



WELCOME BACK PACKAGE 2022

Both LAF locations will open for
Pre-registered Programs on
Monday February 7, 2022

Introduction

The day is finally coming when we can see you again and we couldn't be happier!

We have been working with our provincial organization to align our re-opening timelines with the Seniors Active Living Centres in the rest of Ontario as well as ensuring we follow the guidance of our provincial leaders.

The safety of LAF participants is our top priority. We hope this information helps ease your return to our centres and you can soon Be Fit, Be Well and Be Social with your friends at LAF again!

Safety Rules

Mandatory masks are required at all times with the following exceptions:

- a) While seated in designated areas, to consume food and/or drink where social distancing can be observed
- b) While participating in a fitness/physical activity class where social distancing can be observed

Will staff be required to wear masks as well?

Staff will be wearing masks at all times unless they are in their offices.

Does LAF have a vaccine policy?

Effective September 7, 2021, the Ministry of Health and Long Term Care instituted Directive 6 which mandates that any organization funded under the Home and Community Services Act, which includes Life After Fifty, must have a mandatory vaccination policy for staff, volunteers, students, contractors and participants.

Will I be required to provide proof of vaccination?

Yes, **all members wishing to register for in-person programs at Life After Fifty must present proof of full vaccination prior to participating.** Full vaccination is defined as *“documentation that confirms at least 14 days have passed since an individual has received their second dose of a vaccine approved for use in Canada.”* Members or participants who decline to provide proof of full vaccination will NOT be permitted to participate in in-person programs and will, instead, be directed to LAF's virtual program offerings.

Foot Care clients will be asked to provide proof of full COVID-19 vaccination. However, since Foot Care is an essential service funded under the Home Care and Support Services Act, clients who are not able to provide proof of full vaccination will not be denied services. The purpose of screening for vaccination status is to ensure proper infection prevention and control procedures are followed. At some point in the future, this may include requiring different procedures for clients based on their vaccination status.

How do I provide proof of vaccination?

When you sign in to your first in-person program at LAF, please present proof either by showing the receptionist your official government-issued QR code. If you do not have your QR code, a LAF staff person can help you obtain one. By presenting proof of vaccination as defined above, you are consenting to allow Life After Fifty to collect and store this information.

How will my proof of vaccination be stored?

The staff person who receives your information will document your COVID-19 vaccination status in our electronic member databases, MySeniorCenter or Nesdatrak. This information is accessible only by staff and is password protected.

Will other people know my vaccination status?

Due to LAF's policy requiring all in-person program participants to provide proof of vaccination, if you are participating in programs, others will become aware of your status due to your presence.

Will I be still be screened for COVID-19 symptoms?

You will be screened for COVID-19 prior to entry. Your name and phone number will be collected for contact tracing purposes.

Q. What do you do with this information?

A. This information is kept on file for 30 days and, upon request, will be provided to the Windsor-Essex County Health Unit for contact tracing purposes.

Q. Should I stay home if I'm sick, even if I think it's not COVID-19?

A. For the safety of all and as a courtesy to other members, it is better to be safe than sorry. Do not come to LAF, if you have ANY symptoms or think you have been in close contact with someone who has COVID-19. Visit the Windsor-Essex County Health Unit website www.wechu.org and complete a self-assessment or visit a testing clinic to be tested. Follow all directions related to requirements to self-monitor or self-isolate.

Hand sanitizer is located throughout the building.

We ask members to sanitize on their way into the building as well as frequently during their stay. Some programs (i.e. cards) require all participants to sanitize their hands prior to participation.

How can I find out what other precautions LAF is taking to keep me safe?

You can review our COVID-19 safety plan posted at the entrance to each centre. It is reviewed each month.

Educational signage and resources about COVID-19.

You will see up-to-date COVID-19 informational signage and resources throughout the buildings. Current information about COVID-19 can also be found at the Windsor-Essex County Health Unit website www.wechu.org

Hours of Operation

Hours of operation will be adjusted as required to accommodate pandemic protocols.

