



Calgary Progressive
Lifestyles Foundation

CPLF Pandemic Response **MAY 2020**

CPLF Online Bingo

We're happy to announce that we're bringing back one of our favourite activities. Starting June 1st, every Monday and Friday from 1:30-2:30pm we'll be running bingo sessions via Zoom. There won't be any cost to participate, so come join in the fun for free! Email events@cplf.ca to register.

Activities from Home

CPLF has also put together a resource of several activities, courses, and resources to help clients stay busy at home at [Activities from Home](#).

Alberta Relaunch Strategy

Phase 1 of [Alberta's relaunch strategy](#) balances public safety with the need to get businesses open and services restored for Albertans.

Permitted in Stages

Opening May 14:

- Retail businesses, such as clothing, furniture, and bookstores. All vendors at farmers markets will also be able to operate.
- Museums and art galleries.
- Daycares and out-of-school care with limits on occupancy.
- Some scheduled, non-urgent surgeries will resume gradually.
- Regulated health professions can offer services as long as they continue to follow approved guidelines set by their professional colleges.

Opening May 25:

- Hairstyling and barber shops.
- Cafés, restaurants, pubs and bars will be permitted to reopen for table service only at 50 per cent capacity.

Opening June 1:

- Day camps, including summer school, with limits on occupancy.
- Post-secondary institutions will continue to deliver courses; however, there will be more flexibility to include in-person delivery once the existing health order prohibiting in-person classes is lifted.
- Places of worship and funeral services, if they follow [sector-specific guidance](#).

Not permitted in Stage 1

- Gatherings of more than 15 people, unless otherwise identified in public health orders or guidance.

- Gatherings of 15 people or fewer must follow personal distancing and other public health guidelines.
- Arts and culture festivals, major sporting events and concerts, as they all involve close physical contact.
- Movie theatres, theatres, pools, recreation centres, arenas, spas, gyms and nightclubs remain closed.
- Visitors to patients at health-care facilities will continue to be limited; however, outdoor visits are allowed with a designated essential visitor and one other person (up to group of three people, including the resident), where space permits. However, physical distancing must be practiced and all visitors must wear a mask or some other form of face covering.
- In-school classes for kindergarten to Grade 12 students.

Recommendations for Stage 1

- Travel outside the province is not recommended.
- Remote working is advised where possible.

Progression to stage 2 will be determined by the success of stage 1, considering health care system capacity, hospitalization and intensive care unit (ICU) cases, and infection rates. For more information, visit [Alberta's relaunch strategy](#).

Guidance for reopening

- Business owners can access general and sector-specific workplace guidance for reopening safely on [Alberta Biz Connect](#).
- Businesses allowed to reopen during stage one will be subject to strict infection prevention and control measures, and will be carefully monitored for compliance with public health orders.
- Business operators can determine if they are ready to open and ensure all guidance has been met. Lifestyles Bistro still remains closed for safety reasons.

Guidance for Albertans

- [Practice good hygiene and physical distancing](#), these requirements of 2 metres remain in place through all stages of relaunch.
- [Stay home and get tested when exhibiting symptoms](#) such as cough, fever, shortness of breath, runny nose, or sore throat.
- [Wear non-medical masks](#) when out in public places where keeping a distance of 2 metres is difficult.

ABTraceTogether

CPLF would also like to share with you the [ABTraceTogether](#) mobile contact tracing app to use when in public. This app is not mandatory however it is highly recommended to use as it is only considered an important tool in combating the virus if we all use it. This app will help our virus tracers find the source of the virus so that we can notify the potentially infected and quarantine the virus.

Mental Health Courses

Throughout the COVID-19 pandemic, essential workers may experience depression and heightened anxiety due to the stress on their own health, the health of their family and friends, and the future of their livelihoods. These programs are specifically designed to help provide individuals with the tools and knowledge to better understand their own mental health and the mental health of others.

The Mental Health Commission of Canada has developed three crisis response training programs free for essential workers such as yourself. Caring for Yourself, Caring for your Team, and Caring for Others. Registration for these courses will be on a first-come, first-serve basis and will be available at no-cost for essential workers as defined by the Government of Canada.

Overview of courses:

Caring for Yourself (2 hours) - Participants will be introduced to the Mental Health Continuum and the Big 4 Coping Strategies, to help learn how to better understand their own mental wellness, notice if they might be moving into unwell areas, use practical actions to help with stress, and know when to reach out to get professional help.

Caring for your Team (3 hours) - Participants will be introduced to the Mental Health Continuum, the Big 4 Coping Strategies, and Ad Hoc Incident Review to help learn how to better understand their own and their team's mental wellness, notice if they might be moving into unwell areas, use practical actions to help with stress, know when to reach out to get professional help and learn tips to support team members.

Caring for Others (2 hours) - will focus on how to create a safe space to have conversations about mental health and/or substance use problems. This training will prepare participants to have conversations confidently about mental health during a crisis, with their family, friends, communities, and workplaces. Participants will also be taught the skills required to respond to a mental health crisis until professional help arrives.

These courses have been developed specifically for essential workers during the COVID-19 pandemic and do not replace MHCC's existing training in mental health:

- [The Working Mind \(TWM\)](#)
- [The Working Mind First Responders \(TWMFR\)](#)
- [The Inquiring Mind \(TIM\) Post-Secondary](#)
- [Mental Health First Aid \(MHFA\)](#)

Looking for mental health and wellness resources during the COVID-19 pandemic? Visit the [MHCC's COVID-19 Resource Hub](#).