



May 28, 2020

UPDATE TO ALL FAMILY AND FRIENDS

Hello, we have no further positive test results today.

As mentioned yesterday in the update, Dr. C. Fung, Medical Director at St. Pat's has provided a letter providing the current medical advice on the virus, which is attached.

We are continuing with entertainment in the Gathering Place which is broadcast throughout the home via our closed-circuit TV channel every Monday, Wednesday and Thursday at 2 pm. The recreation and nursing staff are assisting those residents who are interested in watching by making sure that they are tuned in on their TV. The entertainers are some of our regular entertainers and we greatly appreciate their commitment to St. Pat's. We will continue these even when the outbreak ends, as we will not be able to gather together in large groups. To reach the most residents this will be our ongoing mode of entertainment.

The current broadcast schedule for June is:

Monday...

June 1st & 15th - André playing the guitar and singing spiritual music...

June 8th & 22nd - Jamming with Jim - playing the guitar & singing a variety of music...

Every Wednesday...

"Rob's Room" – Our own Rob Ienzi provides a broadcast to the residents. He is reading updates from the home, general community letters that have come in for the residents or staff from individuals and organization, reading news headliner of the day or week (city, province, country, world) and commentaries on them, jokes, quiz questions, weather & words of wisdom. A star is born!

Every Thursday....

Piano with Anne - playing piano and singing from our "Sing Out" song book.

Special performances for June

Friday, June 5th & 19 "Walk on the Wire" Jim & Anne performing together appropriately socially distanced.

The recreation team is preparing their programming for when this outbreak is over. Activities will occur as very small groups on the home area and as individual programs, as we must maintain at minimum 2m. separation between all residents. These programs will be done on the

resident home area. The goal is to limit residents from each home area interacting with people from another home areas. The opportunity to go outside with staff supports to maintain the necessary physical distancing is being organized and scheduled.

We know that in the broader community we cannot sit in a restaurant to eat, so our meal service in the dining room will also be significantly modified. Even in the dining room we must maintain the 2m. separation. We are working on the layout and a plan based upon the needs on each home area, but we know as a principle that all of the residents cannot be in the dining room together at the same time and maintain the necessary physical distancing. Many homes are using different processes depending on the physical environment and we are exploring alternatives based upon other what has worked I other LTC homes and public health requirements.

Thank you for your continued support,

Janet Morris
President & CEO

May 28, 2020

I hope this letter finds you well. I write to you today to thank you for your ongoing support of the residents and staff at St Pats. Your encouragement is invaluable and we are so thankful to have such a supportive and extensive St Pat's family. As we continue to use all measures available to protect the residents and staff at St Pats and contain the spread of COVID-19 in the Home we are carefully watching the direction from the Province as we move towards reopening Ontario. We are hopeful that we will soon be able to declare our outbreak over and with that hope and in collaboration with municipal and provincial public health we begin to plan what life at St Pats will look like after outbreak. I am writing to you today to explain some of the measures we will need to consider. While I wish we could all resume life as we knew it, at this time life at St Pat's will certainly look different.

The health care community has learned much more about COVID-19 since its initial identification in December 2019 and over the last ten weeks when we have been asked to stay home. What we understand today is substantially different than what was understood ten short weeks ago. Primary to this new knowledge is the significance of asymptomatic transmission. Unlike other respiratory infections spread by droplet it has become apparent that some individuals when infected can spread infection even in the absence of symptoms such as coughing or sneezing; at times simply breathing or speaking appears to be sufficient to release enough virus to transmit the infection to others. We have also observed that the amount of virus required to cause infection (infectious dosage) is much lower than other respiratory infections like influenza. These two characteristics are what contribute to COVID-19 being extremely contagious thus triggering a worldwide pandemic.

Despite this new knowledge and tremendous efforts in the scientific community we have yet to identify a curative treatment or effective vaccine to truly alter the course of this pandemic. In the absence of these treatments the Province continues to closely monitor community spread. As very deliberate and cautious steps are taken towards reopening, key messages persist to reduce our risk both in the community-at-large as well as our St Pats community.

Testing remains an important consideration and we will continue to monitor residents and staff for any symptoms that could be attributed to COVID and pursue aggressive case identification. We have observed firsthand the challenges of this identification as disease presentation in our vulnerable population is wide-ranging. We are slowly accepting the reality and coping with the anxiety of having tests for COVID pending near-daily. Despite its importance there are limitations to testing as it can only inform us of where the virus has already been. In order to get ahead of the virus, we cannot only monitor, we need to implement prevention and control measures.

These are the measures that have made an impact on limiting both community spread and spread within our Home. Physical distancing has slowed the spread of the virus. Remaining two metres apart from another person reduces our risk of being exposed to their respiratory droplets and reduces their risk of being exposed to ours. If we are unable to physically distance, wearing a mask reduces our risk of spreading droplets to others or onto surfaces that someone may touch

thus contaminating their hands. Frequent, meticulous hand washing reduces our risk for self-contamination.

Limiting interactions to those in your immediate household remains critical in reducing transmission. Even as the province looks to expand our social circles the recommendation to respect physical distancing remains. In the event an infection is identified, by keeping our list of contacts as small as possible allows the infection to be more easily traced and contained. In the Home this includes efforts to cohort staff and residents. Limiting the number of people a resident will interact with on any given day, week or month will reduce their risk of exposure and put the Home in a better position to contain infection should the virus be introduced into the Home.

While these measures have been effective, these measures are hard. It is hard to be apart from our loved ones. It is hard to feel disconnected from our support network. It is hard to do things differently than we did just a few short weeks ago. It is hard to adapt to change. It is hard to cope with uncertainty. It is hard to feel fearful. We have all been impacted by COVID-19. And as hard as it has been there is hope. Together as a community we have avoided overwhelming our acute care hospitals, we have permitted the gradual resumption of elective procedures, we have allowed business to reopen and allowed parts of our community to return to work.

What does this mean for life at St Pats. The team is working hard to transition into our next new phase. Screening, case identification, employer restrictions, universal masking, face shields, and hand hygiene will continue. Visitor restrictions remain in place for now. Hiring is ongoing. Our collaboration with the Ottawa Hospital continues. Every option is being explored to optimize the safety of residents and staff, comply with physical distancing and other measures from Public Health while attempting to deliver as much social engagement as possible which is so critical to our residents' well-being. Dining, exercise, recreation, mass, outdoor time and how our community and building operate will all look different. Things have been changing at St Pats for over ten weeks now and they will continue to change. We thank you for your support and patience as we continue to adjust. Please know that the well being of our entire St Pats family remains at the heart of all we do. We remain dedicated to compassionate care and remain hopeful to welcome you soon.

Stay well and take care,

Dr. Celeste Fung, Medical Director