



June 2022

From the Office of the Chief Operating Officer

For staff at St. Andrews Centre June is a “focus” month to make each day an occasion to be inspirational and to make a difference to the Community we serve before the break of summer holidays. Our work and service in providing opportunities that enhance and maintain a resident's highest level of wellness gives meaning to our lives and work roles. Under normal circumstances the Centre would start the month of June in celebration of Seniors' Week (June 6-12) with events planned for each day to celebrate our residents while encouraging everyone to venture out and enjoy the festivities, meet their neighbors and staff, while embracing the hospitable environment of our facility.

Unfortunately, this year all events for Seniors' week are postponed. As we navigate through our first declared outbreak, I want to thank everyone for their understanding, patience, and cooperation. I consider our outbreak situation fortunate as most of our residents who have tested positive are experiencing mild symptoms of congestion, runny nose, and mild cough. Through collaboration and timely reporting of illness symptoms we have been able to contain the spread of the virus in our community. The outbreak will be declared over 20 plus 1 days after the last reported positive case in our Centre. We have experienced 7 days of no reports of illness as I write this address so I remain positive that the outbreak will be lifted on the tentative date of June 8, 2022.

When the outbreak is officially declared over the Centre will slowly start to lift measures and reintroduce activities for the safety of our community. It has been decided between the Centre's joint partnerships that the Annual General Meeting scheduled for June 21, 2022, attended by the Board Members, Residents, and Archbishop Richard Smith be postponed at this time. We know that this may be disappointing news to many patrons in our community however the risk factor of a large, close proximity group gathering with external residing stakeholders and guests cannot be disregarded. Everyone wants nothing but the best for our community with the Summer Solstice arriving on the same day as the AGM.

Finally, we cannot forget that June is a special time for the fathers and father-like figures of our Centre. On Father's Day we hope that you feel acknowledged and honored for all the moments you have spent leading your families, friends, and community. One day is not enough to recognize the truly amazing Fathers and Father Figures that have helped influence and shape our lives, community, and organization. We are grateful for the strong hands and minds that help to guide, teach, and love us. I am thankful to all who share their wisdom, ideas, time, and compassion. Thank you for giving our community the gift of having men to admire, respect, honor but most of all CHERISH.

Happy Father's Day

Warm Regards,

Wanda

IMPORTANT NOTICES



MAIN OFFICE HOURS

Monday – Friday 8:00 am – 4:00pm

When the Main Office is closed, Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444



GENERATOR TESTING Tuesday, June 7th starting at 2:00pm

The Maintenance Department will be performing routine testing of the building's emergency generators. Elevators may be out of service, ONE AT A TIME for short periods of time during the testing.



WEST OUTDOOR PARKING LOT

We have been notified by St. Andrew's Parish that the building of their new meeting house will begin soon. During construction parts of the parking lot (particularly at the south end) will be inaccessible for residents, visitors and parishioners. For more information, please contact the Parish Office directly @ 780-451-6601.



WEST UNDERGROUND PARKADE ACCESS

The City of Edmonton is still working on the reconstruction of the roadway adjacent to our west parkade ramp (traffic circle). The workers block access to only one side of the ramp one-at-a-time, ensuring residents can get in and out of the underground parkade using the other side of the ramp. If preferred, residents may park outdoors in the west parking lot, near the cell tower.



LOST LAUNDRY ITEMS

The Hospitality Department has accumulated a number of clothing and other items left behind in the laundry machines recently. If you are missing any particular item(s) please check the LOST & FOUND LAUNDRY basket in the Laundry room, and/or call Tess @ 587-525-8714 to identify and retrieve them.

ANNOUNCEMENTS

At the time of publication, St. Andrew's Centre remains in OUTBREAK status, due to COVID, under the direction of Alberta Health Services, and the Chief Medical Officer of Health (CMOH) for Alberta.

ALL group activities and meetings are cancelled (or postponed) at this time. Once the outbreak is officially declared over, the Centre will begin to reinstate group activities and to reschedule meetings, events and gatherings.

Please note that the June calendar included with this newsletter, does not necessarily reflect all scheduling changes and will be subject to additional changes throughout the month. Please check notice boards and memorandums for news.

CURRENT CONDITIONS

COVID-19 PANDEMIC
Congregate Living Centers

St. Andrew's Centre continues to operate in accordance with health measures prescribed by the Chief Medical Officer of Health (CMOH), for Alberta.

★ Please note that the March 1st lifting of indoor masking requirements for the public **DOES NOT APPLY TO OUR CENTRE.** All visitors, staff, service workers, etc. will still be required to wear a medical mask provided to them at our Health Assessment Desk.

