



The Regional  
Municipality  
of Durham

Social Services  
Department

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Dear Family Member,

### Region of Durham Long-Term Care COVID-19 Update

The Ontario government issued a province-wide stay-at-home order effective on April 8<sup>th</sup> that will be in place until at least May 19<sup>th</sup>.

Our homes continue to follow all directives issued by the Ministry of Long-Term Care (MLTC) and guidance from the Health Department. Essential caregivers are the only visitors permitted to visit LTC homes with a maximum of one caregiver visiting at a time. Exceptions remain for end-of-life or critical illness. All short-stay and temporary absences continue to be suspended apart from medical appointments. These directives will remain in place until further notice.

With the warmer weather soon upon us, the homes are reviewing options for visits that are in keeping with the ministry restrictions. Some homes will be able to offer window or balcony visits. As a reminder, these are visits where a resident is indoors and can interact with a visitor through a closed window or from a balcony. These are not the same as outdoor visits with a resident. Indoor and outdoor visits are currently not permitted for general visitors. The home will be sending out further information within the next week.

Mother's Day is also fast approaching. Staff are working on plans to make this day as special as it can be for all the mothers. We will be sending out information to you about how to drop off cards or gifts. If you or anyone in the family wishes to send a e-card to a loved one, please go to [www.durham.ca/LTCUpdates](http://www.durham.ca/LTCUpdates) and click on "send a greeting card to your loved one in LTC" to personalize your message and we will make sure it is delivered.

### Mental Health Week

Mental Health Week takes place annually during the first week of May to raise awareness about the importance of mental health. The theme of this year's Mental Health Week, "*Name it, don't numb it*", is all about understanding our emotions. Recognizing, labeling, and accepting our feelings are all part of protecting and promoting good mental health for everyone. People are experiencing unprecedented stress and feelings of anxiety related to COVID-19. Managing your own stress and anxiety due to the pandemic or other life events is important for maintaining personal wellness and good mental health. Be kind to yourself and to others and **#GetReal** about how you feel.

### Vaccinations

If you are an essential caregiver and have not yet registered for the vaccine, please consider doing so as the vaccination is the best way to protect yourself and others from getting COVID-19. Please book your first dose vaccine clinic appointment directly through the applicable online portal or the call-in line. There are two clinics to choose from. For Oshawa, the portal link is [covidvaccine.lh.ca](https://covidvaccine.lh.ca) and the call-in number is (905) 721-4828. For Scugog, Whitby, Brock, Uxbridge, Pickering, Ajax, and Bowmanville, the portal link is [www.durham.ca/vaccineappointment](https://www.durham.ca/vaccineappointment) and the call-in number is 1-888-444-5113.

Visit <https://www.durham.ca/CovidVaccines> for the latest information on current priority groups eligible to receive a vaccine in Durham Region.

### Summary

If you have any questions, don't hesitate to reach out to me or to a member of the management team at the LTC home. I reiterate my thanks for your continued commitment to do everything we can to keep our most vulnerable safe during the COVID-19 pandemic.

*Laura MacDermaid*