

This message is going to associates, and to residents and family members on our community distribution list.

A Message from the Executive Director

September 18, 2020

Dear Residents, Family Members & Associates,

I love to experience the transition from summer to fall. We can already see some of the leaves changing colors on the trees across our campus, and early mornings have a crisp, cool feeling and now require a jacket or sweater.

I am excited about some of the transformations occurring on our campus, too. We are slowly phasing in reopenings or other opportunities here at Asbury Methodist Village as we navigate the safest ways in which to do so that are in line with the appropriate local and federal guidelines and requirements. Thank you for your continued patience and support during this unprecedented time. I always work to remember that this pandemic is a marathon, not a sprint! Please read on for some of our latest updates and highlights across our community

Time for Flu Shots

This year, more than any other, it is important that we all receive a flu shot.

The resident flu clinics are scheduled for the following days, times & locations:

- Tuesday, September 29, in Hefner Auditorium, 9 a.m. – 3 p.m.
- Wednesday, September 30, in Parker Hall, 9 a.m. – 3 p.m.
- Thursday, October 1, in Hefner Auditorium, 9 a.m. – 3 p.m.

Asbury Home Services is managing the Clinic again this year, and we are partnering with Giant Food Pharmacy who is providing the high-dose vaccine. Every precaution will be taken as all CDC guidelines are followed. Masks must be worn, physical distancing will

be practiced, and those administering the shots will be donned in personal protective equipment (PPE) for your safety. Also, to reduce the wait time, residents are encouraged to complete the consent forms prior to coming to the clinic. Click to open following forms: [Pharmacy Consent Form](#); [Additional Vaccine Form](#). Hard copies will be placed by campus mail cubbies.

Finally, the vaccine is covered by most insurances. We know that there are many residents with Kaiser Permanente insurance. Kaiser will not cover the cost of the vaccine administered through the AMV Flu Clinic. However, those covered under Kaiser may prefer to receive the vaccine through the AMV clinic instead of leaving campus for a Kaiser participating physician. The out of pocket cost for the vaccine is \$82. Payment may only be made via check to Giant Pharmacy. However, there will be a discount card on hand that may lower the cost by \$15-\$20 dollars.

Want to learn more? Watch the AVTV-produced program dedicated to the Flu Clinic at youravtv.com/flushot.htm. You may call Kevilin Prah with Asbury Home Health at 301-216-4046.

Important & timely community updates

Please note that these updates and reminders are also included on our community operations site, Asbury.org/asbury-methodist-village/resources-events/family-friends:

Visitors and Caregivers Must Screen In

The new indoor screening process has begun, and we welcome visitors and caregivers to be screened in any building lobby. We have a large campus, with many entrances to buildings. Visitors and caregivers are asked to enter through main entrances where they will be screened. If your visitor or caregiver reaches your home without being screened, please direct them immediately back to the lobby. To expedite the screening process, visitors can complete the screening questionnaire using their smartphone. That website is bit.ly/AsburyEntryPass. For more information, please call Stephanie Sabine, Resident Services Manager, at 301-216-4337.

Dining Venues Reopening

The dining team looks forward to welcoming residents back to campus dining venues and The Shoppe beginning Wednesday, September 23. They have been diligently working to prepare and are putting every safety precaution in place. Please contact Dan Keiper with questions at 301-216-4346 or dkeiper@asbury.org. **For all venues, no cash will be accepted.** Payment can be made via POS card, credit card,

and for associates, payroll deduction.

Reservations are required for all dining rooms and the Blue Note Café. Reservations are not required at the Russell Avenue Café.

Crawford Dining Room: 301-216-4711

- Dinner (Mon. – Sat.) 4 p.m. – 6:30 p.m.
- Sundays/Holidays 11 a.m. – 2 p.m.

Hefner Dining Room: 301-216-4713

- Lunch (Mon. – Sat.) 11:30 a.m. – 1 p.m.
- Dinner (Mon. – Sat.) 4 p.m. – 6:30 p.m.
- Sundays/Holidays 11 a.m. – 2 p.m.

Blue Note Café: 301-216-5010

- Daily 11:30 a.m. – 7 p.m.

Park View Dining Room: 301-216-4735

- Dinner (Mon. – Fri.) 5 p.m. – 7 p.m.

Russell Avenue Café- Reservations not required: 301-216-4167

- Hours of operation: Monday through Friday 7 a.m. - 9 a.m. and 11 a.m. - 1 p.m. and Saturday and Sunday 11 a.m. - 1 p.m.
- Menu: Grab-and-go carry-out selections to include burgers, hot dogs, steak-and-cheese, tater tots, various salads, deli sandwiches, yogurt, snacks, fruit and desserts. Only bottled beverages will be offered. Coffee will be poured via air pots by the cashier.

The Shoppe: 301-987-6243

- Monday through Friday 10 a.m. - 3 p.m.
- Delivery service will no longer be available after September 22.
- A limit of 5 shoppers at a time. There will be a waiting area.
- Masks covering your nose and mouth must be worn.

Thank you to all who volunteered to deliver grocery items from The Shoppe to resident homes over the past several months! A devoted team of residents coordinated daily deliveries, and I know it was appreciated by residents and the AMV

dining team.