West Side Centre (WSC) – Beginning Monday, February 7, 2022

Monday – Thursday 8:30am-4:00pm

Friday – Virtual programs only. Centre closed.

East Side Centre (ESC) – Beginning Monday, February 7, 2022

Monday – Thursday 8:30am – 3:30pm

Friday – Virtual programs only. Centre closed.

Interim Programming User Fees

Am I still being charged membership fees?

Memberships will resume in April 2022. During February and March 2022, anyone who signs up for membership can participate in and try our programs free. We will begin to withdraw membership fees on April 10, 2022.

I was a member in March 2020, when memberships stopped. Do I still need to fill out the new membership form?

Yes. You will need to fill out new forms so we can update all of your contact and payment information.

How can I get a membership application?

Membership applications are available in the following places:

1. The monthly e-newsletter.
2. The website.
3. We can email it to you, if you call 519-254-1108.
4. You can pick an application up in person at either of our two locations.
5. You can fill an application out at the centre.

What are the membership fees?

For people who want to pay for a full year all at once, the fee will be \$120. For people who want to pay using Pre-Authorized Debit, the fee will be \$10/month, withdrawn on the 10th of each month. As with before the pandemic, some programs have a small additional charge due to the specialized nature of the program. Please see the program schedule for details.

More information on our membership can be found on our website www.lifeafterfifty.ca

Program Information and Rules

All programs require pre-registration. Only program registrants will be permitted to enter a program.

Q. Who can register?

A. Anyone who has signed up for a membership can register for programs.

Q. How do I register?

A. You can call or visit LAF and someone will be available to help you register. Please be patient if phone lines are busy.

Q. Do I have to register for billiards or computers?

A. Yes, registration is required. There will be no drop-ins available for billiards or computers. If you wish to reserve time, you may do so on *My Active Center*.

Q. I need physical assistance to come for programs. May I bring a caregiver to help?

A. Members who require physical assistance may bring one caregiver who will also follow the procedures for entering and using the facility (providing proof of vaccination, wearing a mask, sanitizing hands and practicing physical distancing).

Q. Does my caregiver need to pre-register?

A. Yes, your caregiver does have to register, however, there will be no user fee as he/she will not be participating in programs and is only there to assist you with your participation. Please make us aware when you check in for your program.

Q. How early may I arrive prior to my program?

A. On a regular basis, allow 5-10 minutes. On the first day, allow more time to accommodate initial program check-ins.

Q. I don't see my favourite program. When will it be offered?

A. All programs are constantly being reviewed for ways to offer them safely. Please keep in mind that some programs might not be offered at this time due to instructor or room space availability.

Q. When should I start re-booking Handi-Transit appointments?

A. Once you have pre-registered for a program, those timeslots are yours and you are free to book transportation. Remember to book your drop off and pick up times as close to the program as possible since you will be asked to depart once your program has ended.

Please Note: Program offerings and room capacities have been adjusted to accommodate physical distancing and cleaning requirements.

Volunteering at LAF

We understand that there are varying degrees of comfort with returning to LAF, therefore, program leaders are being contacted to ascertain their willingness to come back to teaching. Please see the program schedule for a full list of programs being offered.

Q. Will volunteers be required to have vaccines?

A. All volunteers providing in-person services will be required to show proof of full vaccination prior to volunteering. LAF's Volunteer Coordinator will contact you to arrange for you to provide proof. You will need to show your government-provided QR code with proof of full vaccination. If you do not have a QR code, we can help you obtain one.

Q. I was a volunteer, how will I know when to return?

A. You can contact us to find out what roles are currently available. We will also reach out with information about opportunities as programs/roles open and volunteers are required.

Q. How will I know what new rules are in place?

A. In order to ensure you feel knowledgeable, all returning program leaders will be contacted by Mary to go over some COVID-19 safety training prior to starting. Your program may have some new and different rules, duties, or times as well. These will be discussed on an individual basis.

