



FEBRUARY 2023

COVID IMMUNITY STUDY NEWSLETTER

Official Study Newsletter for Participating Long-Term Care, Assisted Living & Retirement Homes

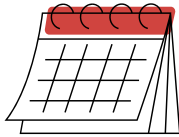
Study Updates



Congratulations to all winners of the COVID-19 Immunity Study draw!



We are hosting two Town Halls on **Feb 15th & 16th** for all residents, family, and staff.



Register at:

www.covidnltc.ca/townhall



Resident Spotlight



Dawn

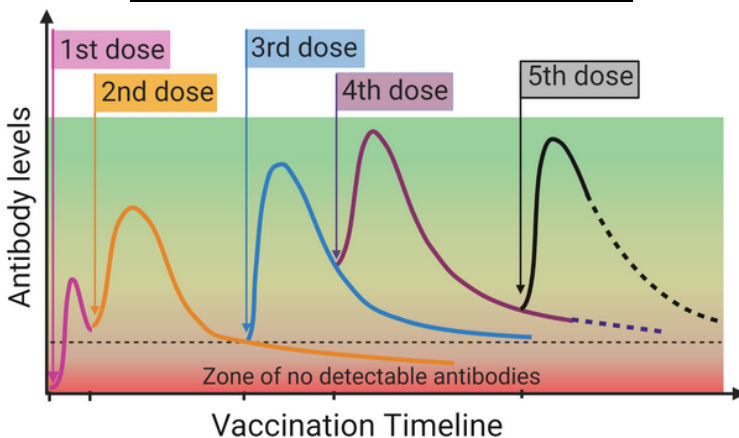
Resident at The Village of Winston Park

What inspired you to join the study?

"I'm hoping that we're going to find something that gives us all immunity to it."

Individualized Antibody Reports

COVID-19 vaccine effectiveness



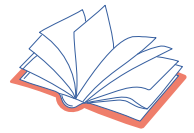
Stay tuned, we will be sharing your personalized antibody results shortly!



Thank you to all participants for helping us learn about the new COVID-19 variants!

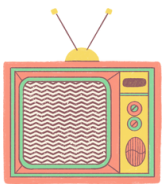
NEED TO SELF ISOLATE? HERE ARE SOME TIPS TO HELP GET YOU THROUGH IT!

Keep a gratitude journal. Writing down a few things each day that you are grateful for has shown to have impressive mental health benefits.



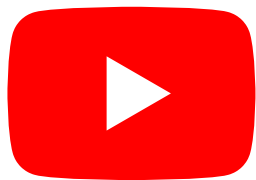
Keeping in touch with friends and family online. Facetime, Facebook messenger, Whatsapp and Skype are all great platforms to connect.

Get some fresh air when possible. It is important to practice safe social distancing at all times.



Watching a new show or movie. Depending on what you are in the mood for there are numerous genres to choose from.
OR reading a new novel.

Travel the globe virtually on YouTube . You can visit any place in the world! <https://www.youtube.com/c/VirtualTravel>



Enjoy an immersive experience. You can visit a museum, art gallery, zoo, aquarium, watch a comedy show and much more on YouTube or online!

Ripley's Aquarium LIVE cameras:

<https://www.ripleyaquariums.com/canada/live-cameras>

Want More Study Information and Updates?

Visit the study station at participating homes or visit our website at www.covidinltc.ca to learn more about our study.

Phone: 289-639-9588

Email: covidlto@mcmaster.ca

Website: covidinltc.ca

Socials: @covidinltc

**LET'S FIGHT TO STOP
COVID TOGETHER**

