



Weekly Tenant Update

June 19, 2020

News and updates re: COVID-19

Update on LTC outbreak

Since an outbreak was declared for the Ottawa building of the Long-Term Care Facility on June 3rd, there have been a total of nine positive tests for COVID-19.

Six staff members who work in the Long-Term Care part of the seniors village have tested positive for the virus. We wish each of them a full recovery and look forward to welcoming them back.

Three residents have tested positive for COVID-19 and one has passed away. Two Veteran residents are receiving enhanced care in the Ottawa building's COVID-19 unit.

At this time, the Command Centre team is focused on stopping the spread of this virus but that has not stopped us from planning ahead.

The outbreak prevents the start of outdoor visits between family members and residents of the LTC. The team continues to plan so that the program can be launched after the outbreak has been declared over. The earliest date for the end of the outbreak could be July 1st.



On June 1st, the Ministry of Long-Term Care released a memo stating that the province is requiring continued surveillance of long-term care home staff effective immediately. This means that all Perley Rideau employees are being swabbed at two-week intervals.

Resuming Visits in Long-Term Care - Information for those with loved ones residing in LTC

In the guidance for the resumption of visits published last week by the Ministry of Long-Term Care, the baseline for a long-term care home to accept visitors requires that a home not be on outbreak. As the Perley Rideau is currently on outbreak we are not able to welcome visitors until the outbreak is declared over.

We appreciate that this news is disappointing to families, residents, staff and volunteers. As CEO Akos Hoffer wrote at the end of May, "There is no doubt that visits from family, friends and volunteers make an essential contribution to the health and well-being of residents. These visits also benefit our staff and form the fabric of our vibrant seniors' village. However, the vulnerability of our residents requires us to manage visitation with extreme caution while adhering to provincial guidance."

Please know that our team is united in our efforts to stop the spread of this virus and to ensure that our community is free of this disease.

Essential visitors – those who have a resident who is very ill and dying -- are still permitted to visit, as has been the case throughout this pandemic. Staff engage these essential visitors directly and make all necessary arrangements to support a safe visit.

We continue planning for the resumption of family visits and our team is focused on creating an environment where residents are protected from the elements and their needs are accommodated.

The team is establishing the necessary infrastructure to host these visits including scheduling, visitor screening, resident support and much more.



News and updates for the tenants of the Perley Rideau Seniors Village

We are now entering the 2nd week of the Province entering stage 2 of the gradual, staged approach to reopening businesses. We have been receiving many inquiries from all of you about resuming normal activities. We would like to once again remind everyone that the government continues to put safety recommendations in place in order to contain the continued community spread of the COVID-19 virus. The following are guidelines and recommendations put in place by the Perley Rideau team:

Activities

The Great Hall in Commissionaire's Ottawa Place is now available for tenant gatherings following strict guidelines. **Please note that if at any time these conditions are not respected, the space will be closed immediately.**

1. The Great Hall is available for gatherings of 5 tenants or less. We have provided a space for social gatherings which meet social distancing rules set by the government. We also have a space available for chair exercises. The LHIN has not resumed the funded exercise classes but tenants are welcomed to organize their own class with 5 participants or less.
2. One tenant will be responsible for contacting the office and reserving the space for a planned time frame and provide the names of all tenants who will be in attendance.
3. All tenants in attendance will be required to wear a mask for the entire length of the gathering as well as respect social distancing protocols. The tables will be marked with tape to indicate proper social distancing. Chairs are in place for the exercise class.
4. The tenant who will make the reservation will also be responsible for cleaning and disinfecting the tables and chairs after the gathering using the provided disinfecting spray.
5. No food or drinks are to be shared amongst tenants during the gathering. If you would like to consume either food or drinks, each tenant must bring their own. No sharing allowed!
6. This is restricted to tenant use only. No visitors to attend these gatherings.



The gardening courtyard located on the 1st floor of Commissionaires' Ottawa Place is now accessible but restricted to 1 tenant at a time. No furniture will be placed in the courtyard at this time. If someone is already in the courtyard, please refrain from entering until it is unoccupied.