RESIDENT POLICIES

- ✓ **If you are feeling unwell, please STAY IN YOUR SUITE and telephone the Main Office @ 780-452-4444 so that we may provide you with the necessary information and instructions to ensure our community stays as safe as possible.**
- ✓ **Please be reminded that you must stay in your suite until all symptoms are resolved.** The Garden Café can arrange meal deliveries, if needed. The Hospitality Department can assist with garbage disposal, if needed. Additionally, residents must wear a mask continuously outside of their personal suites for a period of 5 days following their isolation period.
- ✓ **Residents who are absent for more than 24 hours,** regardless of their immunization status, are required to actively screen daily for symptoms of COVID-19 and wear a surgical/procedure mask when outside of their room, except when eating or drinking, **for 14 days post-return.** Resident screening checklists and appropriate masks are available from the Main Office and the health assessment desk in our front lobby.

RESIDENTS are encouraged to wear masks in the common areas of the Centre and continue good hand hygiene.

VISITOR POLICIES

- ✓ ALL visitors to the Centre must enter the building through the Main Door to be screened at the Health Assessment Desk (Front Lobby) and to sign in.
- ✓ ALL visiting persons must wear a surgical/procedure mask while in our facility, even in RESIDENT SUITES, unless a resident has communication challenges where a mask would inhibit interacting. In which case, the resident and visiting persons should maintain a distance of two (2) meters from each other.
- ✓ Anyone who is a close contact of someone who has tested positive for COVID, will **not be allowed entry into our facility** (within 14 days of last exposure) regardless of vaccination status. This is a directive that was made by the CMOH in mid-December.
- ✓ Guests of residents are now permitted to visit and eat in The Garden Café and common areas of the Center without providing proof of vaccination. Staff will no longer be scanning "QR" codes.

★ **Guests of residents are permitted to visit the Centre (including the Garden Café) and may also book Guest Suites as available.** However, we will remain closed to the public at this time for general meal service (parishioners, etc.) and we are not booking any events or catering for the time being.

CENTRE EVENTS



FARMER'S MARKET

When: Bi-Weekly on Thursdays
Time: 9:30 am – 1:30 pm
Where: ATRIUM

June 9th & 23rd

TENTATIVE

SENIORS' WEEK

Activities and celebrations for **Seniors' Week** (June 6th - 12th) are cancelled for community safety reasons.

However, we look forward to celebrating our Seniors with special events and activities later, once the outbreak has concluded and gathering is permitted.

WATCH FOR NEWS!!

RESIDENTS' ASSOCIATION (R.A.)

Find the Residents' Association Annual Calendar of Events on the easel mid-atrium near the mailboxes, and Activities list near parcel locker across from the mailboxes.

- **Evening of entertainment planned for Tuesday, June 7th** has been cancelled for community safety.
- **Residents' Association ANNUAL General Meeting** is TENTATIVELY scheduled for **Tuesday, June 21st**.
- **Canada Day (July 1st)** celebrations are also yet to be confirmed. **Watch for updates!**

RESIDENT COMMUNITY COMMITTEE (R.C.C.)

The *Resident Community Committee* meeting that had been scheduled for Wednesday, May 18th was cancelled. Therefore, there are no meeting minutes to include in this publication.

The next meeting is TENTATIVELY scheduled for: **Wednesday, June 15th @ 1:30pm** in the Reception Room (Fr. Irwin).

The Centre has a bulletin board for RCC information and notices. It can be found in the atrium next to the piano.

NO NEW DATE YET

EDMONTON POLICE SERVICE PRESENTATION

When: TBA **Time:** TBA **Where:** Auditorium **"Fraud Prevention & Scams"**

Everyone is welcome to join Constable Amanda Trenchard and the Edmonton Police Service Community Engagement Team for an informative presentation on Fraud Prevention & Scams.

AMENITIES

Special Touch Hair Salon

Located on the main floor of the Centre next to the Garden Café, our staff can provide all your hair, foot, and beauty needs. **To book an appointment, call 780- 452-1105**, and let our staff make your day a little more beautiful.



~ How old you are is your business... How young you look is ours!!! ~

CareRx Tuck Shoppe



Nice to see that summer is coming - so much to look forward to with the warmer weather and beautiful flowers. On your way out take a moment to stop by the CareRx Tuck Shoppe to say "Hi" and sign up for our fast and convenient prescription delivery to your door. We are open Monday and Fridays 8:30 am to 4:00 pm.

Sole Mates Footcare Ltd.

