

Let Your Life Shine...Brighter Together! ✨
**NORMANDIE
RIDGE**

A Message from the Executive Director

September 20, 2020

Dear Residents & Family Members,

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.

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 many of these updates and reminders are also included on our community operations site: <https://www.normandieridge.org/friends-family/>.

We are pleased to share that we are gradually entering reopening conditions as established by the Commonwealth of Pennsylvania. Personal Care and Memory Care will begin scheduling for outdoor visits on Monday, Sept. 21. Families may contact Amanda Woods to schedule a visitation time at either Amanda.Woods@AlbrightCare.org or by calling 717-718-2908.

Planning for a visit to Personal Care/Memory Care:

- Please do not visit if you are ill – refer to screening form used upon arrival.
- Please bring and wear a mask when on campus.
- Screen in at the Normandie Ridge front entrance 10 minutes before scheduled visit.

- Please limit the number of visitors to 2 per visit.
- You will be directed and accompanied by a staff member to the outdoor visiting area.
- Both the resident and visitor must sanitize their hands.
- Visitor and resident must remain 6 feet apart for the entire visit.
- Visits are 30 minutes in length to allow for cleaning and preparation for the next visit.

Health Care Neighborhoods

Visitation for Nursing Care has been temporarily suspended. See our [Skilled Nursing Implementation Plan for Reopening In Accordance with the Pennsylvania Department of Health.](#)

Don't Be a Turkey. Give a Turkey!



Normandie Ridge residents and their families are invited to participate in the Turkey Dinner Fundraiser. You can help our wonderful staff celebrate Thanksgiving with the gift of a full turkey dinner! [Click here to download a form to make a donation.](#) Or you may request a printed form by calling the receptionist at Normandie Ridge at 717-764-6262.

Deadline Extended to Sept. 22: Have a Great Photo, Painting or Poem to Share?



Above is one of many great photos we've seen this year of Normandie Ridge in action. It's photos and other great visuals like this that we're looking for to show off the best of Normandie Ridge in a possible submission for the LeadingAge PA 2021 calendar. **The submission process for 2021 begins soon and we need your help!** This year, LeadingAge PA is celebrating health care heroes and their accomplishments. The 2021 calendar will feature the lives and experiences of staff and residents who supported one another throughout this unprecedented year. **Do you have something you'd like to share for a possible submission?** We are asking residents, family members, and associates to submit their artistic interpretations of health care heroes.

Submissions can include:

- Paintings
- Drawings
- Photographs
- Mixed media
- Poetry
- Written prose

To submit an entry or if you have questions, please contact Graphic Designer Rachel Mitchley at Rachel.Mitchley@albrightcare.org or call her at (570) 522-3859. Submissions are

due no later than Tuesday, Sept. 22. Thank you for supporting RiverWoods' health care heroes! LeadingAge PA has been serving non-profit senior service providers as the primary source of advocacy, networking, news and education since 1963.

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.

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

Sincerely,

Lauren Dieter, NHA MBA

Executive Director

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