



Perley Rideau

The Perley and Rideau
Veterans' Health Centre



Weekly Tenant Update

May 21, 2020

News and updates re: COVID-19

As you are most likely aware, the government has started lifting some restrictions this week and has given some businesses permission to start operations again. As explained in the news, the government has put in place a step-by-step plan to slowly lift restrictions and get the economy rolling again.

The Command Center Team continues to meet on a regular basis and are starting to look at plans to slowly lift some restrictions for the Perley Rideau Community. This will be done following Ministry of Health Guidelines for Retirement Communities and Long-Term Care Facilities.

For the moment, we are keeping all restrictions in place and will continue our operations as they have been for another 2-3 weeks. We are hoping to be able to re-introduce small gatherings with some restrictions in place around mid-June. More information will be provided about this as plans are put in place.

We continue to advise the following for all of our tenants for the moment:

1. All tenants should avoid leaving the Perley Rideau Seniors Village unless necessary



2. We strongly recommend wearing a cloth mask when you are outside of your apartment. This measure is put in place for everyone's safety and we all appreciate your cooperation.
3. Visitors should limit their visits to loved ones to **essential visits**. 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.

4. Wash your hands or use hand sanitizer often and minimize close physical contact with anyone who does not reside in the same apartment as much as possible.
5. We will continue to deliver meals to those on the meal plan for the time being
6. When using the elevator, we suggest not having more than 2 people in the elevator at one time to allow for proper spacing and all occupants should be wearing a mask. If you choose not to wear a mask when in the elevator, please wait for an empty elevator to be available and take it on your own.
7. 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.

It is critical that everyone understands that the COVID-19 virus is still present in the community and can continue to spread. A spike in the number of cases is still possible as the government starts lifting some of the restrictions in place. Taking into consideration the population that we serve, we will be very diligent in adhering to all Ministry of Health guidelines and ask that our community help us in our continued fight against this deadly virus. We will continue to make every effort to communicate all changes as they come in effect.



Ottawa May Race Weekend Update

As you all know, every year the Perley Rideau running team runs in the Ottawa May Race weekend to raise funds on behalf of the Perley Rideau Foundation. This year, due to the Pandemic, the race weekend looks a little different than usual. Runners are asked to complete their respective races on their own time between now and September 2020 and will be able to enter their results online. Stephanie and myself (Manon) have signed up to race this year and look forward to completing our race as planned! We will be running a 5km distance around the Perley Rideau and will invite all of you to join in the fun to encourage us at the starting line/finish line. Tenants Marie Gauthier and Susan Davies will be completing the 2km walk on the same day. We will be scheduling this event for late June or early July and will share all of the details with all of you closer to the date.

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!

Postage stamps available for purchase

The volunteers in Deborah's Gift Boutique asked Volunteer Services to sell stamps on their behalf. If you need stamps, please contact Stephanie Deschamps at ext. 2212 to place your order. They are sold in books of 10 for \$10.40 (tax included).



Perley Staff testing for COVID-19

As part of an aggressive outbreak management program, a mass testing campaign of more than 1780 tests on residents and staff was launched to detect the virus, including individuals who are asymptomatic. The test consists of a nasal or throat swab which can detect the virus in a host. Last week, all staff members working in the Assisted Living Program in the Perley apartments were tested for a second time and we are happy to say that all tests have come back negative 😊

Cafeteria Orders still available

Don't forget to place your orders for food items available from the cafeteria. The list of items available is attached. For more information, please contact Lisa at ext. 2009.

Proper care for your masks

We would like to remind all of you that it is very important to wash your cloth masks on a regular basis. If you are wearing it daily, it should be washed daily. Wearing a dirty mask can be very detrimental to your health. Surgical masks are designed for one time use only so we strongly encourage you to use the cloth masks provided instead of disposable masks. If the mask that we provided does not fit properly, please visit us in the office to get a different one.

Upcoming updates

Please note that going forward, we will reduce the number of COVID-19 updates sent to tenants and family members to bi-weekly unless we have an important change to communicate with you prior to that deadline. The next update will be scheduled for the week of June 1st. If you have any questions in the meantime, please do not hesitate to contact us in the office:

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Together, we improve the well-being of the people we serve

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