



# **The Salvation Army Buchanan Lodge**

## **Communication Update August 28th, 2020**

Dear Family and Friends,

It has been a while since last updating you in July and, in light of the uptick of COVID-19 infections across the province, including LTC Homes, its time for another. The good news is Buchanan Lodge continues to remain COVID free!!!

### **Visiting at Buchanan**

Visits have been going well - thank you everyone for adjusting to the social distancing and other safety measures we have had to put in place. With extended hours we now average over 100 visits per week. Please note that mask wearing while visiting is mandatory at all times, both inside and outside of the building.

### **Courageous Conversations**

Fraser Health has provided some tips on having difficult or awkward conversations about COVID. Questioning a friend or relative on COVID safety or saying “no” to an invitation can often be a source of tension and stress. You might find the attached helpful, supporting you to initiate these sometimes difficult yet necessary conversations.

### **Fun Summer Activities**

Between organizing visits, Chaplains and Recreation Staff have offered residents a variety of spiritual and recreation programs throughout the summer. In addition to our regular programming, highlights include the following:

- *Summer Lovin'* features famous singers & their songs (like the Duke, Bing, Frank, Dean, Elvis, etc.) with trivia questions and prizes!
- *Armchair Travel* has taken residents on virtual vacations to all parts of the world. Some enjoy traveling back to familiar places while for others it's the experience of discovery - going somewhere new.
- Outdoor patio campfires are new this year and have been a great success. Residents really enjoy being outdoors, by a fire, roasting marshmallows – and eating smores!
- A special shipment of world famous “Chilliwack Corn” generated a lot of excitement and enthusiasm for a few corn roasts of this freshly picked annual treat.
- The great weather has cooperated enabling outdoor musical sing-along concerts led by professional musicians - Alister and Dave.



*Blessings,*  
*Blake Armstrong*  
*Executive Director*

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### How to have courageous conversations about COVID-19

COVID-19 is still circulating in our communities. We must remain committed to flatten the curve once again and use our COVID sense. Here are some suggestions to have courageous conversations.

**We're in this together!**

#### Invited to a party with people outside your bubble? Have clear boundaries

- ✓ It's ok to say 'no' to a social gathering right now. There is no better excuse than a global pandemic.
- ✓ State your boundaries clearly. For example, you may say, "I'm managing my exposure carefully and keeping my bubble small."
- ✓ Be a role model. Hearing you state your boundaries may make it easier for others to be brave about theirs.

#### Know the rules, follow them, share them

- ✓ Invited to an event? Ask what COVID-19 safety measures they will have in place. Ask if they are aware of the Provincial Health Officer orders on gatherings and events.

#### Some handy phrases for courageous conversations about COVID

- ✓ "I'm managing my exposure carefully and my bubble has already expanded."
- ✓ "Do you have a virtual option for me to connect with you?"
- ✓ "I'm looking forward to seeing you soon but I can't right now. It's not forever, just for now."
- ✓ "No, thank you." This is a full sentence - if you're uncomfortable explaining, you don't need to.

#### Good COVID hygiene for any situation

Whether at home, work or visiting with those in your consistent and small social bubble, always remember your COVID hygiene:

- ✓ Wash your hands thoroughly and often.
- ✓ Use hand sanitizer after touching surfaces.
- ✓ Cover your mouth and nose when coughing or sneezing.
- ✓ Keep hands away from your face.
- ✓ Clean commonly touched surfaces often.
- ✓ Stay home when you are sick.