

WING KEI

Family update #88

March 4, 2021

Dear family and friends,

I hope you're enjoying the beautiful, warmer weather these days. There is something beautifully healing about being in the sunshine. We have several updates to share:

Visitation

With the arrival of the COVID vaccine and the hope it brings, we understand that many families are looking forward to resuming pre-pandemic visiting. At this time, restrictions on visitation have not lifted. The public health order (CMOH Order 29-2020) remains in effect. Visitation continues to be limited and must be scheduled ahead of time. Indoor visits are limited to two designated visitors only, and PPE and extra precautions must be observed during the visit. We encourage you to continue to meet via Zoom or window visits. Email chfamilyvisit@wingkei.org for Crescent Heights. Email gvfamilyvisit@wingkei.org for Greenview.

If you are your loved one's designated visitor:

You may visit *in person* when you know for certain that you have been following all precautions, including limiting interaction with people outside of those who live in your household.

Visit *virtually or through the window* if you've been out and about a lot in the community running errands and seeing people outside of your immediate household.

Food Delivery Reminders

Residents are happily enjoying food gifts their families deliver. For the safety of your loved one and to minimize the risk of choking, please ensure that food delivered has been pre-cut into bite sized pieces. Also keep in mind your loved one's diet type (regular, minced, pureed) and any other special needs he/she may have (diabetic, low sodium etc.). If possible, microwavable, disposable take out containers are preferred over aluminum or Styrofoam containers as it simplifies reheating procedures.

Extra Saturday perishable food delivery times starting March 13

Starting March 13, Saturday food deliveries will be accepted at both Wing Kei Crescent Heights and Wing Kei Greenview between 11:15 a.m. - 12:00 p.m. This is an extra opportunity for you to bring in perishable homemade or restaurant food for your loved one. Residents will be offered the fresh, hot food at the time of delivery. If they indicate that they are not hungry, the food will be reheated and offered at snack time and/or dinner.

Wing Kei chit-chat with Fairchild Radio

Since September 2020, at 9:20 a.m. every other Friday, Wing Kei joins a chit-chat session on FM94.7 Fairchild Radio. Various topics have been discussed, including mental health, COVID-19, and Wing Kei's new Montessori School. Residents are sometimes invited to participate in the chit-chat session. You are welcome to visit our [website](#) to listen to the recording of these sessions.

Rapid COVID-19 Screening

We have received the good news that asymptomatic rapid COVID-19 screening will be offered to Wing Kei staff working at Crescent Heights and Greenview starting next week. On-site rapid testing is for staff with

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no signs of illness and is to help protect asymptomatic individuals and better understand the prevalence of COVID-19. Please note that this is completely voluntary. While we encourage staff to participate, they are not obligated to do so. Please therefore do not ask staff members whether they have participated in the rapid screening or not due to privacy.

Family Town Hall

Our next Family Town Hall will be on **Wednesday, March 10 from 5.30 pm to 6.30 pm**. Please submit the completed [Registration Form](#) with your questions on or before Monday, March 8 so that we can be sure to address them at the meeting.

Blessings

It's been a year now since the COVID-19 pandemic started in Alberta on March 5 last year and the lockdown of our centres on March 15, 2020. We are so blessed to have you walking with us through the challenges, grieving, and joy that it brings. With our collective efforts to ensure preventative measures are in place, the effectiveness of the vaccine, the opportunity for rapid screening, and our continued diligence, we're hopeful to see the light at the end of the tunnel.

I sought the Lord, and he answered me;

he delivered me from all my fears.

~ Psalm 34:4

Best regards,

Kathy Tam
Chief Executive Officer