



Canterbury Relaunch Strategy



We are pleased to finally be at the stage where we are able to begin Phase 3 of Canterbury's relaunch strategy. These changes will take effect on **Friday, July 30th, 2021**. In this document you will find information regarding what has “re-opened” as well as what important restrictions remain in accordance with the Chief Medical Officer of Health's order for continuing care that was released last week. It is important to remember that although we are re-opening Canterbury, the risks associated with COVID-19 remain. On the last page, you will find information that will help you to understand what the level of risk is for seniors once they have been fully vaccinated as well as information on how to keep yourself safe as you resume normal activities. It is important to note that the Chief Medical Officer of Health's orders are clear that continuing care sites cannot impose any further restrictions than what is outlined in the order. It is also important to reinforce that **the protocols and restrictions that are still in place are legally required** to be followed as a public health order. In the days and weeks ahead, Canterbury will continue to monitor the level of risk and act accordingly to protect residents.

We here at Canterbury, have worked diligently to keep our residents safe and are very proud to be able to say that we saw no transmission of COVID-19 over the past 16 months. Now as we move into this next stage of the pandemic, we proudly pass the torch to you, our residents, and families, to keep one another safe and to continue to follow all recommended guidelines. As a final note, we want to extend our sincere appreciation for your continued commitment to following the public health protocols throughout the COVID-19 pandemic to protect your safety, and the safety of those around you.

Canterbury's Relaunch Strategy

Please note: Should Canterbury be in a confirmed COVID-19 outbreak, certain restrictions will come back into effect. If such a situation should occur, residents and family members will be notified immediately and all outbreak related restrictions in place will be clearly outlined.

PHASE 3 - Begins Friday, July 30th, 2021,

Lifted restrictions for residents:

- Residents will no longer require daily symptom screening and temperature checks.
- Residents are no longer required to stop for screening upon returning to Canterbury **UNLESS** returning from an overnight visit, vacation or a hospital stay.
- Canterbury Coach service has resumed trips to public places and businesses.
- Family and prospective resident tours of Canterbury may resume with precautions.
- Beauty salon opens for full services **including** facial waxing *it is recommended that residents be fully vaccinated to receive this service.
- Indoor singing can resume if residents are masked.
- The Chapel will still require masks but not require social distancing for worship services as this is a low-risk activity. Residents will need to wash their hands with alcohol-based hand sanitizer prior to entering the Chapel.
- Communion will once again be offered, with safety measures in place.
- Visiting clergy will begin to return to Canterbury to resume faith services. Please watch the calendar for details.
- Vendors will begin to be permitted into Canterbury including optometry clinics, living sounds hearing aid clinics, and clothing/food vendors based on space and capacity restrictions.
- Dining room capacity limits and distancing between tables are no longer required.
- Internal library re-opens.

Reminders for residents:

- It is important to continue to wear a mask, practice good hand hygiene and physical distancing. *Please note it remains the preference of the majority of residents that masks be worn in all common areas of Canterbury unless dining.
- **If you experience any COVID-19 symptoms** contact Health Services at 780-930-3734



Visitation:

- **Screening is still required** prior to visiting at Canterbury. Temperature checks are no longer required however, fever remains on the self-check symptom list

- Family members or any previously identified designated support person can once again visit anytime during regular visiting hours.

- Visiting hours: Monday to Friday from 8:00am - 8:00pm

- Saturday and Sunday 8:30am- 8:00pm

****Note: Manor visitors, please report to the court reception desk for screening when arriving for a visit during reception breaks or lunch periods. There will be a poster on the door when there is no one at the Manor reception.**

- **Scheduling of visits through the online booking platform is no longer required however it is encouraged for those who can so do.**

- After hours visits can be pre-arranged by calling the Resident Experience Manager at 780-930-5819 or by calling the RN at 780-930-3734

- Visitors are still **required to continuously mask** in all common spaces.

- Fully vaccinated visitors may remove their mask in a resident's room if the resident is comfortable with this. Physical distancing is still recommended.

