



This message is going to family members on our community distribution list.

April 29

Dear Family Members,

We are well into spring now -- a season of renewal; a season of hope. The sights, smells and sounds of the beauty that surrounds us comes into focus in the spring. Here at Asbury Place Kingsport, bright colors add life throughout our community -- from the green grass and fresh mulch to the blooming flowers ... and to the many brightly colored masks associates and residents are wearing. This is a sign of the times.

The challenge of combating COVID-19 exists as much today as it did when this began, and our work -- *together* -- continues. We must not be complacent. We must remain diligent and follow the stay-at-home order in place at our community. It is difficult, no doubt, but this is our reality, and our strict measures and precautions will remain in place out of an abundance of caution for as long as needed and required.

But don't be fooled that this hard work cannot be happy and creative work. Associates continue to serve in residents in unique ways. There are smiles beneath the masks we wear. We thank you for your continued support and understanding.

We start this family member newsletter with an uplifting story of how a speaker who visited our community last spring, **Bill Grigsby from Birding Kingsport**, is helping residents enjoy the spring weather this year. Mr. Grigsby led a workshop and helped residents assemble and paint 3 [Bluebird houses](#) that are now in use around campus. Some residents enjoy just sitting on a bench watching the [birds](#), while one resident, **Nancy Knight**, is an avid (and talented!) photographer and enjoys taking pictures of the birds. She has graciously shared the [photos](#) of the birds and birdhouses. Thank you, Nancy!!



Associate **Delia Venters** and her daughter have been making beaded key chains to gift to a large number of associates and residents. Pictured above is [Dr. Bob Miller](#) (101 years young!!), who really appreciated the gift as it brought back fond memories of being a camp counselor.

We also have residents helping to lighten the mood around our community. Villa resident **Martha Jones** has created the humorous "**Chewie News**." Chewie is her pup and he used to visit the offices every morning. Here is a sample of "[Chewie News](#)" to make you smile!

Catch more stories about the great work associates are doing all across the Asbury system by going to our [Super Heroes Work Here page](#). Please feel free to forward this email to others in your family who you feel may benefit from receiving our communications, and direct them to [click this link to sign up](#) for the appropriate list for our community.

Here is a brief update as well as a few reminders on how we are addressing the challenges COVID-19 presents.

Updates & Reminders for this Week:

- **Staying Updated:** As a reminder, you can go to [Asbury.org/COVID19](https://www.asbury.org/COVID19) to learn more on how we're combating COVID-19. If you have any questions, please call our dedicated number related to COVID-19 at 301-250-2115.
- **Getting Some Fresh Air:** There are still safe ways to enjoy the outdoors and get some fresh air while still practicing physical distancing. We encourage residents to

get out and enjoy the spring weather. Residents have been working in the community Whisperwood Gardens and the [Rose Garden](#) in the Courtyard is in full bloom. There are many research articles on the benefits of gardening. So we delivered [succulents](#) to residents and sent an [article](#) that referenced information from NASA and the CDC about these benefits.

- **May is Older Americans Month:** We are planning to interview residents and get their stories so we will "Make Your Mark" on our community, which is the theme this year. Please check out this [website](#) for questions that may be asked during the interview. Additionally, we will be posting daily fact sheets of information about Assistive Technology to Why Everyone Should Plan for Long-Term Care.
- **Eliminate Trips to the Post Office:** Stamps.com is waiving monthly service fees for seniors (65+) during the COVID-19 crisis. Stamps.com allows you to print your own stamps and shipping labels from the safety of your own home, so you don't have to go out to the Post Office. For more information, [visit their website here](#).
- **Videos on Demand:** We are offering videos on our [YouTube page](#). You'll find a spiritual message to Kingsport residents from our Chaplain, Larry Munsey, and Asbury's Lifestyle department has provided yoga and at-home fitness videos.
- **Reminder About Masks:** We ask that you wear a mask when you leave your home. Residents, individuals, and community organizations are sewing handmade masks for donations to residents and associates.

Recurring Reminders:

- **Visitation:** The visitation limitations remain in place, which means only essential visitors are allowed into the community. There is no deviation on this, as we strictly follow CDC and CMS guidelines on this measure. Every associate and essential visitor undergoes a daily temperature check upon arrival and departure at our screening station, which is located at the main entrance.
- **Want to Drop Something Off?** As a reminder, here are rules and precautions we have in place for our community: Items are able to be delivered outside the building at the designated drop area. This area is indicated by signage. Upon dropping items off, please call the front desk to notify them that items have been delivered and staff will work to get those items to the resident as quickly as possible. Please only deliver items between 9 a.m. and 6 p.m.
- **Dining:** Sallie West has rolled out the new Ozzie Reusable Container program for campus. It's a green initiative to cut down on product waste since we have

transitioned to delivery-only at our campus. We have attached a [FAQ Sheet here](#) that provides some information about the program and answers many questions that you may have. If you have any further questions, please reach out to Sallie West at swest@asbury.org or 423-830-8507.

- **Assistance with Communication:** We are working with residents and their families to coordinate video calls through FaceTime or Skype or other tools. Residents and families are encouraged to contact **Lauren Huddleston** at lweaver@asbury.org or 423-797-6605 for Independent Living and **Rachael Santiago** at rsantiago@asbury.org for Health Care Center and the Baysmont House to set up an appointment to video chat.
- **Have Questions?** Please call our dedicated number for questions related to COVID-19 at 301-250-2115.

We have said it often, we will continue to say it: We are **#AsburyStrong**, and together we will get through this challenge.

Sincerely,
Aaron Roop, Executive Director