

April 29, 2020

Good Afternoon Residents and Family Members,

As the global pandemic continues, we understand that it is difficult to cope in these stressful times. While it is important to ensure that you are getting some physical activity as well as proper rest and nutrition in order stay healthy, your mental health should be a priority as well. COVID-19 has impacted every aspect of our operations and we know it has had an effect on your day to day lives within the home and community. We want you to know that we are here to support you in these challenging times.

As of May 1st, 2020, we have extended our Employee Assistance Program to include all of our residents and their family members. For the duration of the pandemic, you will have access to a confidential 24-hour, seven day a week crisis line, as well as confidential counselling services. I encourage you to utilize these resources if you are in need. Information to access the services has been provided to residents and family members. If you are feeling overwhelmed or depressed and your personal coping mechanisms are not enough at this stressful time, please reach out to our partners at Group Health/Lifeworks.

Thank you again for your cooperation during these uncertain times.

Alavida Lifestyles.

PARK PLACE

110-120 Central Park Drive
Ottawa, ON K2C 4G3
613.727.2773

PROMENADE

110 Rossignol Drive
Orléans, ON K4A 0N2
613.451.1414

RAVINES

626-636 Prado Private
Ottawa, ON K2E 0B3
613.288.7900