



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

Dear Family Members,

Our work as associates is rewarding. We chose this calling because we not only have the capability, but also the heart, to perform such sacred work for those we serve. We love what we do. And we so appreciate when we hear how our efforts are making a difference.

You'll remember that recently we opened up the opportunity for you to share your notes of thanks with our teams. We received many inspiring and heartwarming messages. Here's one from Phyllis Keefe that we want to share:



"I cannot thank the Asbury Solomons associates enough for the care they are giving my Mom during this tough time. You are going above and beyond at finding ways to entertain the residents, and trying to keep things "normal" at the same time. Everyone, from Dining, to Wellness, to Housekeeping and of course the nurses and GNAs are AMAZING! I have never been more proud to say my Mom lives at Asbury! THANK YOU ALL!"

PHYLLIS KEEFE

We will make sure associates know how appreciated they are by sharing with them your messages through our associate app, email distribution, as well as colorful flyers. Managers will also be sharing these thank yous with their individual teams. So, rest

assured, our associates will get the message that the work they are doing is extraordinary!

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!

Looking Ahead

Last Friday, you will recall [we sent this communication \(COVID-19: Paths to Reopening\)](#) to all associates, residents and family members across the Asbury organization. As you have likely heard, the federal government, as well as the states Asbury operates in, have started announcing reopening plans. While each of the plans has a different name, they all share common themes:

- The paths to reopening must be gradual, steady, and responsible for prioritizing the health and safety of all citizens.
- Reopening plans are road maps, not calendars, because the virus will dictate the speed based on the flattening of the curve.
- Everyone must act responsibly by following guidelines for hand and cough hygiene, social distancing, and wearing masks and other protective equipment as recommended.

Keep in mind that reopening is not like turning on a light switch. Think of it as slowly turning up a dimmer switch. The process will take weeks, and months in some areas, as we adjust to a new normal. Stay tuned for a communication next week with more information specific to our community.

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 we serve." Examples include:

- As if by magic, [associates on our dining team](#) have become elves, delivering grocery parcels and meals door-to-door throughout the entire building and to each cottage. The real beauty of their inspired work is their attention to detail. Not long after the home deliveries started, residents began getting extra treats and desserts added to their meals. Then cute little hand-written notes, drawings and origami -- each one unique and special to the resident who receives it. Together the team does much more than cook and deliver food: they delight in creating smiles for residents!



- Inspirational messages are popping up all across our beautiful grounds! Like this one:



Two Weeks of Celebration

You may know that we just wrapped up **National Nurses Week**. We hosted several events across the community to lift up our nurses, and [rolled out the red carpet and shared signs of gratitude](#). We are thankful for their extraordinary work especially during this pandemic. This week, the celebration continues with Nursing Home Week, and we will continue to focus on the outstanding team we have here!

Read More Stories About Asbury 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.

Recurring Reminders:

- **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 970. 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 today, May 15.



- **Opportunities to be Active:** We've had some spectacular weather in recent days, creating opportunities for residents to get out and about on some of our walking paths. 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. We also encourage and provide opportunities for residents to get exercise. We offer 13 exercise classes on in-house TV channel 970 each week. Classes are led by members of our Wellness Team. 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.
- **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 to schedule.

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

We appreciate your patience and understanding during this unprecedented time.