



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

Dear Family Members,

As you've probably heard, phased "reopenings" are starting but communities like ours are included in the very last phase, which has not been announced. Of course this makes perfect sense -- we welcome and embrace this approach -- as it is in line with our top priority of ensuring the health and well-being of those who live and work here.

We continue to follow CDC and CMS guidance in our sacred work of serving your loved ones here. This means that our current measures and precautions remain in place, such as continuing to wear masks, limiting visitors to only those considered essential, and encouraging residents to leave the community for essential trips only. It also means that you may continue to drop off items per our process identified below, and does not mean you can hand deliver items to residents. In short, we cannot become complacent in our efforts.

The residents and associates of the Asbury Solomons community continue to be vigilant practicing all precautions to keep one another other safe and healthy. As our spring weather slowly warms up, residents are choosing to spend time on our beautiful campus grounds and waterfront while always maintaining 6-foot physical distance and wearing masks.

We need to continue to work together to stay well. Thank you for understanding.

Please note below what we're doing for Mother's Day, as well as assistance we can provide for you to schedule a video call (FaceTime, Skype, etc.) with your loved one.

**Lifting up some of the good work happening here**

Associates continue to find unique ways to serve residents. Many associates have taken on new roles or extra responsibilities in our "new normal" and are showing daily what our mission means as we "*do all the good we can for those serve.*" Examples include:

- The Asbury Solomons Marketing team shared some positive vibes with our campus this week. Signs with words of wisdom, inspiration, and joy were posted for folks to read from their windows or when they returned from essential travel.



- **Maryland Healthcare Heroes:** Asbury Solomons lit up the Health Care Center in a blue light to recognize and honor Maryland Healthcare Heroes on May 2 by order of Governor Hogan.



- Dining partnered with Wellness to help residents mark Cinco de Mayo this year. Margaritas, cerveza, and some tasty chips were offered to all residents living in the Asbury Solomons health care and assisted living communities.



- Residents are sharing their love for one another the “old fashioned” way --cards and letters. We were pleasantly surprised by 50 handwritten cards on Monday that were distributed by the Wellness team to neighbors living in the health care and assisted living neighborhoods. At least another 50 were sent to neighbors in the apartments and cottages by one couple alone! There were smiles all around!

**Nurses Week:** You may know that this is [Nurses Week](#) and we are extremely grateful to these super heroes for their commitment throughout this challenging time. ***We are celebrating nurses all of next week! Each day will bring special treats and the opportunity to wear fun apparel for our super heroes!***

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 also 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.

**A Mother's Day Gift Option for Mom:** Chocolate Truffles! We recognize that we're in the midst of a most unique and challenging time. This year's Mother's Day holiday will certainly look different due to the measures and precautions in place. Here at Solomons, we want to make this a little less of a "challenge" as you shop for Mother's Day gifts. Asbury and Sodexo would like to offer you the opportunity to send your Solomons family

member a special Mother's Day gift -- chocolate truffles! [Please view the flyer here.](#)

**Order deadline is May 7.**

For residents living in the Assisted Living or Health Care communities, here are a few ways to celebrate Mother's Day:

- **Virtual visits** (Google Duo, FaceTime, Skype, WhatsApp or Zoom).
- **Send a Video:** Gather you and your family (*pets included!*) and say, "Happy Mother's Day!" Our Wellness team will make sure Mom sees it.
- **Mail a Card:** 11100 Asbury Circle (Mom's room number), Solomons, MD, 20688
- **Send a Package, Flowers or other arrangements:** Asbury Solomons will make sure Mom gets your gift right away via personal delivery.
- **For any questions, to email a video, or set-up a virtual visit, please contact:** Sarah Hemming, Health Care and Assisted Living Wellness Program Manager at 410-394-3167 or [shemming@asbury.org](mailto:shemming@asbury.org).

#### **Want to share a "thanks" with associates?**

We have heard from many family members of how appreciative they are of the work our associates are doing as they serve your loved ones here at our community. We know many notes of thanks have come in over phone calls and emails. ***Now we'd like to provide a way to easily capture some of your heartwarming comments through an online form that will enable us to easily capture and share your note with associates.*** If you'd like to share a note of thanks, please [click here to launch a form](#) where you can type in your note of appreciation. We will take your submissions and find creative ways to share with associates. Thank you!

#### **Updates & Reminders for this Week:**

- **COVID-19 - 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.
- **Executive Director, Kelly Friedman,** is premiering her new TV program called "Kelly's Korner" on our in-house TV channel 957. Kelly will catch folks up on all the latest happenings at Asbury Solomons. Live broadcasts are scheduled for 3:30 p.m. each Friday beginning May 15.
- **More Opportunities to be Active:** We've had some spectacular weather in the last week. Residents of assisted living and health care are invited by associates

to spend some wonderful time in the beautiful sensory garden or on one of our balconies for lots of sunny smiles, music and laughter. Asbury Solomons encourages and provides opportunities for residents to get exercise. We now offer 13 exercise classes with the addition of a recorded “Group Strength: Weekend Edition” and “Total Body Conditioning Saturdays” on in-house TV channel 970 each week. Classes are led by members of our Wellness Team. Participation has never been higher! We continue to distribute exercise bands to every resident who wants to join a class. We also have “on-demand” workout opportunities on our MySolomons Touchtown app and continue to add content.

- **New Mail Service Option: Informed Delivery** is a free and optional notification feature that gives those who sign up the ability to digitally preview their letter-sized mail and manage their packages scheduled to arrive soon. Informed Delivery enables you to view what is coming to your mailbox whenever, and on any device -- computer, tablet, or smartphone. This service shows you what mail will be arriving so you may make informed decisions about how essential a trip to pick up your mail is on any given day. We are fortunate that Informed Delivery is available to residents of the Asbury Solomons community. For more information and to sign up for this free service, please visit this website: [informedelivery.usps.com/box/pages/intro/start.action](https://informedelivery.usps.com/box/pages/intro/start.action)

#### **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. Visitation continues to be for essential visits only. Please contact Heather Jacobs at [hjacob@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 the MySolomons Touchtown app for residents to view, and are available in the Community Center.

- **Meal Delivery:** Daily meal delivery continues every day with a hot and fresh, plant-based protein choice at every meal! Barefoot Wine single-serve bottles are available for residents to enjoy a glass of wine with dinner - Cabernet, Merlot, Pinot Noir, Chardonnay, Pinot Grigio, Riesling or White Zinfandel.
- **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 Katie Demers at 410-394-3029 or by email to [kdemers@asbury.org](mailto:kdemers@asbury.org) to schedule.

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