
- **Wear a mask continuously.**
- Sanitize their hands upon entry and exit.

- Visitors must only visit with the resident they are supporting and go directly to the resident's suite. Should you wish to order a meal from the Café we encourage this to be done by telephone and delivery service only at 587-525-8718 however take out ordering is allowed. Designated visitors may use the laundry facilities to support the care of the resident provided they wear a mask at ALL times.
- Designated Visitors **cannot spend the night** in residents' suites unless they have received the consent of management for extenuating circumstances.
- Designated visitors **must not enter through the Side West Parking Lot Entrance**. This is a pickup/drop off zone for residents only. Any resident returning from an outing via this entrance must immediately proceed to the health assessment desk to complete their health screening check upon their return. **ALL VISITORS MUST BE SCREENED- NO EXCEPTIONS!**
- Designated visitors are not interchangeable to allow visitors into the Centre and a resident's suite for casual visits. Designated visitors are individuals who offer a resident consistent support in the areas of activities of daily living, finance, etc.

### **Resident Health Screening**

We continue to follow the direction of AHS, for the safety of our population, that residents physically leaving the facility for outings, appointments, errands must be screened upon returning. Please proceed to the main lobby screening station upon returning from all outings.

### **Golden Exercise – for Men and Women**

Newcomers will not find it demanding as the program has been designed for seniors and most of the exercises can be done sitting or standing. Please register in advance at the main office.

Where? Auditorium

When? Tuesdays at 11 am & Fridays at 11 am.

### **Centre Library News**

We will reopen this area on June 1<sup>st</sup>, 2021 as a self-serve resource area. We are currently looking for volunteers to help manage the donations of books/DVD's we receive. Duties would include sanitizing books and to categorize them for placement on the shelves. Please contact the main office if you wish to volunteer for this area. Training can be provided.

Please **DO NOT** drop off donation books in this area without consulting the main office first.

### **Carpet Bowling**

Carpet Bowling will resume in June on Wednesdays in the Auditorium from 10 to 11am. Residents are invited to participate, please contact Gail R to register. Please watch for information on the poster board.

### **Special Touch Hair Salon**

The Hair Salon will reopen on June 1, 2021.

Hair salon services are available. All appointments must be booked by calling 780-452-1105.

For the health and safety of everyone, you are required to do the following:

- Bring and wear a mask for your appointment.
- Sanitize your hands prior to going to the salon and immediately following your service.
- Please arrive **ONLY** 5 minutes prior to your appointment to ensure proper social distancing.

# Seniors Week Is Coming!!!

## June 7-13, 2021

Staff have been busy planning events to celebrate our wonderful residents. Please read below for an outline of events and watch the information boards for poster reminders!! We invite all residents to come out and enjoy the fun!!

**Monday** June 7, 2021- Free Pancake Breakfast Kick Off!! Starting at 9am residents and staff are invited to join us for a pancake breakfast. Eat in or take out available. Breakfast will be available until 10:30am.

**Tuesday**- June 8, 2021- **Matching Contest**- Do you know your St. Andrews Centre Hospitality staff? Contest forms will be available for pick up by the main office. Return completed forms by the Pinocchio outside of the hospitality office. Prizes will be drawn.

Watch your mailbox for a special delivery!

**Wednesday**- June 9, 2021- **Free Ice Cream Sundae's!** Sundae's available from 1:30-2:30pm outside of the Garden Café!

**Thursday**- June 10, 2021- **Hat Fashion Show!** Prizes will be awarded for the silliest, fanciest, and most creative hats. Come to the Atrium at 1:30pm to show off or view the contestants! All residents are invited to participate and make their own hats and enter the contest.

**Friday**- June 11, 2021- **Free BBQ Lunch!** Residents are invited to join us in the Garden Café/Atrium for a free BBQ lunch from 11:30am- 1:30pm! Live music will be performed!

# Resident Community Committee

## Minutes – May 19, 2021 – 1:30 pm

Chair: Pat S.

Co- Chair: Wanda

1. Call the meeting to order: 1:31 pm
2. Welcome and introductions. The committee welcomed and introduced themselves to new members Louise A. and Frances J.
3. Attendance: Wanda (COO), Patricia (ADMIN- minute taker), Louise A., Ellen B., Linda B., Louise F., Dolores H., Fran J., Gail R., and Pat S.

Absent: Joan B., Sr. Anne C., Helen D., Rita K., Dolores S., Dora V., Eunice W., Annette Marie W., and Lorraine W.

4. Reading/Acceptance of minutes from last meeting
  - 1<sup>st</sup> Ellen B.
  - 2<sup>nd</sup> Dolores H.

**\*\*Please note that meeting minutes are issued in the monthly newsletter\*\***

5. Additions to the Agenda to add under new business, accept agenda.
  - 1<sup>st</sup> Louise F.
  - 2<sup>nd</sup> Gail R.

