

Good evening,

Fantastic news!!! Everyone is healthy! Nothing to report!

I'm sad to say that Carolyn's last day with GLL is Friday! We wish all the best to her, her baby (she hasn't had yet) her family and her new journey into motherhood~ Tomorrow Carolyn will be training her replacement. I will provide more information on her replacement in the coming emails.

Nice to see family attending the facility on a regular basis to have "window time" with your loved one! It brings so much joy and much needed interaction. We continue with our family video calls, it does get a little difficult at times due to the poor internet connection. But we are doing our absolute best!

We have received strict orders from the WRHA to absolutely not make employees choose employers. I will tell you that Alison and I have had a lot of conversations about this. We both stand at the same place...we do not want our staff to move between employers. Union is threatening to grieve if we do make employees choose. To be clear, we are not intentionally making our staff suffer and not receive much needed hours and money. We are truly looking at the health and well being of our residents. Stay tuned on this one folks as both Alison and I are not backing down. To be con't.

Physically distant yet socially connected is part of the constantly changing reality that we find ourselves in today. The challenge for us in our home is keeping germs OUT of the building, which means lots of changes for residents, families and staff, on top of the constant changes that are occurring within the community.

Living in isolation in a personal care home is a very difficult, and the experience is different for each resident. Some are unaware of what is going on around them where as others are keeping up to date with what is going on in the world just as the rest of us are.

We are trying our best to keep spirits high while following the mandates set upon us to keep our distance from each other. We are encouraged by the messages of hope and gratitude from our residents families and are trying our best to keep families connected via phone, emails, facetime and window visits.

Living day to day with constant fear, anxiety and continuous change is difficult for all of us. We want to make sure families are tending to their own physical and

mental health during these trying times. A few things to keep in mind during the days and weeks ahead:

Be social - at a distance -try to socialize as much as possible with your loved ones and friends.

Stick to a routine - many of our lives have drastically changed, keeping and creating a routine that was as close to your regular daily routine is key.

Set Goals - setting daily or weekly goals will help make you feel accomplished, it is key to make sure that your goals are small and achievable. For example organizing your junk drawer, rearranging your furniture, taking up a new hobby or completing that to do list that kept getting pushed to the side when times were “busier”.

Get moving- physical stagnation affects how we feel each day, stretch, walk, run, workout, or just dance, anything to get your body moving.

Limit your intake of information - information overload can increase our fear and anxiety at this time, choose a specific source and time to gather information about what is happening in our communities—keeping it local can help minimize feelings of helplessness and hopelessness.

Remember, “WE ARE ALL AFFECTED BY THIS, WE ARE ALL IN THIS TOGETHER, BE SAFE AND BE KIND.”

Today in Manitoba there were thirteen (13) confirmed Covid 19 cases reported today bringing the Manitoba total to two hundred seventeen (217). Stay home so we can keep these numbers low!

As always we are happy to answer any questions that you have. Please feel free to contact me directly, Alison or our Business Office 204-257-9947.

As a reminder to you all, Elise Land is our Social Worker and most absolutely has a unique connection to all of your loved ones. Please feel free to connect with her should you have more questions about the emotional well being of your loved one.

We hope that you are all keeping well, practicing social distancing and staying close to home. We thank you for your continued support, positive comments and prayers~

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<https://www.gov.mb.ca/covid19/>

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"Because when you stop and look around this life is pretty amazing" - author unknown

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