



TEKOA MANOR AND PROVIDENCE PLACE **COVID-19 UPDATE**

March 30, 2020

Today the **Ontario Chief Medical Officer of Health, Dr. David Williams, is strongly recommending that individuals over 70 years of age self-isolate.** This means only leaving home or seeing other people for essential reasons:

- Accessing health care services;
- Shopping for groceries;
- Picking-up medication at the pharmacy;
- Walking pets;
- Supporting vulnerable community members with meeting the above needs.

Dr. Williams states that *“to the fullest extent possible, you should also limit the number of these essential trips. However, when you are out in public you must adhere to physical distancing by reducing your exposure to other people outside of your household by keeping two meters from other people.”*

NEW:

In order to reinforce the recommendation above, effective March 31, 2020, and until April 15, 2020, the following changes are occurring to our programming:

- **Our Friendship Café is closed.**
- **All lunches will be delivered to your suites between noon and 1 p.m.**
- **In addition to the lunch meal service, there will be an option on Monday and Friday to have soup and sandwiches. Cost is \$5.00. Monday's sandwich will be salmon and Friday's sandwich will be egg salad.**
- **Movie showings have been cancelled.**

If you would like to participate in the soup and sandwich option or if you would like to start to receive meals through our lunch program, please speak to Sophie (905-430-1666) during office hours (9:00 a.m. to 4:30 p.m.)

At **Providence Place** and **Tekoa Manor** will continue to proceeding with the abundance of caution and restricting outside visitors. At this time, we are requesting that **only CRITICAL visitors enter the building**. Restricting outside visitors is essential to keeping our residents safe.

Any persons that have cold symptoms or are feeling unwell are not permitted to enter the building.

We continue to have drop off zones in the vestibules and ask that visitors that are dropping off supplies for our residents, minimize contact by adhering to the posted procedure and not enter the building. Please do not hug or chat in the vestibules as this does adhere to physical distancing.



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Please also ensure that you speak to your children and loved ones, daily if possible, by telephone and keep them up to date on your health and wellbeing.

Residents are encouraged to stay in contact with their neighbours by telephone and asked to not visit in person and in suite.

It is imperative that visitors or residents that have travelled outside of Canada continue to self-isolate for a 14 day period and not congregate or visit our Whitby sites.

Please note that private care providers and home care providers will be permitted to provide services to residents but are now required to sign in at the table at the front entrance.

We will provide you with more information as it becomes available and thank you in advance for your cooperation.

For the most up-to-date information, please visit ontario.ca/coronavirus.

Thank you for your cooperation.

Ruth McFarlane, C.E.O.