

St. Andrew's Centre

July 2021

From the Office of the Chief Operating Officer

The warm summer months are upon us and the first week of July appears to be a record breaker in temperatures!! I want to encourage all residents who may need a cool down to do the following:

- Hydrate!! Drinks plenty of water. Cold water is available inside and outside of the Garden Café.
- Limit your time outside in the sun- wear sunscreen and sunglasses. Stay inside during the hottest part of the day.
- If you feel that your suite is warm you may head to the auditorium, Garden Café, sunroom, and pink room areas for an air-conditioned retreat.
- Avoid strenuous activities, if you are going for a walk to the mall for groceries, etc please wear a hat, loose fitting clothing, and carry a water bottle.
- Visit the Garden Café for a refreshing treat. Free popsicles are available to all residents during café hours throughout the coming the heat wave.
- Remember the Atrium will be warm and humid after the watering of plants so if you are sensitive to this it may be best to avoid this area after spraying has occurred.
- If you have an air conditioner in your suite and it is not working well, please call the main office to place a work order so that maintenance can check it for you. Many units require coil cleaning, filter replacement, etc for yearly care.

The lifting of Provincial Restrictions is delightful news for many people. The Centre remains governed by the Chief Medical Officer of Health as a congregate living site, as a result, our current policies and practices stay in place until we are notified differently despite provincial/municipal changes. All designated visitors must continue to wear a mask upon entry into the facility, be health screened, complete hand hygiene and proceed directly to the resident's suite. Residents identified 4 DESIGNATOR VISITORS are the only visitors permitted into the Centre. All other visits must be booked in the Father Irwin room following current guidelines which are located within the newsletter. We will notify all stakeholders through memo, the website and Facebook should any changes in orders occur. Everyone is invited to express their opinions regarding restrictions at an open TOWNHALL telephone meeting with Dr. Deena Hinshaw.

There are three town halls to choose from:

- **Tuesday, June 29 from 2:00 p.m. to 3:00 p.m.**, <https://extranet.gov.ab.ca/opinio6//s?s=continuingcareJun29>
- **Wednesday, June 30 from 9:30 a.m. to 10:30 a.m.**, <https://extranet.gov.ab.ca/opinio6//s?s=continuingcareJun30am>
- **Wednesday, June 30 from 4:30 p.m. to 5:30 p.m.**, <https://extranet.gov.ab.ca/opinio6//s?s=continuingcareJun30pm>

Pre-registration for the events ends 3 hours prior to the start of each session.

Have a joyful, safe Summer!

Wanda Beaudoin, Chief Operation Officer

Annual Resident AGM With Archbishop Smith

Please be aware that due to COVID restrictions the annual AGM with Archbishop Smith has been cancelled. There will be a video message from the Archbishop posted on our website at www.standrewscentre.com and our Facebook page. Alternatively, residents may view the message in our Atrium/Auditorium as we will play the video on the big screen.

Facility Operations

JOEY (JO-JO) the canary- The Centre said its final goodbye to Jo-Jo the canary on June 25, 21. Unfortunately her illness progressed to a point where we felt it was causing her distress. Jo-Jo will be lovingly remembered for the happiness she brought to our community for many years. We will investigate the possibility of a new bird later in the Fall.

Centre concrete construction is progressing nicely and on time. We thank everyone for their patience and understanding while this project evolves.

There is a tremendous amount of neighborhood revitalization in the area at the present time. Access into the West parkade remains open however limited to one side for entering and exiting. Please be mindful and approach this area with caution watching for vehicles as well as hidden pedestrian traffic. We are keeping a close eye on the construction and notifying the City of problematic areas as we see them. In addition to completing the sidewalks the City will be paving our roundabout area so please DO NOT PARK your vehicles in this area. Residents in the west parkade will be notified when the paving will commence as you will not have in/out privileges at this time and you may decide to move your car out of the parkade for the duration of this work. We will attempt to have the parkade cleaned of winter debris following the construction completion.

We are experiencing supply issues needed for renovation material in our suites. Please be aware if you have been contemplating a move into a new suite your request will be delayed until supply issues are resolved. We thank you in advance for your understanding.

Resident Fire Presentation

The general education session with the Fire Department will take place in the Fall. Additionally, the Centre will host information sessions directly related to evacuation procedures for all residents in the coming weeks. Watch poster boards for details.

Indoor Courtyard Planning

We are working closely with suppliers to purchase furniture for our outside courtyard, games room and sunroom area. Demand is high so timelines are delayed industry wide and it is not known when we will receive our products.

July Tree Decorating

The theme for July decorating is "Celebrating Canada". Please collect your decorations for creation outside the main office. We thank you for your participation as it helps to beautify our Centre.

