

Volume 8

ISSUE 3

October

2019

Friends of **EVERGREEN**

FAMILY CARE NEWSLETTER



Please visit us
Wednesdays through
Sundays
11:30 am—3:30 PM

Drop by for a Meal or a
Snack

Bistro accepts debit, VISA and MC



Evergreen has
recently joined
the Baptist
Housing family

and we invite you to
follow our stories at this
page:

[www.facebook.com/
baptisthousing/](https://www.facebook.com/baptisthousing/)

Reminder About Visitor Parking

With the winter weather soon approaching, we want to remind you to exercise caution when using Evergreen Care parking lots and driveways. While we try to ensure prompt clearing and salting, frosty and snowy conditions can make these areas slippery, as well as the slope can cause wheel chairs and walkers to roll. Please also ensure that you drive at a speed appropriate to a parking lot—20 KM/HR. Thank you for helping keep everyone safe.



Elections Canada will be holding
polling stations at Evergreen on
Election Day—Monday, Oct. 21

For Terraces Residents:
Terraces Bistro - 9 am—11 am

For Pointe Residents:
P2 Wisteria - 3:00—3:45 pm
P3 Magnolia - 4:00—4:45 pm

If you wish to help your loved one
vote, voting cards for Residents
registered to vote can be picked
up from the Community Nurse.
Residents not registered to vote
can register prior to voting.

WASH regularly!



Thank you for helping to keep our Residents safe!

FAMILY SATISFACTION SURVEY

Family Satisfaction Surveys were e-mailed to family and friends of Evergreen Care Residents on Wednesday, Oct 2. If you did not receive a survey, hard copies can be picked up at the Terraces reception.

Please return this survey to Evergreen Terraces Reception via mail to 1550 Oxford Street, White Rock, BC V4B 3R5 Or drop it off in the confidential drop box at Evergreen Terraces Reception. Deadline to return completed surveys is Oct 31, 2019.



EVERGREEN

A BAPTIST HOUSING COMMUNITY

Flu Season is COMING!

Outbreaks of illness sometimes occur in health care facilities and can be a stressful time for Residents, Families and Team Members. Outbreaks are most often caused by common viruses that produce symptoms of gastroenteritis, such as nausea, vomiting and diarrhea, or respiratory illness, such as fever, cough and sore throat. These viruses are generally spread from person to person, or by touching contaminated surfaces, objects or equipment and then touching your eyes, mouth or nose or handling food or drink. For the health and well-being of everyone, it is important to implement measures to control the spread of infection.

Ways you can help stop the spread of illness:



- Do not visit if you are ill
- Follow the outbreak and infection control measures recommended by the Care Team on your community
- Limit your visit to your Family or Friend, as much as possible. Do not visit between different communities
- If you are visiting an ill Family Member or Friend, please check with the Care Team first
- Clean your hands often with liquid soap and running water or alcohol-based hand sanitizer
- Get immunized against influenza every year. **If you do not get a flu shot, wear a mask when visiting**
- Clean your hands
 - ⇒ When entering the facility and before leaving
 - ⇒ Before entering and after leaving a Resident's room
 - ⇒ Before eating or assisting your Family or Friend with his/her meals
 - ⇒ After going to the washroom or blowing your nose



Washing your hands

1. Wet hands under running water
2. Apply liquid soap
3. Lather and rub hands for at least 15 seconds
4. Rinse hands
5. Towel or air dry hands
6. Turn taps off with a towel or your sleeve

Cleaning Your Hands with a Hand Sanitizer

1. Place a quarter-size drop of hand sanitizer in your palm
2. Rub hands together, palm to palm
3. Rub back of each hand with palm and fingers of the other hand
4. Rub around each thumb
5. Rub fingertips of each hand back and forth in the other hand
6. Rub until your hands are dry (at least 15 seconds)

Evergreen will be holding Flu Shot Clinics on our campus, and Family Members are welcome to stop by to receive their flu shot.

FLU VACCINE CLINICS

Oct 21, 2019 12:00-4:00 pm
Terraces Boardroom

Oct 29, 2019 12:00-4:00 pm
Terraces Board Room

Nov 12, 2019 1:30-4:30 pm
Terraces Board Room

Please bring your Health Card with you to the Influenza Immunization Clinics