

A Message from the Executive Director

September 18, 2020

Dear Residents, Family Members & Associates,

The transition of seasons from summer to fall means change is in the air. Change is also coming to how we screen associates and visitors at our community. We shared earlier this week about our new screening process that leverages technology in order to provide a more efficient way to greet and safely welcome you to Asbury Solomons. I am looking forward to this Sunday when we go live with this new approach -- it will save time and paper, and follows the best practices we've established in performing screenings over the past several months.

As a reminder about the new screening process, please click the following links to read the original messages we sent out that include all the details you need to know. Thank you!

New screening process beginning Sunday, Sept. 20:

- [Screening process for residents, family members and visitors](#)
- [Screening process for associates](#)

Updates and reminders

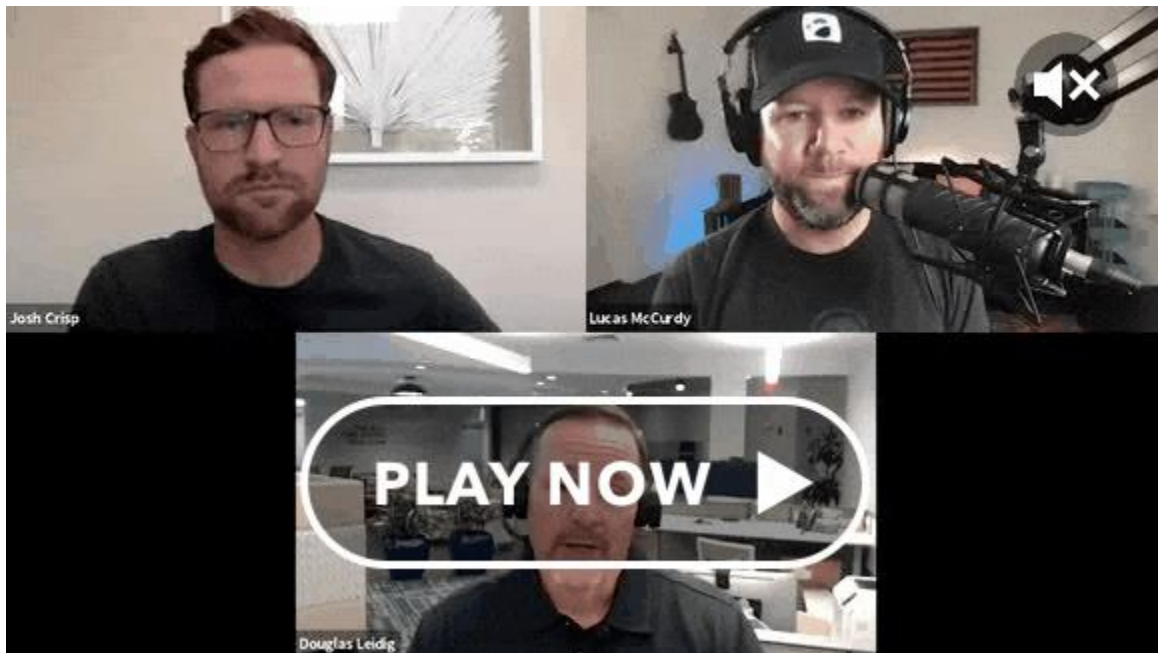
Please note that these updates and reminders are also included on our community operations site, [Asbury.org/asbury-solomons/resources-events/family-friends](https://www.asbury.org/asbury-solomons/resources-events/family-friends):

- Our campus has begun to slowly ease visitation restrictions in line with public health and state and local guidelines, but our health care center remains closed to in-person visits. See visitation details in the Campus Reopening section on our

[Friends & Family page.](#)

- **Dining Update:** Our Residential Living dining venues are currently closed, but phased reopening plans are being developed. Daily menus continue to be provided for residents, offering a wide range of fresh meal options that are delivered contact-free, and free of charge, to their doors. Assisted Living community dining has re-opened with appropriate physical distancing, masks, and sanitation measures in compliance with CDC and Department of Human Services guidelines. Residents who would prefer to continue having their meals delivered to their apartment may do so.
- **Fitness Room Reopening:** We are excited that the Fitness Room is now open. Use of the Fitness Room will be available by appointment only Monday, Wednesday, and Friday for 45-minute sessions. Appointment times are 8 a.m., 9 a.m., 10 a.m., and 11 a.m. Residents can reach out to Genna Lee to make an appointment each Friday between 8 a.m. and Noon.
- **As a reminder, all COVID-19 data is updated daily on the Asbury COVID-19 Response and Communication webpage at 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.

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. So far this year we have had dozens and dozens of GEMs given at our community and today I want to lift up a special one given to **Micaela Lynch, Security Guard**.

"Micaela is a fairly new addition to our team. She is always offering to assist in any way possible, frequently seeking out extra things to do. Micaela has taken on counting all the screening sheets every night she works so that we may enter the information into our Quality Assurance & Performance Improvement (QAPI) spread sheets. That had been a time consuming task for the Human Resources Director and me. I am incredibly grateful for Micaela's assistance and her dedication to the team. Way to go Micaela!" - Heather Jacobs, Services Liaison and Security Manager

Sharing a Note of Appreciation we Received

Nearly 240 messages of appreciation have poured in recognizing Asbury associates over the past few months. Today, I want to lift up a special one from two residents:

"This thank-you goes far and wide. We are in the phase we are (thanks) to all the good decisions and hard work everyone has put in. Thank you all so much for caring as much as you all do. We are so happy we made the decision to move here seven years ago."

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!

Thank you to all visitors for so carefully following all elements of our visitation policy. We hope to see you soon. We are all in this together. Thank you for your continued understanding and cooperation. We are #AsburyStrong!

Sincerely,

Kelly Smith Friedman, LNHA
Executive Director



11100 Asbury Circle
Solomons, MD 20688
O: 410.394.3030

www.AsburySolomons.org

