



ELVES SPECIAL NEEDS SOCIETY

Administrative Offices

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April 15, 2020

Dear Elves' Families, Caregivers and Staff

We hope that everyone in Elves' community is doing well. This past long weekend was atypical for all of us, as we spend time at a physical distance from our family members and friends. We hope that this time continues to find everyone healthy.

Elves' team members have been reaching out to families and program participants and we appreciate the support of families and caregivers in facilitating communications. There are numerous opportunities that arise as family units are at home. Yet there are many stressors, which can have a significant impact on mental health, as people may feel disconnected from support systems. Children and clients are also impacted as they miss their routines and friends at Elves.

Online resources are available if you need advice on handling stressful situations or ways to speak to your children.

- [Mental health and coping with COVID-19](#) The Centre for Disease Control and Prevention (CDC) advises how to recognize the mental and physical responses that occur when an individual is under stress and offers solutions.
- [Talking with children about COVID-19](#) CDC offers practical tips when supporting children to understand COVID-19.
- [Help in Tough Times](#) This resource from Alberta Health Services provides contacts and links to local organizations that offer supports in response to matters associated with Housing and Food Insecurity, Income Supports, Abuse, Addictions and Mental Health, Substance Abuse, Stress, and Grief.
- This site also includes links to help lines including the Text4Hope - Free daily text messaging services, evidence-based tool that helps people identify and adjust any

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Elves' Satellite Location
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negative thoughts, feelings and behaviours that a pandemic might be expected to provoke. To subscribe, text COVID19HOPE to 393939.

Alberta Government/Federal Government Information:

- As noted in The Council of Chief Medical Officers of Health Communication they are promoting the use of non-medical masks (or facial covering) by the public as a method of lessening opportunity for transmission of COVID-19. While there are numerous instructional videos that can be found on Youtube, please refer to the Government of Canada website, which offers guidance on types of masks and their use. <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/activities/announcements/covid19-notice-home-made-masks.html>
- 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>
- There are improvements made on a weekly basis to enable those who are not able to work to receive some financial resources from the Federal Government. To link with the portal or read questions or answers, please go to: <https://www.canada.ca/en/services/benefits/ei/cerb-application/questions.html>
- There has been a recent Record of Decision effective April 10, 2020, which applies to designated supportive living facilities and outlines the requirement:
 - To restrict staff movement (staff will only be permitted to work in one healthcare facility and must report all their working environments to their employers)
 - To wear a surgical/procedure mask continuously, at all times, and in all areas of the workplace if they are either involved in direct resident contact, or cannot maintain adequate physical distancing (2 meters) from residents and co-workers.

Contact Elves

Elves continue to be operational and serving families through digital means. We are working toward offering supports in a different fashion. This week there have been over 65 packages of learning resources delivered to homes, and we encourage you to reach out to Elves if you have needs that extend beyond your child's programming. We may be able to help or connect you with other supports.

All questions can be forwarded to the program that is serving your child.

School Program at execassistant@elves-society.com

Adult Program at adultprogram@elves-society.com

Respite Program at respite@elves-society.com

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

All the best to all members of Elves' community during the upcoming week.



Barb Tymchak Olafson
Executive Director