

A Letter of Appreciation



**To the people who are living at Rock Lake Personal Care Home,
Prairie View Lodge and receiving care at Rock Lake Clinic and Hospital,**

Thank you for your resilience. You are showing true strength and understanding. Time spent with your friends and loved ones is cherished time for you. We support you as you continue to make the best of each of your days while your visitors are restricted. The reuniting first hug that takes place after this pandemic will be priceless. We hope for you that you have many bright moments in your days. We know how much it means to you to have your great phone conversations, to see your family and community via electronic devices or to watch a special smiley grandchild or neighbor child playing outside your window. The fellowship you show to and receive from each other and the staff is truly heartwarming.

**To the 170 staff of the Rock Lake Health District Hospital, Clinic,
Personal Care Home and Prairie View Lodge,**

Thank you for your diligence. From the first alert of this pandemic health concern to today, you have been keen, educated, and accountable. We are grateful for you. Your reliability, work ethic and commitment to the people who access services has always been consistent. Every decision made, extra care and caution taken, is making a difference. When community members have offered to deliver baking and other food items, thank you for not accepting any deliveries in consideration of minimizing risk. Know that we and the community respect you, appreciate you, and have great trust in you.

To our communities and stakeholders,

Thank you for your daily support. Each one of you has been affected in many ways by the changes in our lives that have been imposed on us in the current situation. We appreciate the careful changes that you have made in consideration of what could be impacted in the future. Each day you have found ways to continue life and business while carefully practicing physical distancing. Your efforts can and will save lives and a potential strain on our health care system and ~~our~~ health care workers. We are grateful for your actions that will keep the numbers of community members that would potentially suffer and need care as low as possible. Family, friends and volunteers restricted from in person visiting, we understand this is a trying time for all.

We encourage everyone with or without connection to someone in care to make walking on sidewalks by or thru parking lots of our facilities part of your route. Dogs on leashes, children on bicycles, riding a horse, driving your vintage car, or simply just walking by and waving, all are wonderful small town views from the windows. Well Wishes (messages, pictures or scans of school work / drawings) can be sent to anyone in care through the Southern Health-Santé Sud website or by emailing afijala@southernhealth.ca Staff will gladly print, deliver and respond to you.

Knowledge is power for all of us. Please remember that our clinic and emergency room services continue to be available. Do not hesitate to seek medical assistance for health issues related and unrelated to Covid-19. If you are concerned about symptoms you may be experiencing and believe they may be related to Covid-19, you are not alone. Please call ahead to one of the facilities or Health Links 204-788-8200 or 1-888-315-9257 for assistance.

Caring for your mental health is important during the COVID-19 pandemic. AbilitiCBT is a new digital therapy program from Morneau Shepell, available to all residents of Manitoba age 16 or older experiencing mild to moderate symptoms of anxiety due to the pandemic. You do not need to be referred by a doctor to use AbilitiCBT. You will be able to connect to a professional therapist. Visit the government's online access to the service at www.gov.mb.ca/covid19/bewell/virtualtherapy.html

Sincerely,

Alison Fijala CEO,

on behalf of the Leadership Team, Rock Lake Health District

Lynzee Klippenstein

on behalf of Rock Lake Health District Board of Directors

Bev Leadbeater

on behalf of Prairie View Lodge Board of Directors