Sandra Dickerson operates a **Mobile Foot Care Service** for residents of the Centre. For more information or to book an appointment, **contact her directly @ 587-926-0422**, or e-mail sandradickerson82@gmail.com.



Dr. Harkirat Sidhu

Dr. Sidhu is on-site for resident appointments in the Centre **two evenings each week**, starting at 5:00pm. **Pre-booking is required.** Mark your name in an open time slot on the whiteboard in the hallway just past the east tower elevator lobby.

Community Cupboard

Donations of food and household staples, and monetary contributions are always appreciated to keep the cupboard stocked. Please DO NOT give EXPIRED food products.

As always, if you have any need, please do not hesitate to ask one of the Main Office staff. We are here to help.

Centre Library

We are continuing the suspension of accepting donated books for the library until further notice. Books left without permission will be returned to the owner.

FITNESS ROOM

Residents were invited join Susan for **Fitness Room Information Sessions** for instruction on equipment use and other exercises. These sessions were cancelled in May for community safety.

New dates and times will be announced as soon as possible, when group activities are able to resume.

Please remember that the fitness room is for residents, staff and guest suite renters only. **All use is at your own risk.**

ACTIVITIES

ALL GROUP ACTIVITIES ARE ON HOLD
FOR COMMUNITY SAFETY & WILL RESUME ONCE PERMITTED

**** PLEASE WATCH FOR UPDATES ****



CARPET BOWLING

Breaking for the Summer months. Will recommence in September.

MOVIE NIGHTS

When: Fridays @ 7:00 pm
Where: TV Room



Check notice board for film titles.

WALKING GROUP

When: Tuesdays and Thursdays @ 10:00 am
Where: Meet in the Atrium for a 20-30 minute OUTDOOR walk, then coffee at the *Garden Café*.
All levels of walkers are welcome.



SHUFFLEBOARD

When: Mondays & Thursdays @ 2:00 pm
Where: Games Room

CRIBBAGE

When: Mon @ 6:30 pm & Tues @ 6:00 pm
Where: Games Room



\$3.00 BINGO

When: Saturdays @ 6:00 pm
Where: Games Room

WHIST

When: Wednesdays @ 6:00 pm

Where: Games Room

BRIDGE

When: Thursdays @ 6:00 pm

Where: Games Room

CANASTA

When: Tuesdays @ 5:30 pm
Sundays @ 5:30 pm

Where: Games Room
Where: Games Room

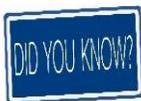


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CARD BINGO

When: Monday/Wednesday/Friday @ 2:00pm
Where: Games Room

FINANCE DEPARTMENT



You can subscribe to **MEAL PLANS** (2 or 3 meals per day + snacks) by pre-paying monthly. Meal Plans are paid by automatic bank withdrawal (Pre-Authorized Payment or “PAP”) on the first of each calendar month with your rent. Visit the Main Office to start a Meal Plan.

Plan A – 3 meals - \$800 per month

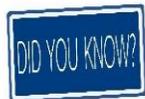
- 3 meals per day (Breakfast, Lunch, and Dinner)
- unlimited tea, coffee, and hot chocolate
- one snack (muffin, daily cake special, or comparable item)
- one small juice

Plan B - 2 meals - \$575 per month

- 2 meals per day (Breakfast or Lunch, and Dinner)
- unlimited tea, coffee, and hot chocolate
- one snack (muffin, daily cake special, or comparable item)
- one small juice

*For convenience
you will be provided with a
St. Andrew's Centre swipe card.
Presented this card at the Garden Café
cash register when ordering your
qualifying Meal Plan purchases.*

Garden Café purchases not included in the Meal Plan are recorded and invoiced at the end of each calendar month. These billings are payable on receipt at the Main Office using debit or credit card, cash or cheque, or automatic bank withdrawal (Pre-Authorized Payment or “PAP”) if preferred.



PUNCH CARDS for meals and coffee are available to be purchased at the Main Office using debit or credit card, cash or cheque. They are convenient and cost-saving!

10 PUNCHES per card:

Breakfast or Lunch \$85 – Green Card (includes tea, coffee, or hot chocolate)
(up to \$2.00 savings each punch)

Dinner \$110 – Yellow Card (includes tea, coffee, or hot chocolate)
(up to \$2.50 savings each punch)

20 PUNCHES per Card

Coffee \$25 – Blue Card
(\$0.25 savings each cup)

- Present your punch card at the Garden Café cash register before ordering.
- Punch cards have no expiry date, are not redeemable for cash, and cannot be replaced if lost.
- Punch cards are for Resident Use Only and are not transferable.
- Punch cards cannot be used for special brunches or buffets, such as: St. Andrew's Feast; St. Andrew's Resident & Family Christmas Buffet, etc.
- ❖ **ACCOUNT CHANGES**, such as: parking rental; storage rental; meal packages; or changes to banking information for Pre-Authorized Payments, please inform the main office **before the 20th of the month**. This is important to ensure charges for the following month are stopped if you are cancelling a service, and to ensure all future payment amounts are correct.
- ❖ Monthly Invoices for Hospitality Service and/or Garden Café purchases are **due upon receipt**.



