

resident, family, and staff update

January 26, 2021

Dear families, residents, and staff,

We are grateful to let you know that all residents who have consented to receive the COVID-19 vaccine have received the first dose. The vaccine has brought with it, a sense of hopefulness amongst residents, their families, and staff. We, of course, must remain just as vigilant in following all public health protocols as we have these past many months to prevent continued transmission and outbreaks.

New guidelines for outdoor visits were released by the Chief Medical Officer of Health last week. Outdoor visits at our supportive living and continuing care centres are allowed for up to five people, including the resident. In addition, should a resident be well enough to leave the centre, they can be part of outdoor gatherings with up to nine others as long as all safety precautions are followed, including continuous masking, excellent hand hygiene, and physical distancing. Should you be interested in exploring these options, particularly once this current episode of frigid temperatures passes, please contact your manager.

Yesterday marked one year that the first person in Canada was diagnosed with COVID-19. This has been a startling year of implementing new processes and procedures and finding calm through the uncertainty. The year has certainly tested our collective resilience and faith. We are so proud of everyone at Covenant Care—residents, families, and staff—who remained confident and continued to look after each other. This is the blessing that shines brightly; a community actively and lovingly taking the adage of *stronger together* to heart.

The pandemic has been heartbreakingly hard on seniors these last twelve months. We remember all those who have passed away due to the virus—residents who were in our care and all those in seniors care centres across Canada. We offer a prayer in their memory:

God of all grace and providence, You are our shepherd who walks with us through every valley.
Be with us today as we mark one year of the pandemic in our country.
Be comfort for those who grieve. Be strength for those about to falter.
Be love for those in division. Be eternal rest for those who have died.
Help us trust you, follow you and love you for your goodness today and always.

As the supply of vaccine resumes, we encourage all staff and families to be immunized when it is your turn. This is a preventative measure that is necessary for the continued health of our society.

We are truly blessed that each of you is part of the Covenant Care community. Thank you.

As always, please contact your Site Administrator at any time with your questions or send them to us at admin@covenantcare.ca. Daily updates for our centres is located on [covenantcare.ca](https://www.covenantcare.ca).

Please do all you can to remain healthy and safe,

Derrick Bernardo
President

JoAnn Molloy
Vice-President, Resident Experience