Susan's Gardening News

THANK YOU to everyone who has helped beautify the common spaces and for your ongoing volunteer time. Your vast skills include sharing knowledge, helping others, planting, transplanting, watering, maintaining the flowers, keeping the outdoor common areas clean, filling water barrels, tending to the Koi fish and taking extra care of Joey (Jo Jo). Everything looks lovely. If you wish to volunteer in some capacity, please do not hesitate to come see Susan.

Tower Gardening

The tower gardens are an aeroponics system which is an advanced form of hydroponics. Neither method uses soil. Hydroponics is growing plants in a nutrient-rich solution where aeroponics uses mist/water with essential nutrients that is sprayed regularly on exposed roots. In the tower gardens here, the water pumps through once an hour to moisten the roots of plants growing in these vertical gardens.

Where is the produce?

Over the summer the tower gardens will be revitalized with new seedlings. Notices will be put up when produce is ready for harvesting.

Cats in the gardens.

Advice posted to deter cats is only a 'suggestion'. Some cats are relentless, and cats are an issue for gardeners everywhere. Some of you have luck with laying barriers over your garden boxes, others use citrus peels while some of us just cross our fingers. This is a personal choice made by each individual gardener on how best to protect their produce/flowers.

Your houseplants/pots.

Anyone looking to get rid of their plants please either re-home them or dispose of them properly in sealed bags. If you have a question about your plants or extra planters, please talk to the Susan. Plants left in the atrium and/or common areas will be disposed of immediately.

Garden Café

With the upcoming heat wave **popsicles will be available for free** in the Café for residents to enjoy as needed.

Cold water is available and has ease of self-access by the coffee machine. We will also place an addition water machine outside of the café for daily and afterhours access.

A new **4-week rotating summer menu** will begin in the Garden Café on June 27, 21. This will eliminate the need for residents to pick up a new menu sheet each month to view the daily meals. We are open to menu suggestions. Please note the addition of **2 theme nights** on the menu!

Fresh vegetable plates with dip are now available for purchase in the Café. Plates are made fresh daily.

Sundae Monday will return this Summer. Sundaes will be available for purchase on Mondays outside of the Café from 2- 3pm for \$4.00.

Update from Hospitality

If you are missing laundry items, there is a "Lost and Found bin" located by the ironing station in the laundry room. Please be aware that items are disregarded after 1 month if unclaimed.

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.

Aaron from the Garden Café will be taking a position in the hospitality department starting July 5, 2021. We are happy to have his addition to our team!!

Lifting of Restrictions Within the Province

On July 1, 2021, many restrictions will be lifted in the province. While this is welcomed news for many, the Centre remains under the directives of the Chief Medical Officer of Health and as such current restrictions remain in place within our facility. We will update residents and loved ones accordingly as/if measures are lifted/changed in the Centre. The health assessment desk will remain in place until the Centre is notified differently. We remind residents not to allow visitors access into the building via the enterphone system without completing the health screening.

Restrictions in Congregate Living Centers

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.

VISITOR RESTRICTIONS

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.

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

The Centre Library is opened 24/7 for your enjoyment. We kindly ask that all books be placed on the return table to be disinfected prior to being returned to the shelves. We have a group of residents who have volunteered to correctly categorize and organize reading and viewing material.

Please bring all donation books/videos to the main office **not the library**.

Carpet Bowling

Carpet Bowling has resumed 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

Hair and Beauty 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.
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Care RX Tuck Shoppe

Open Mondays and Fridays from 10:00 am - 4:00 pm.

Welcome to all the new residents!

I trust that you will find that this community is more than just a place to hang your hat!

Did you know? We can transfer all your prescriptions to **CareRx** and have them delivered direct to your door. Your refill requests and new prescriptions can be dropped off right at the Tuck Shoppe. If the store is closed, we have a convenient DropBox located just outside our door. Our delivery personnel checks the DropBox daily. Enroll with **CareRx** and receive a special gift just for signing up!

Drop by for more details and to see what else we have "in-store" for you.

~ Rian

Resident Community Committee

Minutes – June 16, 2021 – 1:30 pm

Chair: Linda B.

Co- Chair: Wanda

1. Call the meeting to order: 1:30 pm
2. Welcome and introductions. The committee welcomed and introduced themselves to one another.
3. Attendance: Wanda (COO), Patricia (ADMIN- minute taker), Louise A., Linda B., Joan B., Ellen B., Helen D., Louise F., Fran J., Rita K., Gail R., Pat S., Dora V., and Lorraine W.

Absent: Sr. Anne C., Dolores H., Dolores S., Dora V., Eunice W., and Annette Marie W.,

4. Reading/Acceptance of minutes from last meeting

1st Ellen B.

2nd Rita K.

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

5. Additions to the Agenda to add under new business, accept agenda.

1st Louise F.

2nd Pat S.

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

There was no outstanding business from the previous meeting.

