

WING KEI

Family update #100

April 16, 2021

Dear family and friends,

This is the 100th update you are receiving since the pandemic was declared over a year ago. Thank you for standing with us through these long months, for supporting us through kind words and thoughtful questions, and for believing in us to care for your loved ones each and every day even through the uncertainty that we all experienced. This has most certainly been a year of learning and perseverance. We have learned so much about ourselves, our organization, and each other. We have come to rely on one another intimately and been gratified that our culture of love and joy has strengthened through crisis. We are so grateful for your trust.

Visitation

Please note that public health order (CMOH Order 29-2020) remains in effect. This means indoor visits are limited to two designated visitors only and PPE and extra precautions must be observed during the visit. Please continue to meet via Zoom or window visits.

All visits must be scheduled ahead of time so that we can help set up the zoom calls, bring your loved ones to the window for a visit, or prepare to meet you in the building to complete the mandatory screening. Email chfamilyvisit@wingkei.org for Crescent Heights and gfamilyvisit@wingkei.org for Greenview.

It is time for blooms!

Help us create colourful patios and balconies by donating a pre-planted pot of flowers and/or vegetables for residents to enjoy! Donations will be accepted beginning Monday, May 10.

Bringing food for your loved one

You are welcome to continue to drop food off for your loved one based on the following schedule:

	Wing Kei Crescent Heights Between 930 am and 1030 am only	Wing Kei Greenview Between 930 am and 1030 am only
Monday	N/A	Residents living on the Main Floor
Tuesday	Residents living on the 2 nd Floor	Residents living on the 2 nd Floor SL4
Wednesday	Residents living on the 3 rd Floor	Residents living on the 3 rd Floor SL4
Thursday	Residents living on the 4 th Floor	Residents living on the 2 nd Floor LTC
Friday	Residents living on the 5 th Floor	Residents living on the 3 rd Floor LTC
Saturday	Residents at all locations and units between 11:15 am and 12:00 pm	

Please remember:

- Only deliver perishable food during designated delivery times/days
- Perishable food will not be accepted during visitation times
- Non-perishable food may be accepted during visitation times provided there is receptionist on duty
- Please do not leave perishable food unattended at entrances outside of designated delivery times/days

Mother's Day Video Greetings

In celebration of mothers, grandmothers, and aunts, you are invited to send in one video greeting or song for your loved one by April 29, 2021. Please follow the guidelines below:

- Create a video that is less than 10 minutes long

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- Send in one video only; if multiple members of your family would like to be part of the greeting, please combine them into one video only (note: we are not able to edit or combine videos for you)
- Edit the permissions before you send the video so it can be shared by anyone that has the link or upload the video to YouTube

For Crescent Heights, please send the video to chfamilyvisit@wingkei.org; for Greenview, please send it to gvfamilyvisit@wingkei.org

Help us create beautiful garden spaces!

We hope residents will spend a great deal of time outdoors this spring and summer enjoying the sunshine, and the balconies and patios that they love so much. To help create a space of colours, blooms, and nourishment we will gladly accept donations of small pre-filled outdoor flower or vegetable pots. Flower and vegetable pot donations will be accepted beginning May 10, 2021. Please drop off outdoor plants/flowers during the designated food delivery times. Please be sure to securely tape a label onto the pot, in English, with your name and your loved one's name/room number so our Recreation team may show your gift to your loved one.

21st Walk for Wing Kei (Virtual Edition!)

We are pleased to have launched our 21st annual Walk for Wing Kei this week and are excited to invite you to step in and step up! This year's walk is virtual which means participants can choose when and how much to walk—do whatever works for you! You can lace up your shoes and start walking today.

Our goal is to raise \$200,000 between now and June 26, 2021. Funds raised this year will be invested into the capital campaign for Wing Kei Village, a new dynamic seniors' community with a range of living and care options to support seniors to age with grace, joy, and dignity.

Wing Kei has been blessed to receive the constant support of the community for over two decades. This has bolstered us to confidently create loving communities for seniors to live life fully. We are inviting residents to join the walk and invite you to please consider participating by:

1. **Registering** yourself or a team by logging on to wingkei.org
2. **Collecting** pledges from your friends, family, colleagues, neighbours, and companies
3. Breathing in the fresh air and **walking**
4. Logging and **tracking** your pledges on wingkei.org
5. **Joining** our Facebook event group [@wingkeicare](https://www.facebook.com/wingkeicare)
6. **Following** us on Instagram [@walkforwingkei](https://www.instagram.com/walkforwingkei)
7. **Encouraging** your family, friends, and colleagues to join the walk

Please log on to wingkei.org for more information and to register. If you have questions about the Walk, please email events@wingkei.org or call 403-277-7433.



Virtual edition
21st walk for
WING KEI
榮基百萬行
(網上版)

4月12日至6月26日
April 12 to June 26

讓我們齊心邁步為 榮基村
我們新的長者社區達到籌款目標 \$200,000

Step in and step up
to raise \$200,000
for Wing Kei Village, our new seniors community.

WingKei.org
電話: 403.277.7433
聯絡電郵: events@wingkei.org

Early Bird
Registration
When you register* between April 12
to May 12, every \$25 you fundraise
or donate will enter you in to win
our Early Bird Lucky Draw.
*Registrations and pledges must be
received by Wing Kei by May 12th, 2021.

晨鳥報名優惠:
在4月12日至5月12日期間報名,
你籌得的每25元捐款可讓你參加晨鳥抽獎一次。
*參加人士必須在2021年5月12日
前報名及交回籌款表格。

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Update on Vaccine Rollout

Earlier this week, the provincial government announced they were expanding distribution of the COVID vaccine. If you are over the age of 55, you are eligible to be immunized. If you have underlying health conditions, regardless of your age, you may be able to receive a vaccine. Information on eligibility and where you can book your vaccine appointment is available online at: <https://www.alberta.ca/covid19-vaccine.aspx>

We encourage all who are eligible to be immunized. Research is showing that people who have been fully vaccinated are less likely to experience severe symptoms of the virus and are highly unlikely to be admitted to hospital. If you have concerns about the vaccines, please speak with your physician and read about the available vaccines. Please make an informed choice.

Be and stay Safe

The news these past several days of increases in COVID infections and variants across the province, and especially in Calgary, is worrying. Until there is a critical mass of people who are fully immunized, we must continue to exercise extreme caution. Please follow all public health protocols very closely. In particular, limit your close interactions to only those who live with you in your immediate household. Please do not take any unnecessary risks. We know that following the protocols made a difference earlier this year; we must band together and continue to take care of each other. Remember that when you wear a mask, maintain physical distance of at least six feet, and wash your hands properly and regularly, you are protecting yourself and everyone around you—your family, friends, colleagues, neighbours, and community.

Thank you for keeping Wing Kei in your prayers.

Shout for joy to the Lord, all the earth.

*Worship the Lord with gladness;
come before him with joyful songs.*

~ Psalm 100:1-2

Kathy Tam
Chief Executive Officer