



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 Maryville 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

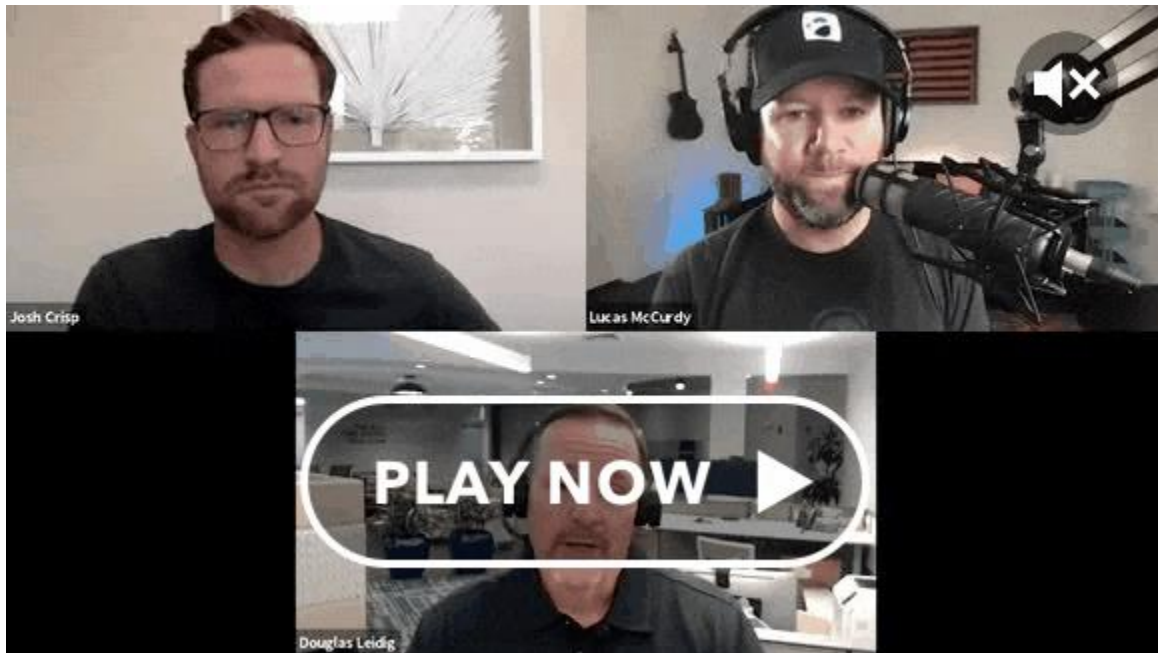
Please note that these updates and reminders are also included on our community operations site, [Asbury.org/asbury-place-maryville/resources-events/family-friends](https://www.asbury.org/asbury-place-maryville/resources-events/family-friends):

- **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. Our current visitation details are listed 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](#).

- **Wellness Services:** The Wellness Center is currently closed, but phased reopening plans are being developed. Walking trails are open! Exercise classes are being held several times a week; other programs and events are being held via Zoom. Outdoor fitness classes are being phased back in with appropriate distancing and masking, and we are scheduling one-on-one consultations. For a current schedule or more information call Rebekah Roberts, 865-738-2812, [rroberts@asbury.org](mailto:rroberts@asbury.org).
- **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



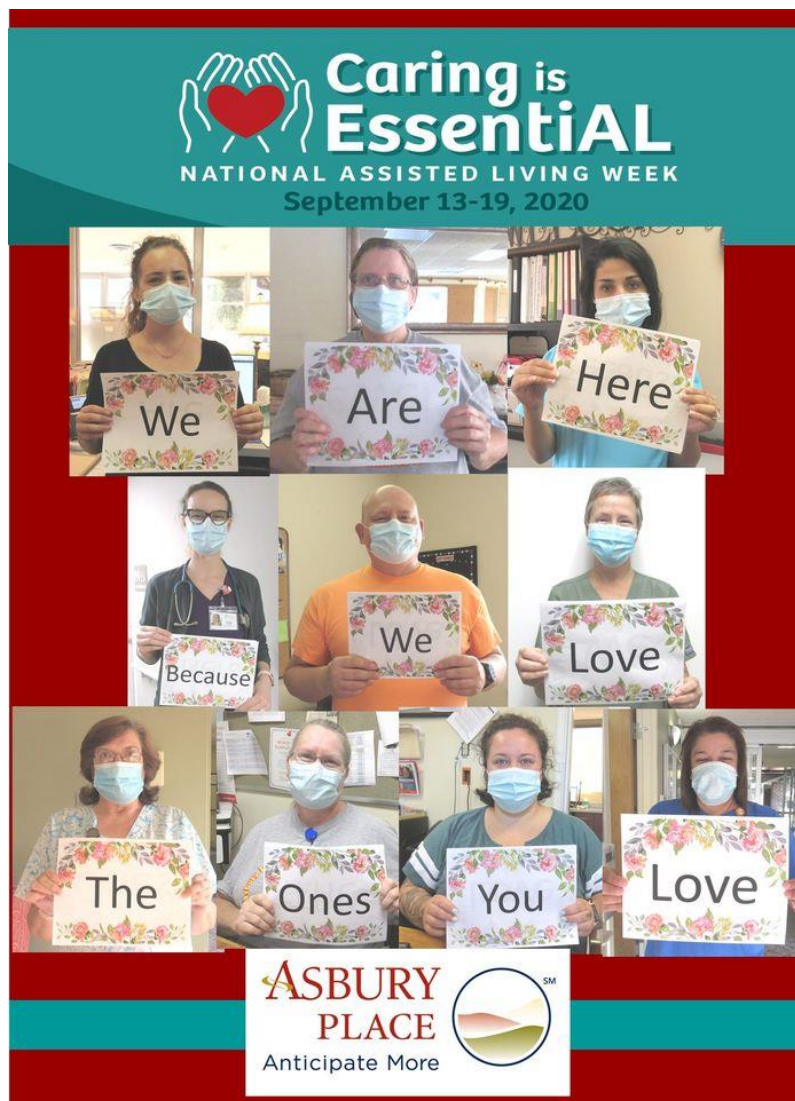
As part of Asbury's recent Great Place to Work re-certification, 89 percent of associates said their work has special meaning – and that certainly includes President & CEO Doug Leidig. Doug recently appeared on a senior living podcast hosted by Bridge the Gap and shared some powerful words about his 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](#)

## Happy National Assisted Living Week!



Check out this fun reminder our associates in the Assisted Living neighborhood created for #NationalAssistedLivingWeek!

Lifestyles Coordinator **Ivey Williamson** adapted the idea to create signs for National Assisted Living Week after seeing a similar photo online. Ivey also printed out hearts for residents to write notes for staff, and will display them in the near future. Thank you for honoring our mission to serve and do good.

## 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.

## Here's a GEM!



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 **Justin Cramblitt**:

**"This employee is a team player. He is always willing to help out his coworkers. He is great with our Assisted Living Residents. He is a master of 'listening.' This has enabled him to be able to communicate with each resident in a meaningful and**

**caring way. He never passes a resident in the community without acknowledging them. He truly exemplifies 'Person Centered Care.' He is a GEM!" -- Jama Scarlett Lancaster, Receptionist**

If you'd like to submit a GEM for one of our associates, please click [here](#) to do so!

## **Messages 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 the one below from a family member:

**"I would like to thank all of the individuals for the special care they have given my father during this time of COVID-19. I receive updates on him and realize the he could not have been placed with a greater group of people. Thank you so much for what you do, your hard work never goes unnoticed."**

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!