7. Standing Agenda Items:

7.1. Food Service: Father's Day Brunch will be served on Sunday, June 20, 2021 in the Garden Café.

Lunch cards will be accepted.

- A suggestion was made to have vegetable plates available for purchase, like the fruit plates currently for sale. Wanda will bring this suggestion to Lonnie.

7.2. Maintenance/Housekeeping:

- A concern from the suggestion box was brought to the meeting concerning the cleanliness of the tower hallways. The Hospitality Department has been reorganized to have four hospitality attendants who will be responsible for suite cleaning, renovation cleaning, and laundry services, and two custodians who will be responsible for cleaning the building and event set-ups. Aaron will be moving from the Garden Café and into the custodian position, along with Karen, to focus on the cleanliness of the building.
- A complaint was made regarding dark spots on the carpet in the annex. Management is aware of the state of the carpet in the annex. It has been slotted in to be the next renovation project and will be replaced with vinyl plank flooring.
- A complaint was made regarding the cleanliness of the atrium chair cushion covers. This concern was previously brought to management's attention. Cleaning is currently in progress as housekeeping is doing trials on the best way to clean the covers.
- A suggestion was made to have kickstands installed on all the Garbage Room doors. Wanda will connect with maintenance to assess.

7.3. Social/Leisure Activities:

- Residents' Association activities – what activities can resume? As per provincial public health orders, reintroduction of activities is based on an operational risk assessment. Assessments are done on a case-by-case basis. Events with food and drinks cannot be buffet style and must be served with individually packaged portions.
- A request for smaller tables for card games was made. At this time, the current tables will be left as is to promote physical distancing.

7.4. Security:

- A concern was raised regarding the lack of security cameras outside of the building. Cameras are installed at every entry point inside the building. The purpose of these cameras is to ensure the safety of the residents. Camera footage is only reviewed when an incident is reported (i.e. suspected thief, medical episode, etc.).

7.5. Gardening:

- Residents' personal plants must remain in their suites. Do not leave plants in the atrium or any common spaces. Unclaimed plants will be disposed of.
- Susan has joined the St. Andrew's Centre staff and will be working full time.

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

8.1. Dog living in the facility – dedicated and licensed service animals are permitted by law. Residents with service animals are required to sign a Service Animal policy and rules and regulations. Service animals are not permitted in the Garden Café but are allowed in the atrium while on a leash.

8.2. Visits in the West Garden Courtyard – as per the resident survey that was distributed on April 29, 2021, the majority of the respondents stated that they did not want visitor access to the West Garden Courtyard. A sign is currently posted on the gate of the Garden indicating this restriction. A suggestion was made to have another sign posted for the inside of the gate as well.

- A request was made to have rags and sanitizer available to residents to clean the outdoor patio chairs in the West courtyard. Wanda will speak to Tess to have this available.
- A noise complaint was made regarding gatherings in the outdoor spaces. Please refer to the City of Edmonton bylaw – excessive noise is prohibited between 10pm – 7am.

8.3. Volunteers are still needed for the library. Please inform the Main Office if you are interested in volunteering.

9. Administration Sharing:

9.1. June Annual AGM and Board 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.

9.2. Sample chairs have arrived for the Sunroom and recreation areas such as the Pink Room, for events, exercise, etc. We welcome your feedback. Please note that the colours and patterns are not what the Centre will be receiving, these are just material options.

9.3. After stage 3 has been implemented by the provincial government, there will no longer be resident only mass times at St. Andrew's Parish. The prior mass times and restrictions will be reinstated – business as usual.

- A question was asked regarding the current Prayer Room in the atrium. Once restrictions have been lifted, this will be a discussion with the Parish as the room had previously been used by the Parish for their meetings, etc.

Meeting adjourned at 2:30pm.

Next meeting: Wednesday, September 15, 2021 at 1:30 pm in the Fr. Irwin (Reception) Room. Reminder that the RCC breaks for the month of July and August as per committee request.

St. Andrew's Centre

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

July 2021

St. Andrew's Centre

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Canada Day 1	Golden Exercise 11am 2	
4	Shuffleboard 2pm 5	Golden Exercise 11am 6	Carpet Bowling 10am 7	Shuffleboard 2pm Farmers Market 10am-12pm 8	Golden Exercise 11am 9	10
11	Shuffleboard 2pm 12	Golden Exercise 11am 13	Carpet Bowling 10am 14	Shuffleboard 2pm 15	Golden Exercise 11am 16	17
18	Shuffleboard 2pm 19	Golden Exercise 11am 20	Carpet Bowling 10am 21	Shuffleboard 2pm Farmers Market 10am-12pm 22	Golden Exercise 11am 23	24
25	Shuffleboard 2pm 26	Golden Exercise 11am 27	Carpet Bowling 10am 28	Shuffleboard 2pm 29	Golden Exercise 11am 30	31

