



Josee Deslongchamps 🇨🇦 · a day ago

## Coronavirus in Condos - Update March 16



This is further to our [Blog post from last week](#) and the subsequent email follow up.

Things are developing quickly in Canada/Ontario and specifically in Ottawa.

On March 14th the Federal Government issued an advisory to Canadians who are presently abroad to return home “*while they can*”.

Francois Philippe Champagne: “[We recommend that Canadian travellers return to Canada via commercial means while they remain available.](#)”)

We are therefore expecting that many of our snow birds will be returning in the next few days, ahead of schedule.

### IF YOU ARE A RETURNING SNOW BIRD

You are likely just arriving, in transit, or are planning your trip home...

In any event - **Welcome Home** - we are happy to see you back, safe and sound. We urge you to comply with the public health agency 14-day self-isolation recommendations as soon as you arrive.

Your condominium community will rally around you to support you through this difficult period.

### YOUNG(ish), STRONG, HEALTHY and WILLING TO HELP?

If you have not been travelling, you are otherwise currently healthy and are willing and able to help, **please consider posting your name and coordinates on the main bulletin board in your building.**

Our wonderful Snow Birds returning from abroad and from the south are all coming home to bare pantries and refrigerators (and Lord help them - they may need toilet paper! 🤔).

They will all require **peer support** in order to settle in without having to go out for food and supplies. Despite self-isolation procedures in place, please consider donating a bit of your time to help settle them in. **Please remember to take precautions - wash your hands, use proper care in maintaining distance from others in public settings.**

### **MOST VULNERABLE?**

Owners and Residents are also encouraged to check on elderly and vulnerable neighbours (by phone, by email or through the unit door). Please check on them often - social isolation comes at a cost and it is most difficult on those who depend on others for assistance on a daily basis.

### **ANXIETY? (yep, me too!)**

These are very unusual times and extraordinary pressures are being placed on everyone. If you are feeling anxious and need to talk about - please reach out to someone. You can reach the distress centre at: 613-238-3311. They also have a wonderful [website](#).

### **CLEANING and SANITIZING**

As discussed previously, arrangements have been made for supplemental and back-up cleaning staff. Stocks of cleaning supplies have been verified. The hand sanitizing stations are still expected by the end of the week and will be installed as soon as they arrive.

But again, and I can stress this enough: please do not rely on hand sanitizers unless absolutely necessary. They are not as effective as warm water and soap. **WASH YOUR HANDS**. **Do it often and do it EACH TIME you enter your unit, after travelling through common elements.**

### **RECREATION FACILITIES**

Will continue to work with your Board to assess whether the various recreation facilities at your site should be shut down.

In the meantime - if you are using gym facilities, please wipe down the equipment thoroughly **BEFORE** and **AFTER** each use. Better yet - go outside for walk or a run...

**If you had an event planned in your Party Room, we urge you to cancel/reschedule your event ASAP.**

### **COMMUNICATION**

If you have suggestions for additional things we (or your Board) could (**reasonably**) be doing for your community in these difficult times - we want to hear from you.

Mind you - please don't interpret this as a request for a 1,000 emails 🤔 (cause wow guys, the email load is a bit wacky right now..)

**DES Services Inc.**

As of today and in order to abide by social distancing recommendations, Martin and I will discontinue our site visits and office hours on all sites, for an undetermined period of time, limiting our presence on-site to **condominium-related emergency calls which cannot be resolved without a visit**. We will re-evaluate on a weekly basis and resume normal operations when it is safe to do so.

Please know that **we are still HERE for you**. We just **can't be THERE for you...** 😊.  
We all have a role to play in social distancing - we thank you for your understanding.

We will continue to stay in touch with you by email and through Blog posts and will make sure that you receive any information pertinent to your particular condominium complex in a timely manner.

### **ON A PERSONAL NOTE**

Our household is home to myself (of course), my immunosuppressed spouse, my two 85-year-old parents, in addition to our incredibly busy family business.

Just like you, I am trying to balance keeping **YOU** safe, keeping **MYSELF** and **MARTIN** safe (and sane?) and avoid bringing this virus home to the **vulnerable people that I love**. Tough job, but somebody's got to do it. 😊

Keep your sense of humour, do whatever needs to be done to sooth your soul and  
**WASH YOUR HANDS!**

J (the Den Mother) a.k.a Mama Bear!

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