GARDEN CAFÉ

The *Garden Café* Restaurant is open from 9:00 am to 6:30 pm EVERY DAY serving:

Breakfast	9:00 am – 11:00 am
Lunch	11:00 am – 1:30 pm
Dinner	4:30 pm – 6:30 pm

DELIVERY IS AVAILABLE for a \$2.50 charge per trip.

To order dinner for delivery, please call the Café directly @ 587-525-8718 before 4:00pm.

The 4-week rotating Summer Menu is in effect now through to October. Copies are available at the Café and online.

With the warm weather upon us, I will be doing BBQs once-a-month starting in June. As well, we are considering having a steak BBQ in mid-July if all goes well.

The cost for this will be \$22.50 per person, but I would like resident feedback before going forward. Please let me know how you feel about this.

As well, we will be starting Sundaes Mondays as of June 6th, so please come and enjoy a sundae with us. These will be “pick-up-and-go” for the time being, until all is well. The cost is \$4.00 per serving.

Thank you, Chef Lonnie F.S.M.

HOSPITALITY DEPARTMENT

GUEST SUITE RENTALS

Our guest suites are open for booking by loved ones of residents.
Contact the Hospitality Department @ 587-525-8714 for availability, pricing and bookings.

SUMMER Cleaning Special  **\$150**

- ❖ One Hour of Housekeeping
- ❖ Fridge Cleaning
- ❖ Stove Cleaning
- ❖ Window Cleaning
- ❖ Vacuuming of Fridge Coils
- All services must be completed on the same day.
- No substitutions of services allowed.
- Must be booked within 60 days of purchase.

For all services, please contact Tess @ 587-525-8714 for full details, fees and scheduling.

For immediate assistance please call the Main Office @ (780)452-4444 if you spill something on the floor in a common area or have other concerns about the cleanliness of our building, and for everyone’s safety.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 29	30	31	June 1	2	3	4
<div style="border: 2px solid black; padding: 10px; transform: rotate(-5deg); display: inline-block;"> <p>ALL GROUP ACTIVITIES ARE ON HOLD FOR COMMUNITY SAFETY & WILL RESUME ONCE PERMITTED ** PLEASE WATCH FOR UPDATES **</p> </div>						
	6	7	8	9	10	11
		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>GENERATOR TESTING starting @ 2pm</p> </div>	Card Bingo 2pm Whist 6pm	<div style="border: 1px solid gray; padding: 2px; display: inline-block; transform: rotate(-5deg);">TENTATIVE</div> Farmer's Market 9:30am – 1:30pm ATRIUM	Walking Group 10am Atrium Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm TV Room	Bingo 6pm
12	13	14	15	16	17	18
Canasta 5:30pm	Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	Walking Group 10am Canasta 5:30pm Cribbage 6pm	<div style="border: 1px solid gray; padding: 2px; display: inline-block; transform: rotate(-5deg);">TENTATIVE</div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>RCC Meeting 1:30pm @ Fr. Irwin Room</p> </div> Card Bingo 2pm Whist 6pm	Shuffleboard 2pm Bridge 6pm	Walking Group 10am Atrium Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm TV Room	Bingo 6pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 19  Canasta 5:30pm	20 Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	21  Walking Group 10am Atrium Canasta 5:30pm Cribbage 6pm Res. Assoc. ANNUAL GENERAL Meeting Auditorium 	22 Card Bingo 2pm Whist 6pm	23  Farmer's Market 9:30am – 1:30pm ATRIUM Shuffleboard 2pm Bridge 6pm	24 Walking Group 10am Atrium Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm TV Room	25 Bingo 6pm
10126 Canasta 5:30pm	27 Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	28 Walking Group 10am Atrium Canasta 5:30pm Cribbage 6pm	29 Card Bingo 2pm Whist 6pm	31 Shuffleboard 2pm Bridge 6pm	July 1  Walking Group 10am Atrium Card Bingo 2pm MOVIE NIGHT 7pm TV Room	2 Bingo 6pm

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While every effort is made to provide up-to-date calendar event listings, they are subject to change. Please check notice boards also.