All other common areas located in the apartment buildings remain closed at this time

Access to the Perley Rideau Centre remains closed to the public until further guidance from the Ministry. This includes access to church services, the hairdresser/barber, the cafeteria, the gift shop as well as the pharmacy. Cafeteria orders and pharmacy orders will continue to be delivered to your apartments as needed.

Leaving the facility

We continue to encourage tenants to only leave the facility if necessary (medical appointments, emerg. visits etc...). We recognize however that you are all informed adults and are capable of making decisions on your own wellbeing. If you choose to venture outside of the Perley Rideau Village, we strongly encourage you to inquire about precautions in place where you are going. We would also ask you to self-isolate in your apartment for 14 days when you return home to avoid putting others at risk.

Family visits in the apartments

We continue to encourage essential visits only from family members. If a loved one does decide to visit we ask that they always respect the following:

1. All Visitors must wear a mask at all times while onsite and self-screen using the following questions:
 - a. Do you have any of the following symptoms: fever/feverish (a temperature of 37.8 degree Celsius or higher), conjunctivitis (pink eye), shortness of breath/difficulty breathing, new or worsening cough, nausea/vomiting, diarrhea, abdominal pain, new diagnosis of pneumonia, sore throat, runny nose or nasal congestion, difficulty swallowing, new smell or taste disorder, chills, different or worsening headaches, unexplained fatigue/malaise/sore muscles.
 - 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.

- 2. Outdoor visits are encouraged whenever possible. Tenants and visitors should wear a mask to protect others even if outside.

Ottawa May Race Weekend Update

The date has been set! Join us on Sunday, June 28th at 3:45pm on the path located between the Perley Rideau and Alta Vista Manor (trail leading to Botsford St). That will be the starting and ending point of the 2km and 5km race. We look forward to seeing many of you there to cheer us on. Please wear your masks and practice social distancing for this event.

The Perley Rideau Foundation will be putting 100% of funds raised through this event to the Perley Rideau COVID-19 emergency relief fund. This fund was established to support the ongoing efforts in the fight against COVID-19, including the purchase of PPE, additional housekeeping staff and meal helpers.

If you haven't donated yet and wish to do so by visiting us in the office during office hours or by going online at:

<https://raceroster.com/events/2020/24011/tamarack-ottawa-virtual-race-weekend-2020/search-pledgees>

Enter the name of the participant, Stephanie Deschamps or Manon Harvey in order to enter your pledge.

We look forward to running this race for all of you!

The **Interprofessional Clinic** and the **Perley and Rideau Physio and Massage Clinic** have remained open during the COVID-19 pandemic to provide urgent care for staff and residents as well as virtual visits to our patients in the community. During this time, the Clinics have also been preparing for the eventual reopening process.

As of Wednesday June 17th, 2020, both clinics will be able to provide in-home visits to **tenants of the Perley Rideau apartments.**

For all inquiries or to book an appointment, please call:

The **Physio and Massage Clinic** at 613-526-7175 for or email us at physioadmin@perleyrideauphysio.com

The **Interprofessional Clinic** at 613-526-7125 for or email us at ICadmin@PRVHC.com

To ensure everyone's safety, the Clinic is maintaining strict infection prevention and control measures.

What we are doing to help protect you:

- All staff undergo daily screenings before entering the building
- Physical distancing throughout the clinic
- Surgical masks for clients and staff [tenants can use their own mask or a mask can be provided to them (\$1)]
- Use of Personal Protective Equipment (PPE) as required (i.e. visors)
- Escorting clients to and from the front entrance
- Client to come alone unless accompaniment is required
- Individual treatment rooms
- Hand sanitizer available throughout the clinic
- Frequent hand hygiene for all staff and clients
- Disinfection of treatment rooms and therapy materials between each client
- Disinfection of common areas throughout the day
- Virtual or phone intake session for new clients
- Staggering appointments to reduce contact with other clients/community members
- Online forms/scheduling
- No touch tap payment

Virtual visits by phone or by videoconference continue to be available to all.