



Weekly Tenant Update

March 31, 2020

Below are the latest precautions and recommendations for 1720 and 1780 Russell Rd

New this week:

All group activities in the Great Hall and Gathering Place are now officially cancelled. The rooms continue to be accessible for tenants only but should not be used for any gatherings of more than 5 people. This is a strict regulation put in place by Public Health that we must follow. If you would like to organize gatherings of 1-5 people, please contact the office to advise us which room you will be using so that we can disinfect properly between each use.

The Beer Store is currently not accepting any empty bottle returns. For this reason, we ask that you refrain from taking your empty bottles to the Gathering Place until further notice.

Meals are only being served in the dining room setting for tenants who reside in Studio (Bachelor) apartments going forward. All other tenants on a meal plan will receive meal delivery to their apartment. This is put in place to minimize the number of tenants in the dining room and allow us to put proper distancing policies in place.

In our previous communication, we suggested having no more than 4 tenants in the elevator at a time. Please note that this recommendation applies to Commissionaires' Ottawa Place



only. For building B tenants, we recommend no more than 2 people at a time as the elevator is a little smaller.

We have received feedback from a few tenants who tried the delivery options suggested last week. We have received reports that Instacart is not working so well for most, therefore we would suggest using Inabuggy first. There is currently a backlog with a drastic increase in delivery requests, so you should try and place your order approximately 1 week in advance to get the food delivered when you need it.

We would like to remind all of you that the best defence against this virus is to use proper hand hygiene as well as recommended practises for social distancing. Attached is a document prepared by Public Health including information about the Covid-19 virus and steps that we all need to take in order to prevent spread of the virus.

We have put together a list of available delivery services in the Ottawa area for groceries. These services can be used if family members are not able to assist with grocery shopping. Again, we strongly recommend that tenants refrain from going out to grocery stores themselves. If you need help to setup any of these grocery services or if you need help with getting on the internet, please let us know and we will do our best to assist.

1. Inabuggy – Very similar to Instacart. The user must download an App or go online to complete their order. This service also provides alcohol delivery in as little as an hour.
2. Meals on Wheels – A delivery service of frozen meals for seniors. You can find more information or place your order online at <https://www.mealsonwheels-ottawa.org/> or by calling 613-233-2424
3. Heart to Home Meals – Offers a variety of ready to heat frozen meals which can be delivered right to your door. You can find more information or place your order online at <https://www.hearttohomemeals.ca> or by telephone at 1 800-786-6113.

All delivery services offer a comments section where you can ask your delivery person to meet you in the lobby upon arrival if you do not want them to come to your apartment door.

Family members can also help with online grocery shopping from their own home and request delivery to their loved one here!



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

If you are interested in this service but don't have a computer, smartphone or tablet, please contact the office for options. You will also need internet services which we can provide on a short-term basis for this purpose.

Please continue to call the office if you need support. We are here to help!