

Let Your Life Shine...Brighter Together! ✨
**NORMANDIE
RIDGE**

an Albright Care Services Retirement Living Community

May 4, 2020

Dear Residents,

Spring has arrived! The birds are chirping, the trees and flowers are nearly in full bloom -- it looks like we will usher in May with a nice week. Certainly this beckons a return to normalcy and a desire to get out and about. And this can happen! But we need to keep the health and safety of our community close to mind.

As you've 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. That's where a balance comes in on how we work together to stay well, while still tapping our urge to get out of our homes, like enjoying our community grounds.

You are welcome to hop in your car and make a trip out of the community for any essential need, such as to the grocery store, doctor's appointment or pharmacy. Please be thoughtful of timing (take advantage of special store hours and limit the number of trips). Physical distancing also remains in effect (keeping 6 feet or more between you and others), as does the wearing of masks when you are out in the community or interacting with others in your home. Additionally, please support our ongoing screening efforts. While I know it's a hassle, this measure is critical to help keep our community safe. Please thank our screeners, they are working long hours and doing a great job.

Please know that the grounds of our community are open and available! There are also areas to watch birds and other wildlife. Please take advantage of our walking trails, and even set out with a group of fellow residents to enjoy conversation on your travels (*while maintaining the appropriate distancing, of course!*).

(OVER)

Please be comfortable getting out of your home. If you find yourself in a common area, then have a friendly conversation with your neighbors from a distance. Enjoy a laugh and enjoy catching up, and take comfort in knowing that we are all in this together.

Finally, I'd be remiss if I didn't put in a reminder about the continued importance of good healthy habits, like washing your hands for 20 seconds (*what song are you singing as you wash?*), not touching your face, and cleaning high-touch surfaces in your home frequently.

Employees here continue to follow all CDC and CMS guidelines in our sacred work of serving you. We are here to help. As always, for Asbury system updates, you can go to Asbury.org/COVID19. For any questions, please feel free to reach out to me or to call our system COVID-19 hotline at 301-250-2115.

We will get through this together!

Sincerely,

A handwritten signature in black ink that reads "Lauren Dieter". The signature is written in a cursive, flowing style.

Lauren Dieter

Executive Director