- Unvaccinated visitors (including children between 2 and 12) must wear a mask in all areas of the building, at all times, including resident rooms.

- Recognize that children under 12 have not yet been able to receive COVID-19 vaccine. Children who are infected with COVID-19 can have very mild symptoms or no symptoms at all. Please consider the level of risk when planning visits with children. It is imperative that when symptom screening, children and **parents are extremely diligent in identifying any possible symptoms the child may have and not bring the child into the facility if they are symptomatic.**

- Indoor visitors will be able to visit a resident, in the Atrium and lounges or on a walk within the facility. The visitor must be fully masked at all times.

- All other visitors will remain as outdoor visits during the summer months but no longer require bookings.

- The courtyard is now accessible to visitors

- Fully vaccinated visitors may now dine while in the resident's suite.

- The private dining rooms will be available on case-by-case basis for the time being and can be pre-arranged by contacting the Resident Experience Manager at 780-930-5819

- Those wishing to be approved for overnight stays can contact the RN at 780-930-3734

- Virtual visits (FaceTime) are still available and can be booked through the Life Enrichment team by calling 780-930-3736



Isolation/Quarantine Guidelines:

When residents return from any overnight stay, including hospital admission, or move into Canterbury, a nursing assessment will be completed to determine if isolation or quarantine is required.

The 14-day isolation period will no longer be required upon return or admission to Canterbury **unless:**

- you are symptomatic or have tested positive for COVID-19.
- you answer `YES' to any of the resident health screening questions.
- you are coming from a setting with a confirmed outbreak (or high risk of exposure).

****All residents returning or moving into Canterbury will be required to wear mask for a 14-day period when out of their suite unless attending meals in the dining room.**

Deliveries:

Please ensure all packages and items being dropped off for delivery are placed on the cart located at the main entrances and clearly marked with the resident's name and room number. Notify reception if immediate delivery is required for time sensitive packages such as hot/ frozen foods.

Current Restrictions for Canterbury as a facility:

- Continuous masking for staff, students, volunteers and service providers
- Enhanced cleaning and disinfection continue (twice daily in common areas only)
- Health assessment screening upon entry for staff, students, service providers, volunteers and visiting persons
- Testing guidelines for residents and staff with symptoms or COVID exposure remain in place
- Situation specific isolation/quarantine requirements remain in place
- Outbreak procedures remain in place

For any questions or concerns, as always, we have the COVID hotline for residents and families to connect with staff. You can reach this hotline by calling (780) 930-5580. Alternatively, you can always email questions or feedback to us at community@canterburyfoundation.com



COVID-19 Safety for Fully Vaccinated Seniors

The Risk is Not Zero!

Here in Alberta:

- Vaccines have only been 85% effective against the Delta variant
- There have been 15 deaths in fully vaccinated people Here's how to keep yourself safe:

Visiting family and friends:

- **Do not visit unmasked with anyone unvaccinated or partially vaccinated**
- Recognize that children under 12 have not yet been able to receive COVID-19 vaccine and children who are infected with COVID-19 can have very mild symptoms or have no symptoms at all. Please consider your personal level of risk when planning visits with children.
- Do not have your visit if anyone is feeling unwell (anyone feeling unwell should be self-isolating).
- Do not visit with anyone on isolation or who may have been exposed to COVID-19.
- Physical distancing should still be maintained between anyone who does not live together for the visit.
- Wash or sanitize your hands frequently, especially prior to eating.
- Do not share food or beverages and avoid sharing serving utensils amongst visitors (have one person serve food).

Resident Outings:

- Keep physical distance of 6 feet (2 meters) even if you are masked, others may not be!
- Wear a mask at all times and ask anyone you may be with to also wear a mask.
- Wear a mask while in a vehicle with others.
- Wash your hand frequently while out and avoid touching your face or mask (Always have hand sanitizer with you).
- Avoid large social gatherings.
- Avoid shaking hands and casual hugs. Close contact with others is still a higher risk activity so keep your circle small.