The Fitness Center and Pool Set to Reopen Monday, September 21

All activities will be monitored by wellness associates and safety precautions strictly enforced. The locker room will only be available for pool participants and limited to two persons at a time. The bathroom on the far side of the performing arts center will be available for the fitness center participants. Masks are always required except for swimmers/water walkers in the pool area. Further safety instructions will be provided by the wellness staff. Questions should be directed to Belinda Degboe at bdegboe@asbury.org or 301-987-6444.

Fitness Center

Registration and initial assessments were completed this week for participation in the small-circuit training groups. There will be a limit of 5 participants in each group, held 3 times a day, Monday through Thursday. This will run until October 29th. Reservations are required.

Pool

The pool will be open for lane swimming or water walking. There will be 4 lanes available for 6 times slots each day Monday through Friday. Registration opens tomorrow.

Turning up the Heat

With 40-degree overnight temperatures forecast in the coming days, it's a reminder that fall is nearly here. In preparation, the heat will be turned on and available in the Heritage Buildings and the Wilson Health Care Center today, Friday, Sept. 18th. In the event it is needed, it can be switched back to A/C, and then back to heat.

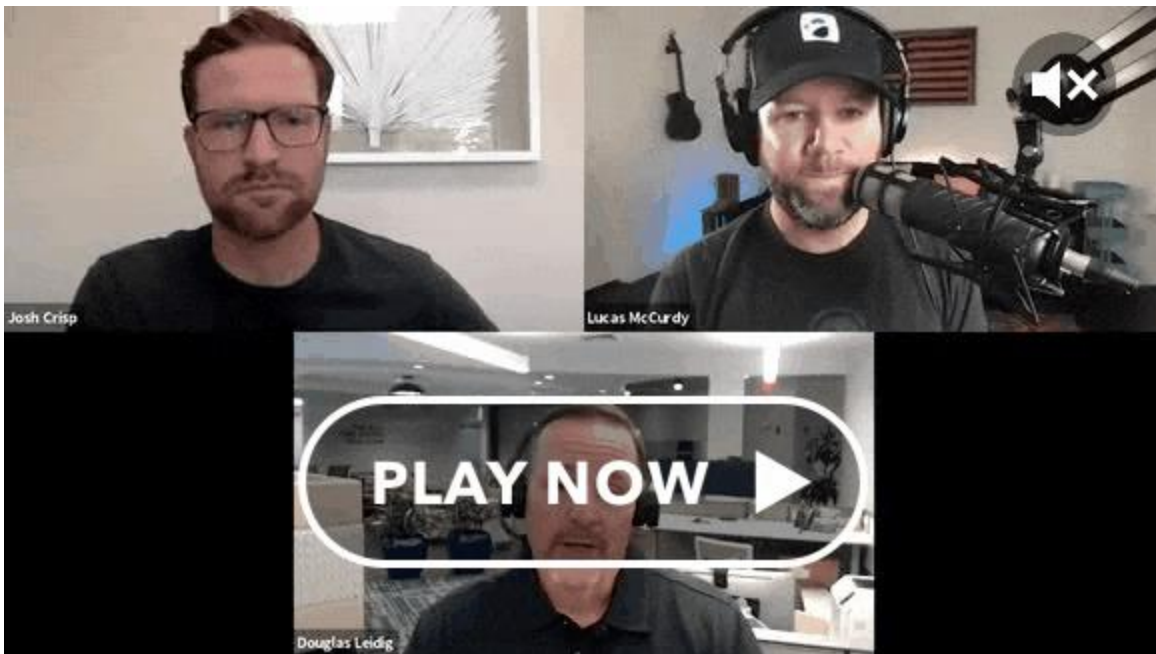
Bridge and other Games

We are receiving many requests to bring bridge and other games back to common areas. Most games do not allow for physical distancing and necessitates the passing of cards or game pieces. For the safety of all, AMV cannot support these activities at this time.

Stream Restoration

The stream restoration project is progressing on schedule. To see the latest update, click this link. youtube.com/watch?v=l8U_QHs1lyc.

Asbury CEO on his Passion & Career Journey



As part of Asbury’s recent Great Place to Work re-certification, 89 percent of associates said their work has special meaning – and that certainly includes President & CEO Doug Leidig. Doug recently appeared on a senior living podcast hosted by Bridge the Gap and shared some powerful words about his early start in this field and the profound meaning he finds in our Mission.

Among the topics Doug discusses on the 20-minute podcast, he shares that when he was just 12 years old, as a paperboy delivering newspapers at a retirement community, his route would take him twice as long to complete because he would sit and talk with residents. This is when, Doug says, he first started to have an interest in senior living. Just four years later, he was serving as a nursing aid which solidified the passion for his career journey.

- Click the image above to watch the podcast
- [Or, you can listen to Doug’s full 20-minute interview here](#)

We are all in this together. Thank you for your continued understanding and cooperation. We are #AsburyStrong!

Sincerely,

Michele Potter

Executive Director



201 Russell Ave.

Gaithersburg, MD 20877

O: 301-216-4038

www.Asbury.org

www.facebook.com/asburymethodistvillage

www.twitter.com/asburycomm

