

December 24, 2021

Retirement Living Residents
Westwinds Communities – Medicine Tree Manor,
High Country Lodge and Sandstone Lodge

Re: Temporary Retirement Living Measures

Dear Residents:

Westwinds Communities thanks each of you for your on-going support and diligence in protecting your fellow residents by adhering to COVID-19 guidelines. As the year draws to a close, all Albertans are once again faced with new personal requirements announced by the province on December 21, 2021, to limit social contacts by 50 percent during the holiday season as COVID-19 Omicron variant cases continue to grow.

The Omicron variant, which is a highly contagious COVID-19 variant so much so additional pre-cautions are being implemented by Alberta Health Services in our retirement living lodges effective immediately, which includes:

Residents

- Residents returning from an absence of greater than 24 hours (visits with family or friends off site) are required to wear a surgical/procedure mask for 14 days while in common areas, except when eating and drinking, and actively screen for symptoms daily.
- Asymptomatic fully immunized residents who have recently been in close contact with a confirmed case of COVID-19 are required to wear a surgical/procedure mask for 14 days while in common areas, except when eating and drinking, and actively screen for symptoms daily.
- Active screening for the above resident's entails completing the Cubigo or paper COVID screening form once daily. Residents will also be provided the option to take meals in their suite or eat with a smaller group/alone. When Westwinds Communities on-site capacity allows, rapid testing on days 1, 3 and 7 post-return or post-exposure will be coordinated with Residents.
- It is critical to remind residents that, should they develop symptoms, they must remain in their room and notify Westwinds.
- The Resident Daily Checklist may be used as a resource for all residents.

- Quarantine requirements for asymptomatic residents who are not fully immunized who have been in close contact with a confirmed case of COVID-19 remain the same.
- A new resident screening tool will be implemented by January 5, 2022.

Visitors, Volunteers, Home Care and Contractors

- On a temporary basis, the visitors & volunteers screening process will be updated to exclude all close contacts of cases of COVID-19 for 14 days from last exposure, regardless of vaccination status.
- Visitors, health care providers, volunteers and contractors are reminded if they feel unwell, they are to refrain from visiting Westwinds retirement living facilities until they are well for 48 hours. Further we would ask they do not have residents visit with them unless they are well and showing no COVID symptoms.
- A manual form will be used for visitors, health care providers, volunteers and contractors until Cubigo software program can be updated.
- Westwinds will resume providing masks for all visitors, volunteers, home care and contractors on site. Changing of masks will be required when entering the building.
- Masking remains in effect when visitors are in resident's suites.

We appreciate your co-operation as we work through this fourth wave of the virus. Please keep safe and enjoy the holiday season.

Sincerely,



Lauren Ingalls
Chief Administrative Officer

A reminder that COVID symptoms are new or worsening:

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| <ul style="list-style-type: none">• Fever• Cough• Shortness of breath• Runny nose• Sore throat• Chills• Painful swallowing• Nasal congestion | <ul style="list-style-type: none">• Feeling unwell / fatigued• Nausea / vomiting / diarrhea• Unexplained loss of appetite• Loss of sense of taste or smell• Muscle / joint aches• Headache• Conjunctivitis (commonly known as pink eye) |
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If you experience any of the above symptoms, please isolate to your suite and report to the Manager or designate.