



Toronto, November 24 2020

CAH MANAGEMENT PRESS RELEASE

I hope that you and your loved ones are all doing well in this very difficult time for everyone. Once again, I would like to commend everyone for all their efforts to reduce the transmission of the COVID 19 virus. Thank you to the team and thank you to all our customers and friends. Thank you for working hard, for making the right choices, and for being there to support and encourage each other.

I would also like to acknowledge the role that families and caregivers have played as partners in this collective effort by helping to implement social restraint and social distancing. Thank you also to all of us who have chosen to get the flu shot, to protect ourselves yes, but also to participate in the collective effort to protect each other. All together, we've made it this far.

Unfortunately, it seems that there is still a long way to go since we are back in full confinement until December 20th!

As the days get shorter and the temperature drops, the spread of the virus intensifies and the health care system is once again at the limit of its capacity. What a disappointment, as we headed towards one of our

favourite times of the year. Now, more than ever, we have to sacrifice the encounters that are so dear to us and stay home, except for our basic needs and health walks.

So cheer up! All our efforts so far have been essential to keep us safe. They have also proven that it is possible to take care of each other safely. Proof that our model based on independence supported housing and personalized services and supports can make a big difference, even for our most frail clients in such difficult circumstances.

This year things will be different. Our traditional Christmas dinner is one of our biggest events at CAH, preceded by a variety of decorating and crafting activities, always a great opportunity to have fun and get involved. This is usually the time of year when we welcome students, scouts and young carolers from all over the city. We visit the Christmas market and are all invited to the winter concert of the vocal ensemble Les Voix du cœur.

We won't be able to enjoy any of these traditions. We won't be able to gather, nor will we be able to welcome our beloved visitors. As bleak as the current situation is, I would like to encourage us all to remain optimistic.

Let's work together to ensure that we find other ways to celebrate and stay connected, while respecting security protocols. Let's not let disappointment get the better of us and let's keep our spirits up.

Let's decorate, play music, use technology to our advantage and animate many festive zoom platforms. Let's reach out to others with kindness and generosity. We won't be able to celebrate as we wish, but I'm sure we'll remember this time and talk about it for a long time to come.

Please feel free to contact us and let us know what we can do to support you, to stay involved and to make sure you stay connected.

Let us take this opportunity to celebrate the incredible energy we have been able to maintain. Let us celebrate the support and generosity of our friends and the community at large, who have shown us how much they believe in us and are willing to be there for us.

As we do every year, we will be asking friends of CAH to renew their support and make a donation to the Christmas Share collection, which allows us to support the most vulnerable among our clients throughout the year. It is these resources that help us tailor our services and support to the most complex needs of our clients, and allow us to do a little more for everyone, in a personalized way.

I would like to take this opportunity, on behalf of our team, our clients and our volunteers, to thank you all for the trust you place in us and for your generosity and support.

Happy Holidays to all of you, and best wishes for a better year to come!

A handwritten signature in blue ink, appearing to read 'Barbara Ceccarelli', written in a cursive style.

Barbara Ceccarelli,
CAH Executive Director