

March 25, 2020

Dear Elves Families, Caregivers and Staff,

In an effort to contain the spread of COVID-19, Elves is taking immediate action following the direction of Alberta's Chief Medical Officer of Health.

The COVID-19 situation is changing rapidly. We are striving to following best practices outlined by Alberta Health Services in order to maintain the health of our community.

Elves hopes to keep you connected through weekly updates as the COVID19 pandemic can have a significant mental health impact on students, clients, parents, and staff. We have attached links to some resources that you may find helpful.

Mental and Physical Well-Being

- Alberta Health Services- Text4Hope: As the website states, "An Alberta-based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke. Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency. Community members simply subscribe to receive ongoing supportive content. There is no cost.
<https://www.albertahealthservices.ca/topics/Page17019.aspx>
- 2-1-1 Alberta Services: scroll to the bottom of the page of the link provided here (<https://www.ab.211.ca/211-alberta-services-blog/covid-19/>) to find information for various distress and crises lines available in different jurisdictions around the province.
- COVID-19 Self-Assessment Tool – One of the best ways to keep everyone healthy is to monitor your own health and that of your family members, self-isolating if ill and ensuring social distancing and hand washing procedures. The COVID-19 Self-Assessment is found at <https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>



Alberta Government/Federal Government information

- The most current updates from the Alberta Government including the daily announcement from the Chief Medical Officer, can be found at: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>
- **New***** MyAlberta is now receiving emergency isolation support applications from working Albertans who are self-isolating or who are the sole caregivers for someone in self-isolation. <https://www.alberta.ca/release.cfm?xID=69916B3E9D715-B3EF-8F06-5734E78676744823>
- Sign up for public, media or emergency news updates from the Government of Alberta through <https://www.alberta.ca/news-subscriptions.aspx>
- For Federal Government information outlines new financial support measures including Emergency Care Benefits, Child Care Benefits, Employment Insurance and Temporary Wage Subsidies for Employers, Trust, Income Tax and Deadline dates. Information can be found at : <https://www.canada.ca/en/revenue-agency/campaigns/covid-19-update.html>

Recent Government Communications

- Record of Decision – CMOH Order 03-2020 regarding COVID-19 and long-term care and supportive living facilities. https://acds.ca/files/Resources/pandemic_planning/ACDS_Comms_PublicHealthOrder_March24_Final.pdf
- March 20, 2020 Letter from Minister of Education Adriana LaGrange to Alberta families <..\..\..\..\Elves Documents\WPDOCS\CORONAVIRUS 2020\Alberta Education\Letter from Education Minister Adriana LaGrange to parents - March 20, 2020.pdf>



Contact Elves

Please contact Elves if you require equipment of materials within your home. The Administrative Team is working with limited support as we are practicing distancing protocols.

However, Elves can arrange for picks or possibly delivery of equipment. All questions can be forwarded to the Program that is serving your child.

School Program at execassistant@elves-society.com

Adult Program at adutlprogram@elves-society.com

Respite Program at Respite@elves-society.com

You messages will be forwarded to an Elves staff person who will be able to assist you with access to resources.

Warmest wishes,

Barb Tymchak Olafson
Executive Director