



DEAR RESIDENTS, FAMILIES AND FRIENDS

We hope everyone had a relaxing and safe summer and that you took plenty of time to appreciate the beautiful weather and downtime.

As summer slowly draws to a close and the days become shorter and cooler, we must now brace for cold and flu season. While we're all accustomed to having a runny nose, a cough and the chills when we get sick, it will be hard to differentiate if these symptoms are a result of COVID-19 or if they are the common cold or flu. Any of these illnesses are a serious concern for our community and so we'll need to take extra precautions to protect ourselves and each other.

The measures that have been put in place to contain COVID-19 - wearing masks, physical distancing, frequent hand washing and limited socializing - will help to reduce the spread of a virus and so we ask that everyone continue exercising these measures moving forward.

A typical cold and flu season can be devastating for seniors and this year is no different, maybe even more dangerous given the circumstances. We want to encourage you to listen to the experts and get your flu shot. A flu shot is especially important for seniors as older adults can often have weaker immune systems. Palisade Gardens and James Club are partnering with our local pharmacy again this year to make it easy for all residents to get their flu shot. Stay tuned for details on when to expect them.

Finally, as schools open and kids take to their classrooms for another year, we're asking that you take strict precautions to decrease potential spread of a virus. If possible, we suggest keeping communication with your grandchildren to FaceTime, Zoom or the telephone. We have people available to help coordinate any of these communications for you, please just ask if you'd like to set something up.

Please remember to grab your tissues and your mask and cough into your elbow, then wash your hands. If you're feeling unwell, stay home and get tested at your first opportunity. All of these measures make a big difference and we appreciate your continued dedication and commitment to protecting our community.

Wishing everyone a beautiful, safe autumn.

Sincerely,

Jason Mercier, Director of Operations, Retirement Life Community Group of Companies, and  
Micki McLean, Managing Director, Palisade Gardens and James Club Retirement Residences