



Sent by the Executive Director on April 22, 2020

Dear Family Members,

Ensuring that we provide a safe and healthy environment for those who work and live at our communities is our top priority. The coronavirus situation is a dynamic one and, as you know, in combating COVID-19 we have taken many measures with a focus squarely on safety and well-being.

Working in this new reality has required us to think about how we can serve differently. Our associates are coming up with unique and out-of-the-box ways to serve and today we want to share one of those examples. Recently, our dining attendants used sidewalk chalk to share beautiful, colorful and positive messages and art for all of the residents of the health care center to enjoy.



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 for this week:

- **Earth Day is Today:** As we commemorate the 50th anniversary of Earth Day today, Wednesday, April 22, we wanted to share something special – our [Virtual Earth Day Event Guide](#) – brought to you in partnership with Sodexo. Simply click on the link for dozens of educational and fun virtual tours, resources, films, and games. As you continue to remain at home and practice physical distancing in response to COVID-19, we hope that this will provide some engaging ways for you to celebrate and honor our Earth's wonders. Thank you for joining us in doing all the good we can for Mother Earth and for each other.
- **Opportunities to be Active:** We continue to encourage residents to stay at home per Governor Hogan's order. To encourage and provide opportunities for residents to get exercise, **we now offer 11 exercise classes and one guided meditation class** (hosted by wellness associate Genna Lee) on our in-house television channel, channel 970 each week that are led by members of our Wellness Team. Participation has never been higher! We've distributed exercise bands to every resident who wanted to join a class. We've distributed about 200 so far!
- **All About the Music: Associates and a resident are sharing their musical talents every Thursday** on channel 970. So far we've featured Irish music (with resident Fred Ruark -- pictured below), heavy metal guitar technique and music (really!) (with wellness associate Steve Sherbert), and ukulele history and music (with maintenance associate Richard Martin). And we're not done yet! Guitar and more mystery singing guests are coming soon!

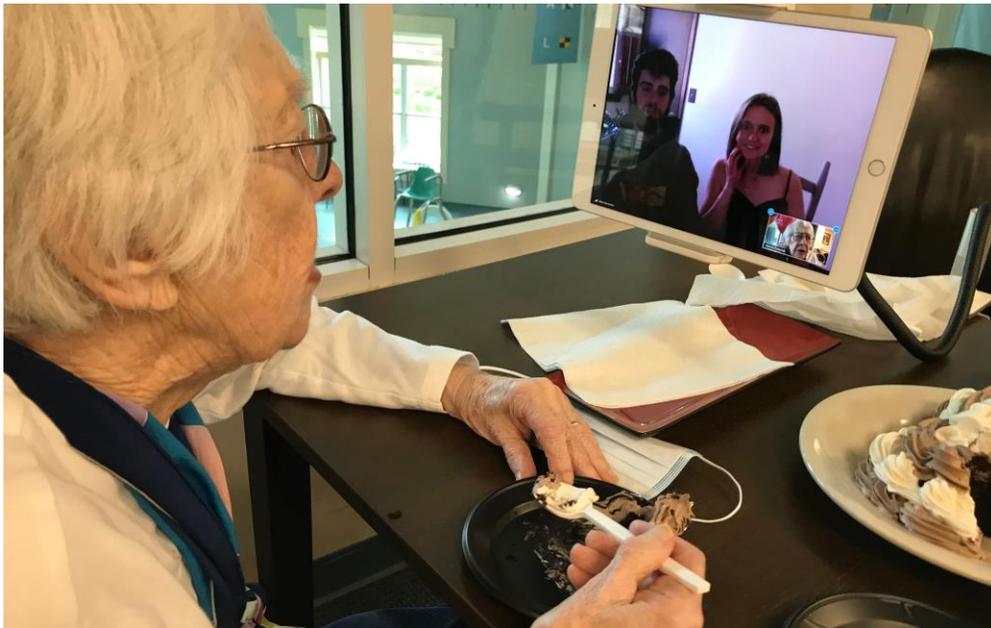


### Reminders:

- **Staying updated:** 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.

- **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. Visitation continues to be for essential visits only. Please contact Heather Jacobs at [hjacobson@asbury.org](mailto:hjacobs@asbury.org) for further assistance. Every associate and essential visitor undergoes a daily temperature check upon arrival and departure at our screening station.
- **Want to drop something off?** As a reminder, items may be left for residents at our Community Center entrance. Please coordinate a drop off time with your loved one.
- **Grocery items:** Our Dining team continues to provide a wide variety of grocery and other staple items with delivery service to residents. Bob Webb, Dining Director, updates the list frequently. Updated lists are posted on our Touchtown Apps for residents to view, and are available in the Community Center.
- **Assistance with communication:** FaceTime and other video conferencing services in quiet community spaces local to residents will be available to residents by appointment later this week. We provide an iPad, stand, and will set up the call. Residents are asked to contact Debbie Jones at [djones@asbury.org](mailto:djones@asbury.org) with our Marketing team to schedule. Below is a photo of resident Dorothy Szymanski as she was able to do a video call to celebrate her birthday with loved ones.



- **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.