Q. Is there a way I can volunteer from home?

A. Absolutely! Virtual volunteers have been graciously giving of their time throughout the closure and may continue doing so, if they so choose. If you are interested in virtual volunteer opportunities, phone Mary Hoevenaars at ext. 132. Some examples of virtual volunteering include:

- Knitting and crocheting and at-home crafts
- Hosting a Seniors' Centre Without Walls call.
- Making calls to fellow members and other seniors at home to check in on them.

Café Services

Q. Will the Café be open for lunch?

A. The café will be closed. However, there will be specific coffee/social times included in the program schedule.

Q. Can I bring my own lunch?

A. Yes. A limited number of tables will be made available for people to sit at and eat a lunch brought from home.

Q. Are frozen meals available at both locations?

A. Yes! Kristin has been cooking all your favourites for you to take home and enjoy! Still just \$5.00/meal.

Other Frequently Asked Questions

Q. I want to pick up/return/donate books or puzzles. Can I do so?

A. Yes! Books are available and puzzles are available for borrowing and returning.

Q. I want to donate fabric or household items. May I do so?

A. We are unable to accept any craft donations at this time.

Tips to make your return to LAF enjoyable!

1. Remember your mask!
2. Complete a COVID-19 Self-Assessment prior to entering the facility.
3. Arrive 10-15 minutes before your program begins to allow for processing.
4. Ensure that you have pre-registered for your program.
5. Come prepared (water bottle, proper shoes, etc.)
6. Bring all personal items, equipment or projects home with you. All such items must be removed at the end of the program.
7. Be courteous of others and try to leave at least 2 metres between yourself and others.
8. Bring a “go with the flow” attitude as we all try and figure this out. We are very excited to see you!
9. Have fun! We are all in this together 😊

UPDATED Members’ Code of Conduct

Life After Fifty Responsibilities of Membership and Code of Conduct

Welcome to **Life After Fifty (LAF)**. People from many different backgrounds share this environment. LAF adheres to the Human Rights Code which declares that “every person has the right to equal treatment without discrimination because of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, gender identity, sexual orientation, age, marital status, family status, handicap or the receipt of public assistance.”

*All members, staff, and visitors of LAF have the right to be treated with dignity and respect.
All members, staff, and visitors of LAF have the responsibility to treat others with dignity and respect.*

To guide staff, members and volunteers in carrying out their responsibilities and duties in a fair and respectful manner, the Board of Directors has adopted the:

Rotary International “4-Way Test”

Is it the truth?

Is it fair to all concerned?

Will it build goodwill and better friendships?

Will it be beneficial to all concerned?

THE FOLLOWING ACTIVITIES ARE NOT PERMITTED ON LIFE AFTER FIFTY PROPERTY:

- Physically or verbally threatening, harassing or intimidating any person, directly or indirectly, as defined in the Human Rights and Criminal Codes.
- Defacing, damaging, or destroying property in any area belonging to the Agency, its visitors or tenants.
- Possession or consumption of alcohol outside of events or rentals for which a liquor permit has been obtained.
- No smoking or vaping on or within 20 meters of LAF property as required by the Smoke-Free Ontario Act.
- Soliciting, for any purpose, including asking for money, contributions or donations unless such activity has been approved by the Administration or Board of Directors of Life After Fifty.
- Assembling for the purpose of disturbing the public peace or committing any unlawful act at the Agency sites.

- Creating a disturbance which is disruptive or dangerous to others in the recreation or business activities of the Agency.
- Bringing animals on to Agency's property, with the exception of trained and identified guide dogs and service animals.
- Posting or distribution of non-Life After Fifty flyers or notices without prior approval from the Administration of the Agency.
- Use of any recording devices unless such activity has been approved by the Administration of the Agency.
- **NEW!** Entering the agency without successfully passing the COVID-19 screener.
- **NEW!** Intentional disregard for population health practices put into place by the Administration of the Agency.

Note: *All Code of Conduct Violations will be investigated. Violations will be subject to our progressive discipline process which may result in that individual's removal from the Agency's leased or owned properties and/or revocation of his/her membership.*