

## Update for Residents & Families

April 17, 2020

### How We Are Supporting Residents & Families

After a month of significant changes in response to the COVID-19 pandemic, residents and staff have settled into our “new normal” at Chalmers Lodge. There have been many adjustments and restrictions, however there is always an atmosphere of positivity here. We have resilient residents and staff who are determined to ensure we make the best of a difficult time.

#### Staying Connected:

For updates of what’s happening around the Lodge, visit us on Facebook and Instagram.



We’ve just posted an amazing time-lapse video of our kitchen staff preparing breakfast trays. It will give you a real sense of the care and attention that goes into our meals. And wow, are they ever speedy!

#### Entertainment:

Regular outdoor concerts are entertaining our entire neighbourhood! Talented performers volunteer their time and talent to bring joy to residents and staff. To find out about upcoming performances, see our weekly calendar (copies provided to residents, also available on our website). Movies & documentaries are shown every week.

#### Exercise:

Fitness is paramount to staying healthy. All residents are encouraged to walk daily in the gardens.

Fitness classes are in the dining room Mon-Fri at 10:30 a.m. Thank you to Gregory, our resident, for leading the class in physical distance exercises.

On Wednesday we welcomed back our regular chair yoga instructor, Janet, who conducted the class from outside, with a microphone, and residents listening to and seeing her from the inside. A real success!

#### Social Opportunities – Separate but Together!

- Enjoy morning and afternoon coffee times in the Lobby and Dining Room.
- Special themed teas are planned for every Friday.
- Ask Chloe for help to set up a video chat with your family and friends.
- Try a family visit through the windows. For assistance, contact Chloe: 604-424-4975.