6. Business arising from the last meeting/old business:

6.1. Concrete construction commenced on May 12, 2021 and will proceed accordingly, weather permitting.

6.2. Resident focus groups for the inner courtyard planning were well attended and informative.

Shared thoughts/ideas amongst residents were parallel in each group such as:

- Incorporation of shared visiting spaces and quiet spaces.
- Need for shade and solar lighting for nighttime enjoyment.
- No vegetable gardening. Plants, flowers, and herbs only.
- Resident only space development with a guest visiting space elsewhere.

6.3. Lighting in the storage areas will be changed to a high lumen (wattage) for improved lighting as the bulbs burn out.

7. Standing Agenda Items:



7.1. Food Service: Father's Day lunch BBQ will be available for purchase. Lunch cards will be accepted.

- A concern was voiced regarding the cleanliness of the tables in the Café. A reminder that a spray bottle and rags are available for the residents to clean tables prior to sitting down should they feel as though the tables require more cleaning.
- The staffing hours in the Garden Café have been reinstated.
- Kudos to Bernadette for all her hard work and positive attitude!

7.2. Maintenance/Housekeeping:

- A concern was voiced regarding the cleanliness of the 3<sup>rd</sup> floor west hallway. The hospitality department will be reorganized to have two staff members designated as custodians for building cleaning only (i.e. hallways, common spaces, high-touch cleaning, event set up etc.). The shifts will be Monday – Friday from 11am – 7pm.

7.3. Social/Leisure Activities:

- Wanda shared information on the latest Chief Medical Officer of Health orders. More information may be found in the newsletter.
- Resident ran activities (i.e. cards, movie night, carpet bowling, etc.) may resume.
- Volunteers may return to the facility. Fr. Ray will be welcomed back to play the piano but will be required to always wear a mask.
- Designated visitors may order meals from the Garden Café but they cannot eat at the Café or any common space.

7.4. Security:

- Kudos to the security staff! The RCC would like to express their appreciation for their hard work.

7.5. Gardening:

- "Gardening" has been added to the agenda as a "Standing Agenda Item".
- Marcy has resigned and will be leaving at the end of May. The gardening position will be hired internally. Susan will take over and handle special projects, resident enrichment, hydroponics, and the fish as a St. Andrew's Centre staff member.
- We are sad to share that Joey the bird is sick. We encourage you to stop by and lovingly say goodbye to our special friend.

8. New Business (suggestion box/committee concerns):

Suggestion Box/Emails – no written concerns found in the suggestion boxes.

8.1. Resident Cognition Concerns

- Always call security when you encounter any residents who have cognitive impairment and require assistance.

8.2. Items in Resident Hallways

- A reminder that all hallways must remain clear. No items are to be left in the hallways as per fire regulations.

8.3. Roof Leaking

- The roof contractor will be returning to assess the leak that had occurred after the spring snow fall and make the necessary repairs.

9. Administration Sharing:

- 9.1. Resident to Resident visiting: Residents can return to visiting with each other in a natural self-directed way. It is an independent choice to wear a mask and/or social distance. As an organization, we strongly support all measures that contribute to everyone's health and wellness. New Chief Medical Officer of Health orders have been announced and will be explained in the newsletter.
- 9.2. Seniors Week: June 7-13, 2021. Events are being planned in a safe manner. We will kick off the week with a free pancake breakfast on Monday, June 7, 2021.
- 9.3. June AGM and meeting with Archbishop Smith will not be an in-person event due to the pandemic. Archbishop Smith will record a message for the community which will be played in the Atrium and the annual report issued to the Board will be available to the residents in paper form and on the website.
- 9.4. Flooring renovations in the Father Irwin (Reception) Room and Pink Room are completed. Social visits can now be booked in the Fr. Irwin Room for non-designated visitors as per the guidelines issued via memo to each resident in May 2021. Please be aware that all visitors will be health screened for any type of indoor visit, including children. Visits booked must be with members from the same household.

Meeting adjourned at 2:57pm.

Next meeting: Wednesday, June 16, 2021 at 1:30 pm in the Fr. Irwin (Reception) room.


# St. Andrew's Centre

\*Please note: all programs or activities are subject to Provincial Restrictions

## JUNE 2021

## St. Andrew's Centre

## 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Golden Exercise 11am	2 Carpet Bowling 10am	3 Shuffleboard 2pm Farmers Market 10am-12pm	4 Golden Exercise 11am	5
6 	7 Free Pancake Breakfast 9-10:30am- Garden Cafe Shuffleboard 2pm	8 Golden Exercise 11am Matching Contest	9 Free Ice cream 1:30-2:30 Outside the Garden Cafe	10 Fancy Hat Contest 1:30pm- Atrium Shuffleboard 2pm	11 Free BBQ Lunch Golden Exercise 11am	12
13	14 Shuffleboard 2pm	15 Golden Exercise 11am	16 Carpet Bowling 10am RCC Mtg 1:30pm	17 Shuffleboard 2pm Farmers Market 10am-12pm	18 Golden Exercise 11am	19
20 <b>Father's Day</b> Brunch- Garden Café	21 Shuffleboard 2pm	22 Golden Exercise 11am	23 Carpet Bowling 10am	24 Shuffleboard 2pm	25 Golden Exercise 11am	26
27	28 Shuffleboard 2pm	29 Golden Exercise 11am	30 Carpet Bowling 10am			

