



McClure Place Canopy

1825 McKercher Drive
Saskatoon, SK S7H 5N5

March 23rd, 2020

"To enrich the lives of McClure Place residents by providing support and services"

Hello everybody.

Building News: My main concern is keeping everybody in this building as safe as possible. As a safety measure we have decided to stop all public gatherings and close all common spaces in this building.

The gym is closed, as are gyms across the city. The lobby area is closed to social gatherings. The dining room, Centennial lounge and fellowship lounge are all closed. Please limit the number of people in an elevator to one or two at a time. Please refrain from using the church facility for walking activities. Please move your walks outdoors. Corona virus stays lingering in the air inside much longer than it does outside.

Please no outside visitors unless for palliative care or home care. We have contacted all the snowbirds and they are aware of the expectations. It is the law that they self-quarantine for 14 days.

We are asking you all to treat your suites the way we are all treating our houses. Stay in **your** suite, and do not allow visitors in. Only go out for medical appointments, outdoor exercise and groceries. Socialize over the telephone, or using a tablet, cell phone or computer. If you need to purchase things, staff or church volunteers would be happy to go out and get these things for you. If you need groceries, please give your list to a volunteer or staff member, and we will deliver your items to your suites. See phone numbers below.

I know this is confusing; to all of us. And it is really scary. Support each other. Reach out to each other. Check in with each other. The 5 minute conversation you used to have on the elevator can still be held over the phone. Staff that are still working in the building as of today are all going through the following protocol: we are going through the Sask Health Authority checklist of symptoms, and we are taking our temperature with Nicole daily. If any of us fail the checklist or show any signs of fever, we are not allowed to enter the building. There is a limited staff still here, and that will probably change as the days go by.

Mel will only be entering suites in the case of an emergency. The work he is doing in your suite will have to outweigh the risk of spreading germs. He will be suiting up in what limited personal protective equipment we are able to get our hands on to be as safe as possible.

As time progresses we will be working on things like balcony exercises with Olivia, and maybe even Shaw enter-phone camera exercises. We will also be sending this communication to your listed next of kin on file. We will be doing a daily grocery run Monday to Friday, at 2:00. Call down to the office and leave your order. We will invoice you upon return, and we can work out payment either through your PAR bank account, or whatever form you feel comfortable with.

I ask the floor hosts to arrange for daily (or more) cleaning of handrails and elevator buttons. We are cleaning high touch surfaces multiple times a day in the common areas. Also please respect the rule of staying at least 6 feet away from each other. We have placed tape on the floor by the mail boxes to help you in this, as most services business across the city have done as well.

Please reach out to people in this building by phone. They will love knowing you are thinking about them!

Olivia: 306-955-9435

Nurse Nicole 306-955-9436

Lisa 306-955-9431

Church 306-955-9890

Have a safe and germ-free week.

Lisa

Dear Friends of McClure Place,

This a new time in our community and our world.

If you find yourself needing support in these interesting times we have folks here at McClure United Church who would be available to help out. These folks could pick up groceries or other supplies for you. Church ministry staff is around too if you would like to chat via the phone. Call the church office (306-373-1753) if you are need of support and we will do our best to find someone to lend a hand.



Take care of each other.

Blessings,

Rev. Debra Berg

Important information regarding Library Books:

Saskatoon Public libraries have confirmed they will be closed until at least April 20th. The scheduled exchange of April 14th has been cancelled. We will be keeping the books currently available just outside the link.

Please remember to Lysol wipe the outside cover of the books before returning them to the shelf. As well, ensure you are properly sanitizing your hands before/after reading.

Thank you

Keep in mind, if you have a tablet, phone, computer, or e-reader, Saskatoon Public library has a variety of digital books and media which you can utilize!

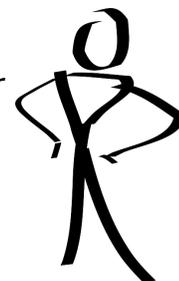


www.saskatoonlibrary.ca

The final Staying on Your Feet class, scheduled for March 24th, is now cancelled.

Please look back on your exercises and the education you have been given and stay well!

We will try and host another session here in the fall.



For those who would like an In Motion handout for at home exercises (minus equipment) please let Olivia or Nicole Conan know.

A detailed exercise plan will be delivered under your door for you to do.

If you are so inclined– Youtube also has a great channel called Sit and Be Fit.

Although, it is recommended you get up and do most exercises standing, or be walking around.

CHEP Update

To limit contact, The CHEP deliveries will be left in our entrance. Olivia and other staff will then ensure it gets to your door. CHEP will advise as to what your groceries cost, please pay Olivia by **Wednesday**.

Orders must be place with CHEP– either by e-mail or by phoning the number on the order sheet. Order sheets are still outside Olivia's office.

Please CALL Olivia, or CHEP if you need assistance.

McClure Place Resident Activities

March 23rd-27th

**ALL activities are presently
CANCELLED**

**Olivia and Nicole are working on
a plan to ensure you have
exercise resources, etc to do in
your suites.**

**Remember- OUTSIDE
(as in outside the building) is not
cancelled! A solitary walk is
perfect!**



*Items marked with a * indicate there is additional
information located in the Canopy.*



Canadian Cancer Society
Daffodil Sales

*The cancer society has not replied to Olivia. I am currently unaware of what is happening with the flowers. Those who have already paid can wait it out or I can refund you. New orders will not be taken at this time.

My to-do list for today:

- Count my blessings
- Practice kindness
- Let go of what I can't control
- Listen to my heart
- Be productive yet calm
- Just breathe

For those of you with YouTube access, the channel Yoga with Adriene, has a wide range of yoga videos and meditation. Including chair yoga, yoga for seniors, and everything in between. I strongly encourage you to check it out. -Olivia

www.youtube.com/user/yogawithadriene

Introducing...

RecFlix

Olivia has pulled out DVD's from her rec cupboard for you utilize during this time. They are catalogued, and she asks that you please sign them out, and return them so that others can watch as well. Be sure to Lysol them!

They are in the front lobby in the white drawer near the flyers.

Enjoy!

Guided Imagery

The thoughts, words, and images that flow from your mind are proven to have very real affects on your body. If you are feeling anxious, depressed, frustrated, or experiencing other symptoms, consider spending time really thinking about and envisioning the following:

For tension & stress:

A tight, twisted rope slowly untwists

Wax softens, then melts

Tension swirls out of your body and down the drain

For a Weakened Immune System:

Sluggish, sleepy, white blood cells awaken, put on protective armour, and enter the fight against the virus.

White blood cells rapidly multiply like millions of seeds bursting from a single ripe seed pod.

For depression/anxiety:

Your troubles and feelings of sadness are attached to big colourful helium balloons and are floating off into a clear blue sky.

A strong, warm sun breaks through dark clouds
You feel a sense of detachment and lightness, enabling you to float easily through your day.

If you liked these– and for more, please ask Olivia.

Daily Gratitude

Practicing gratitude is a powerful tool even in the darkest of times. A challenge, for each day:

Find something, anything, you are grateful for.

A warm bed, a hot cup of coffee, family/friends to call, etc...

Find joy in the simplicities, write them down.

Some people could be given an entire field of roses– and only see the thorns in it.

Others given weeds and only see the wildflowers.

Perception is a key component to gratitude. And gratitude is a key component to joy.

-Amy Weatherly