



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

September 18, 2020

Dear Residents, Family Members & Associates,

Asbury Place Kingsport is a great place 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.

While we move into a new season and may get antsy for what's coming next at our community, we must always navigate the safest approach to any phased-in reopening, and to do so 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.

Updates and reminders

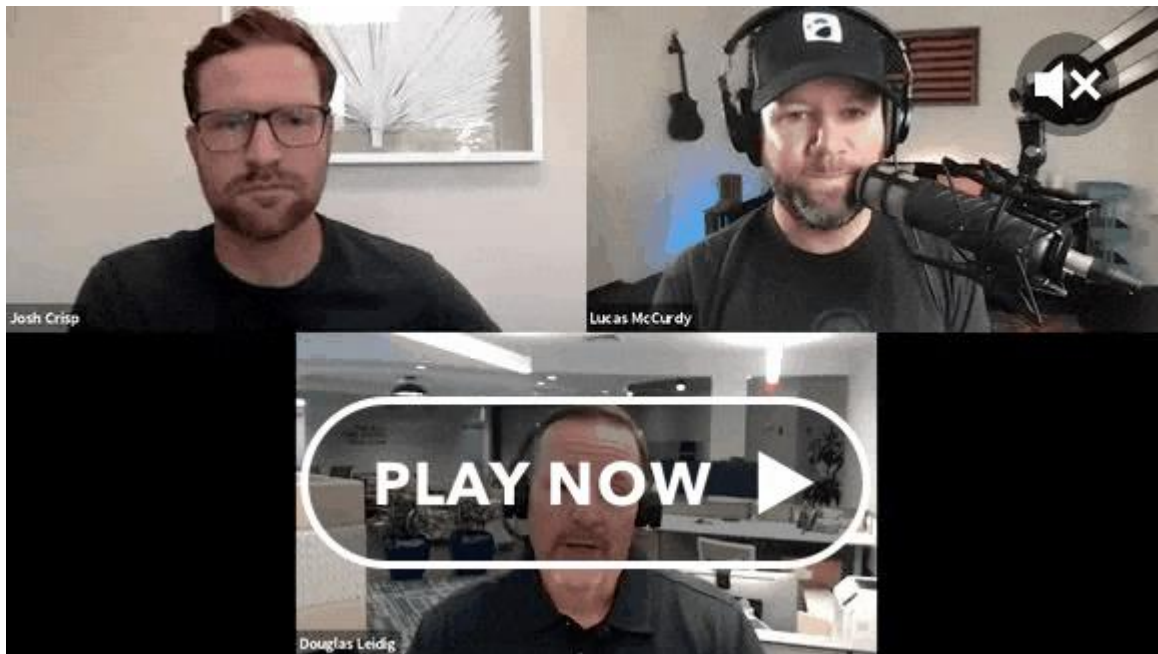
Please note that these updates and reminders are also included on our community operations site, [Asbury.org/asbury-place-kingsport/resources-events/family-friends](https://www.asbury.org/asbury-place-kingsport/resources-events/family-friends):

- **Our campus visitation is being guided by public health and state and local guidelines.** These include Governor Lee's thresholds for visitation to senior communities, which are set at no more than 10 new cases per 100,000 people in the county. See [Tennessee's Epicurves page](#) for current county information. More details can be found in the Campus Reopening section on our [Friends & Family page](#).
- **Yesterday, you may have seen that the State of Tennessee released updated visitation guidelines.** We are reviewing these guidelines and, as we are able, will safely phase-in and implement once we have reached the necessary milestones. We will share updates as appropriate. If you would like to

see what the state released, please click the following links: [Visitation](#) and [Activities/Dining](#).

- **Reminder About Screening & Safety Measures:** We all have a responsibility to support and protect each other. All persons entering our community will follow our screening procedures, which includes a temperature check and questionnaire. All residents, associates, and visitors are required to wear a mask on campus and to practice physical distancing.
- **As a reminder, all COVID-19 data is updated daily on the Asbury COVID-19 Response and Communication webpage at [Asbury.org/COVID19](https://www.asbury.org/COVID19).** You can find the daily status charts in the first blue button on the side bar.

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](#)

Health & Wellness -- Keep Your Eyes Sharp With These Foods



Be sure to incorporate eye-healthy foods -- like blueberries, apricots, and lots of dark, leafy greens like spinach or collard greens or kale -- in your diet to help protect your vision. And be sure to wear a good pair of sunglasses when outside to prevent cataracts. As we move to a more virtual world, be sure to incorporate the 20/20/20 rule. Every 20 minutes, redirect your focus to something off the screen for 20 seconds to allow your eyes to rest and refocus.

Congrats to Several Kingsport associates!

Congratulations to several Asbury Place Kingsport associates!

Michelle Robinette, RN, was recently promoted to RN Supervisor at the Baysmont House at Kingsport.

These associates who serve in the Steadman Hill neighborhood at Kingsport recently earned their CNA licenses:

- **Brandi Roberts**
- **Danielle Dunn**
- **Rebecca Turner**
- **Carolyn Gentry**

We'd also like to lift up **JoAnna Mobley**, RN, who recently earned her Bachelor of Science degree in Nursing.

We are so proud of these associates and their commitment to professional development.

Here's a GEM! - review



All across the Asbury system, we lift up associates with GEMs, which stands for associates who Go the Extra Mile! GEMs are given for a job well done from associate-to-associate. So far this year we have had dozens and dozens of GEMs given at our community and today we want to lift up a special one for **Mary Smith, Dining Attendant:**

“Mary is loved by the residents, she knows exactly what they need each day! The residents give her many compliments.” - Sallie West, Director of Dining

Message of Appreciation

Nearly 240 messages of thanks from family members and residents have come in for associates across the Asbury system in recent weeks. We are so appreciative of those messages, like an excerpt from one below by two residents.

"The kitchen and dining staff here at Asbury Kingsport, during these pandemic months, have been outstanding. Not only have the meals been ample and varied, they have been delivered promptly, efficiently, with heart-warming messages and pictures, and also presented with warmth and caring. We feel very fortunate to be in a place where we can always count on meals and hospitality."

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!

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

© 2020 Asbury Place.

Asbury Place Maryville, 2648 Sevierville Road, Maryville, TN 37804.

Asbury Place Kingsport 100 Netherland Lane, Kingsport, TN 37660

You receive this new sletter because you have opted to receive Asbury Place new s.

You may [unsubscribe](#) anytime.