



Weekly Tenant Update

May 1, 2020

Precautions still in effect for 1720 and 1780 Russell Rd

1. All tenants should refrain from leaving the apartment building unless absolutely necessary.
2. Visitors should limit their visits to loved ones to **essential visits only**. Family members can continue to deliver supplies and/or groceries to their loved ones if needed but should continue to self-screen using the following questions:
 - a. Do you have any of the following symptoms: fever/feverish, new or existing cough and difficulty breathing?
 - b. Have you had close contact with a confirmed or probable COVID-19 case?
 - c. Have you had close contact with a person with acute respiratory illness?
 - d. Have you travelled or been in close contact with someone who has travelled in the past 14 days?

If you answer yes to any of these questions, please do not enter the building and contact the office if you need assistance for your loved one.

3. We strongly recommend for tenants to meet their loved ones at the front door of the building to get their groceries as opposed to having family members come to their apartments. Wash your hands or use hand sanitizer before exchanging groceries and



wash them again when you return to your apartment.

Minimize physical contact with anyone as much as possible.

4. All social activities and gatherings in the common areas of the building are cancelled
5. Delivery of meals to tenant's apartments has been arranged for those on the meal plan. Tenants who reside in the Studio apartments can still eat their meals in the dining room area, however, seating is restricted to 1 tenant per table in order to meet social distancing regulations.
6. When using the elevator, we suggest not having more than 4 people (in COP building) or 2 people (in bld. B) in the elevator at one time to allow for proper spacing. One person should stand in each corner of the elevator. If there are already 4 people in the elevator, please wait for the next one. We need to respect each other's space.
7. For all clients on the Assisted Living Program, please note that we are doing our best to continue providing your usual visits. We have been faced with some staff shortages and anticipate that this could continue over the next several weeks. Some visits may be cancelled or times changed at the last minute. We will continue to do our absolute best to ensure that all essential services are met. If you do not need some of your services, please contact us to let us know as this will save us from cancelling other services if not necessary.
8. All tenants are asked to contact the office immediately and self-isolate if you show any flu-like symptoms such as a new cough, fever or body aches.

The Perley Rideau has implemented the following precautions since the start of the Pandemic for all staff including all staff members working in the 2 apartment buildings:

- All staff members are screened prior to the start of their shift as well as at the end of their shift. This includes taking temperatures.
- All staff members are wearing masks at all times when working
- All Perley staff that worked for more than one employer prior to the Pandemic were directed to choose one employer for the duration of the Pandemic as directed by the emergency order from government. This measure was put in place to reduce the risk of transmission from one health care provider to another.
- All staff members have been tested for COVID-19 to ensure no asymptomatic person is at work and putting clients at risk. Testing is not available for tenants at this time.



Reminder about the mail delivery

Canada Post has contacted us and expressed concern about tenants being in the lobby at the same time as our mail delivery person. They have agreed to continue with daily mail delivery as long as tenants refrain from going to the lobby area while our delivery person is there. If you see the mail lady in the lobby area, please return to your apartment and wait for her to be off site before proceeding back out to check your mail. We thank you for your cooperation with this matter and helping us ensure that your mail delivery service is not interrupted.

COVID-19 Update from the Director of Communications

April 29, 2020 (as of 9 am)

Six residents living in the Long Term Care Facility have tested positive for COVID-19 in the previous 24 hours. Although all six residents are asymptomatic, their positive tests emerged from the Perley Rideau's ongoing precautionary swabbing campaign of all residents.

To date, there have been 607 swab tests on residents, 554 from the precautionary campaign and 53 through Ottawa Public Health. This brings to 17 the total number of residents testing positive for the virus. Of the 17 residents, four have passed away. Not all four deaths are attributed to COVID-19.

In the last 24 hours, there have been no new positive test results of staff. The total number of staff testing positive for COVID-19 stands at 24. All staff members remain self-isolating for 14 days at home and we wish them a full recovery and return to work after two negative tests have been obtained.

To date, there have been 972 tests on staff, 756 from the Perley Rideau's precautionary swab testing campaign and 216 from Ottawa Public Health. In all, the Perley Rideau residents and staff have been tested 1728 times during this pandemic.

We continue to have no confirmed cases of COVID-19 in the apartment buildings of the Perley Rideau Village. Tenants of the apartments would only be tested if they exhibited respiratory symptoms or had been in contact with someone who tested positive for the virus per Public Health regulations. Testing for tenants would need to be arranged through Public Health if it was deemed necessary.



Connected Canadians

A letter from one of our tenants Susan Davies

Idea for Shut-In Perley Apartment tenants April 26, 2020

Before our world turned upside down with COVID-19 many of us took for granted getting together for Coffee Hour, Happy Hour, Ping Pong, doing jigsaw puzzles, borrowing books, joining the Knitting Group, or playing golf with Wii and each other. And also we were having monthly visits by volunteers from Connected Canadians who are committed to helping seniors learn how to use the potential that they have in their iPads and other internet devices. Working with us one-on-one they help us get rid of our frustration and develop skills we didn't know we could attain.

Going to the dentist, the doctor, the audiologist, and the optician regularly was important to us. We also enjoyed seeing friends and family in their home, in our apartments, and in restaurants. All that has changed for the time being.

The coronavirus outbreak may have us feeling lonely, isolated, stressed, and anxious. We do need to stay connected, more now than ever before, but it cannot be through physical interaction with people outside our apartments. It will be through phone calls, video chat, social media, and a rapidly growing choice of online services. There is plenty of advice for us "vulnerable seniors". It includes the following:

- *Get busy.*
- *Try a new perspective.*
- *Go outdoors.*
- *Help others.*
- *Take action.*
- *Take care of yourself.*
- *Get help.*

Socialization is key, especially if we feel isolated. Feeling connected to others wards off loneliness and stress. It's best to exchange the term "social distancing" to "physical distancing." and to remind ourselves that we're all still connected, even if we're apart. "Distant Socializing" works and we can still get together with friends and family online or on our phones. We can send emails and texts, get in touch on social media, or pick up the phone and say 'hi'. There are apps that make face-to-face conversations easy.

Our friends from Connected Canadians have stayed in touch with us, and are developing a Pictionary-Style language-based game which they hope seniors will enjoy playing with their grandchildren. We meet on Saturday mornings at 11am and they walk us through the steps to set it up. They are very patient. To join we need a wi-fi connection and a device (ideally a laptop or a tablet). If you are interested and/or have any questions, please email info@connectedcanadians.ca.



Cafeteria Orders

We are pleased to share with you new items added to the cafeteria order list! Please see the attached order form for a list of all items available. If there are other items that you would see added to this list, please contact us to share your feedback.

If you wish to place an order, please contact Lisa at 613-526-7170 ext. 2009. Please allow 48 hours for delivery of your items. Delivery will take place from Monday to Friday only. No delivery will be available on statutory holidays.

Payment

All orders will be tallied and billed at the end of the month along with your monthly rent. Payment will be the same as your regular rent method of payment. For example, if you are registered for a pre-authorized payment for your rent, your grocery orders will be added to the amount debited at the end of the month. If you normally pay your rent by cheque, we would ask you to provide an additional cheque for the amount of your grocery order directly to the office by the end of the month. We are not accepting cash payment at this time and ask that you do not pay or tip the delivery person. You will be asked to sign the order form with the amount that you will be billed upon delivery of your order.

We encourage you to try this new service and minimize the need for your family members to deliver groceries weekly!