



April 30, 2020

Dear Elders and families,

I hope you are doing well and staying healthy during these challenging times. At Sherbrooke and Central Haven, we continue to be free of any Covid-19 cases. As our homes settle into a new pattern of daily life, it is inspiring to see Elders and staff working together to keep one another safe.

Since this pandemic began, the health and safety of our Elders and staff has been our top priority. The steps we have taken, whether it's the careful screening of all staff before their shift or restricting Elders to their respective houses and neighbourhoods, have been made through the lens of safety. As we continue reading the stories of long-term care homes struggling with Covid-19 outbreaks in places like Quebec, Ontario and Alberta, it increases our vigilance in keeping Elders safe.

On May 4<sup>th</sup>, the Saskatchewan government will begin easing restrictions for the general public. This is welcome news for many people, but it does not change the reality at Sherbrooke and Central Haven. The easing of restrictions in the greater community actually means we have to focus even more on keeping Elders safe. There will be more people out in the community which increases the chances of community spread.

I want to reinforce to you that the provincial government's restrictions on long-term care homes remain in place. We are still not allowing visitors at Sherbrooke and Central Haven, unless your loved one is palliative. This restriction includes visits to an Elder's window, patio or through a fence. Our doors remain closed to our volunteers. Elders will be restricted to their respective house or neighbourhood. We are not accepting packages at the front door, and we will continue screening all staff before and after their shifts for any symptoms of Covid-19.

We will continue to find creative ways of bringing joy and meaning to Elders and connecting them with family and friends. Facetime and Skype conversations continue to take place throughout our buildings with the help of iPads, iPhones and dedicated staff. Pastor Mark Trew is sharing his weekly church services through Facebook and Youtube while our Friday afternoon music hour with Wes Froese has migrated to the internet. With spring finally

arriving in Saskatoon, Elders are enjoying the sunshine on their patios and balconies while practicing safe physical distancing.

As I said in my last letter, the most important thing we can do is stay home except for essential tasks, keep a physical distance of two meters, wash your hands often and please don't touch your face. We have included information below from the Chief Medical Health Officer to Stop the Spread of COVID-19.

### **Stop the Spread of COVID-19**

Saskatchewan residents must continue to take measures to stop the spread of COVID-19. This includes limiting gatherings to no more than 10 people – inside and outside – and practicing physical distancing. With extreme caution and under the following conditions, one or two close families may form an extended household group:

- Your families or friends must remain consistent. Do not visit different families or friends every day.
- If you are going to create an extended household group, consider if any member of the group has chronic health conditions that would put them at greater risk, or if they are in close contact with someone who could be vulnerable.
- Gatherings must follow the public health order and be no more than 10 people.
- Stay home if you are sick.
- Maintain physical distancing by keeping two-metres apart.

You should always be aware of who you have been in contact with over the past two weeks. These are the people who would need to be contacted by public health if you were to test positive for COVID-19.

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Thank you for your continued support and understanding as we continue navigating these uncharted waters. Please visit our website and Facebook pages for both Sherbrooke and Central Haven. Not only will you find the latest information from our communities, but you will also see some pretty joyful moments as well.

Kindest regards,

A handwritten signature in cursive script that reads "S. Beatty".

Suellen Beatty CEO