

## A message from the Executive Director

September 11, 2020

Dear Residents, Family Members & Associates,

Our journey through the COVID-19 pandemic is continually evolving and is driven by the latest science-based protocols and public health guidelines. Our team here at Asbury Solomons has been hard at work in determining how to safely phase in reopenings. I am pleased to announce today that we have achieved the required Maryland Department of Health guidelines and will be reopening our Assisted Living neighborhood for in-person visits, offering small-group wellness opportunities and reopening the dining area for those who would like to enjoy the Assisted Living community dining room. Please see details below.

### Planning for an in-person visit in Assisted Living

- **In-person visits begin on Monday, September 14.**
- Bring a mask and wear it properly when on campus.
- Read and complete the screening and visit attestation form upon arrival to the Asbury Solomons Community Center at 11100 Asbury Circle.
- Complete the screening process at the Community Center reception area 15 minutes before your scheduled visit.
- Visitors will walk through the Community Center to Assisted Living where Asbury associates will greet will escort you to meet your loved one in their home.
- Have a seat in the designated chair and follow the physical distancing protocols in place.
- Visits are 45 minutes in length to allow for cleaning and preparation for the next visit.
- Visitors will be issued a pendant to be used to contact Assisted Living associates during the visit.
- Visitors will use the pendant to be escorted to the public restroom as necessary.
- Visitors will always maintain at least 6 feet of distance during the visit.

- A maximum of 2 visitors are permitted per visit.
- **Daily Assisted Living visiting hours are as follows:**
  - 9:00 - 9:45 a.m.
  - 10:00 - 10:45 a.m.
  - 3:00 - 3:45 p.m.
  - 4:00 - 4:45 p.m.
- **Scheduling a visit:**
  - To schedule a visit, **contact Nurse Manager Vicky Balderson at [vbalderson@asbury.org](mailto:vbalderson@asbury.org) or at 410-394-3484.**

## Wellness opportunities

- **Assisted Living residents are invited to participate in small group opportunities beginning on Tuesday, September 15.**
- Group opportunities will take place in the Community Room or Dining Room.
- Residents and associates will wear masks at all times, and hand hygiene best practices will be followed.
- Physical distance of 6 feet will be maintained, and group opportunities set up will feature areas designed for the appropriate distancing.
- Residents will be escorted by associates to and from each opportunity.
- Opportunities will be offered three days each week at two times, one in the morning at 11:00 a.m., and again in the afternoon at 1:15 p.m.
- Residents will be invited to each opportunity personally by a wellness assistant.

## In-person dining

**Beginning on Monday, September 14, we will be offering dining in the Assisted Living dining room.** We will continue our daily meal delivery and our offering in-person dining for resident choice and flexibility.

- The Dining team will continue to deliver hot meals for breakfast (7 a.m.), lunch (Noon), and dinner (5 p.m.), to those who would like to continue having meals in their home.
- Dining associates will take meal orders from residents about 30-45 minutes prior to each noted meal time, and they will check with each resident for their preference for where they would like to dine – either in their home or in the dining room.
- Depending on the resident's choice, dining team associates will prepare and either deliver the meal to their home, or serve it in-person in the dining room.

- For those who would like to dine in-person, please know that the dining area is capped at 50% capacity to ensure physical distancing is maintained. If there is demand for in-person dining that exceeds 50% capacity, arrangements will be made to accommodate the resident's choice.
- Additionally, we will have a variety of healthy options and snacks in our "always available menu" in the Assisted Living dining room from 7:30 a.m. to 6:30 p.m. every day.

As a result of these positive changes in our Assisted Living neighborhood, we have increased our cleaning and sanitizing processes to cover the areas now opening and, in some cases, are increasing staffing to ensure we are serving all in ways you've come to expect and deserve.

Please note that these updates and reminders are also included on our community operations site, [asbury.org/asbury-solomons/resources-events/family-friends](https://asbury.org/asbury-solomons/resources-events/family-friends).

If we should regress or if we encounter a new positive COVID-19 case at our community, we will revert to previous measures and we will communicate that change with you.

Thank you for your support as we move into the next phase of reopening. Stay well, and we look forward to seeing you soon!

Sincerely,

Kelly Smith Friedman, LNHA  
Executive Director



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