



MPA Society

Empowerment in Mental Health since 1971

March 18, 2020

Greetings MPA Members and Friends,

MPA Society's Leadership has been meeting regularly to discuss and implement plans and strategies in response to the COVID-19 pandemic. As an organization, we plan and prepare for emergency situations and are in a strong position to continue to support our programs and staff.

At this time, we wanted to share with you some of the things we are doing, as there are some measures we are putting in place to help us all stay safe as we move forward, during these interesting times. The decisions are being implemented with thoughtful consideration of best practice guidelines. They are being informed by the Provincial and Federal Health Authorities with the intention of making sure we are acting on sound knowledge and with the intention of maintaining everyone's health. I am sharing these with you and thank you for your support and cooperation.

As we move forward:

- The Leadership will be meeting daily and communicating updates to our programs.
- Our MPA homes ask that we restrict having outside visitors attend until further notice, as this will assist in limiting the spread of the virus.
- Everyone is being asked to practice social distancing – limit physical contact with others and stay at least 1 meter apart.
- If you experience symptoms, (fever, dry cough, sore throat), please let a staff member know and they will work with you on determining what steps to take to support your health and that of others.
- We will be limiting non-essential outings to reduce the possibility of contact and ask that you also consider whether a planned outing is essential.
- We have increased the frequency of disinfecting in all locations and shared spaces.
- We continue to emphasize the importance of sound handwashing practices.

Please continue to enjoy the sunshine and our beautiful fresh air. Find reasons to laugh and celebrate. Together, we will get through this.

As an organization, we will continue to make decisions that support the health and safety of our staff and members and are committed to maintaining the highest possible standards.

If you have concerns or questions, please don't hesitate to talk to your MPA Program Staff. We are all in this together!

David MacIntyre
Executive Director