

### Doing What We Can, to Control What We Can

On behalf of a dedicated group of Administrators and their teams of front-line caregivers, I'd like to thank Nova Scotians for their understanding and support during this unprecedented time. We are all seeing the dangers of COVID 19 and the impact on nursing homes across Canada. We have watched families and the staff of long-term care facilities face unimaginable heartbreak.

Administrators in Nova Scotia have responded quickly by putting in place the very best known infection control measures to protect your loved ones and their staff who have the honour of caring for them. A few of these measures include; restricting visitors to nursing homes with the exception of family members who are supporting their loved ones near end of life stages; screening and monitoring staff and residents daily for signs and symptoms of this virus; limiting the number of residents who can gather, and practicing social distancing among residents and staff as much as possible.

We recognize that these restrictions are difficult on families and their loved ones. Many nursing homes have adopted technology in an effort to keep those important connections alive by using social platforms such as Facebook, Zoom and Facetime for virtual visits. We are pleased to see that the NS Government recognizes the importance of these connections with the purchase of 800 new IPADs for Long Term Care facilities to use over the coming weeks.

Unfortunately, COVID 19 is now in our community and is impacting three nursing homes and a retirement complex. While this is not unexpected, it is unsettling. We are working closely with public health, and our government partners DHW and NSHA to implement further restrictions and measures to minimize the spread. We have a caring long-term care community that is working together, and offering support as we collectively face this challenge.

We need your help to flatten the curve by staying home and only going out when absolutely necessary. We also ask that you rely on government websites for accurate and updated information, and that you follow Dr.Strang's recommendations.

We know the days and weeks to come are uncertain. We are doing what we can, to control what we can.

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Michele Lowe, Managing Director  
Nursing Homes of Nova Scotia Association.  
April 3, 2020