



This message is going to all 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 Solomons, 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 our 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 by highlighting our bi-weekly series, Afternoon Movie Classics. This coming Monday, May 4th, we're getting geared up for a blockbuster -- we will be celebrating "Star Wars Day" with a special showing of "Star Wars: A New Hope." Helping to introduce this special movie will be Receptionist Kristin Horn who will be dressed up as General Horn of the Imperial Starship. We'll share photos on Facebook!

We also have an uplifting story to share of 1-on-1 wellness opportunities happening in health care and assisted living neighborhoods. Steve Sherbert, Wellness Assistant, brings his love of music and passion to serve to his work every day! With his guitar or ukulele, Steve strums and sings to brighten residents' days. Resident Mrs. Humke enjoys this jam session on the bongos!



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:

- **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.
- **Asbury Solomons continues to follow the guidelines of the CDC, CMS, and Maryland state government for the safety of our community.** Executive Director Kelly Friedman is grateful to the residents and associates of our

community for their diligence, flexibility, responsiveness, and kindness during this challenging time. The health and safety of this community is paramount and we are getting through this together and stronger than ever.

- **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 thanks to the measures and precautions in place as we operate out of an abundance of caution. Here at Springhill, 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.](#)
- **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.
- **More Opportunities to be Active:** Asbury Solomons encourages and provides opportunities for residents to get exercise. We now offer 13 exercise classes (up from 11 last week) 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

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 [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 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 to schedule.
- **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.