



A Message from the Executive Director







October 2, 2020

Dear Residents, Family Members & Associates,

We've heard the experts and seen the facts about masks and its role in preventing the spread of COVID-19, especially when combined with other everyday preventive actions. We've seen campaign after campaign on TV or billboards reminding us to "Mask Up!" So, it gives me great pleasure to say that no additional mask-wearing reminders are needed here at Asbury Solomons. Residents, associates, families and visitors have been so great in making sure to "Mask Up" when entering or traveling about our community.

Masks have become a central part of our lives for months now. Today, picking out a mask each morning goes right along with picking out what shirt we're going to wear! Thank you for continuing to put on and wear your masks as part of your routine. It is crucial that we continue to do so while we're here at the community, out and about running errands or wherever our days may take us.

I want to share a few reminders today about proper mask-wearing. I saw a few really neat and helpful graphics from the CDC recently and I wanted to share those with you. Please keep the following in mind:

DO choose masks that	DO NOT choose masks that
 <p>Have two or more layers of washable, breathable fabric</p>	 <p>Are made of fabric that makes it hard to breathe, for example, vinyl</p>
 <p>Completely cover your nose and mouth</p>	 <p>Have exhalation valves or vents, which allow virus particles to escape</p>
 <p>Fit snugly against the sides of your face and don't have gaps</p>	 <p>Are intended for healthcar workers, including N95 respirators or surgical mas</p>

And, when wearing a mask, make sure you wear it correctly:

Do NOT wear a mask

			
Around your neck	On your forehead	Under your nose	Only on your nose
			
On your chin	Dangling from one ear	On your arm	

Thanks for wearing your mask (and showing off your mask style) appropriately. Oh, and in case you're ever wondering: Yes, even behind our masks, we're wearing smiles!

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-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 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](#).

- **Residential Living Visitation Update:** We have shared before what Asbury President & CEO Doug Leidig has said: “Reopening is not like turning on a light switch. Think of it as slowly turning up a dimmer switch.” Well, moving the dimmer switch here at Asbury Solomons has intentionally been slow and steady, and I recently announced that we have increased our visitation opportunities in Residential Living. [Click here to read the announcement](#).
- **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.
- **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.

A Walk to Remember: Coming Together for a Walk to End Alzheimer's



Last week, our community came together for a reimagined Walk to End Alzheimer's. More than \$5,500 was raised towards advancing care, support and research around the world. To kick off the event, Executive Director Kelly Friedman ran 3 miles. Wellness

Director Dennis Poremski served as master of ceremonies for the virtual opening ceremonies for the Southern Maryland Walk to End Alzheimer's.

“My commitment to the cause of a world without Alzheimer's' only grows each year,” Dennis said. “Asbury Solomons is a proud sponsor and host to the Walk to End Alzheimer's. We are so grateful for the enthusiastic participation and incredible generosity of the Asbury Solomons community and Team Asbury Solomons.”

While the annual event wasn't open to the public, in line with other physical distancing requirements, residents and associate showed up to showcase their support. The community had 57 walkers who together walked 65 laps around the campus.

“It's important because we're raising money for Alzheimer's research and ultimately to create a world without Alzheimer's,” said Genna Lee, Wellness Professional. “It's very personal for a lot of people.”

Health & Wellness -- Wellness & Connection During COVID-19

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Dennis Poremski

We're happy to share that Bethany Village Wellness Director Justin Margut and Asbury Solomons Wellness Director Dennis Poremski teamed up for a guest column in a national publication, [McKnight's Senior Living](#), where they wrote about resident wellness and connection in the time of COVID-19. One of the topics they touched on is: Finding the silver linings amidst the challenges presented by the pandemic. They, like all Asbury community wellness teams, did just that by using technology and doubling down on the use of it to do virtual classes and more. [Read what Justin and Dennis had to say, click here.](#)

Asbury Moves up on Annual Ranking of Largest Providers

Asbury Communities has moved up a spot in the 2020 list of the largest not-for-profit senior living providers. Asbury is now the 16th largest provider in the United States. The rankings were revealed in this year's LeadingAge Ziegler 200 report, which analyzes and ranks the nation's 200 largest, most complex not-for-profit senior living provider. [Read more here.](#)

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 **Mary Feeney, Certified Med-Aide.**

"Came in on her day off to help out and worked the floor as an aide. Was a breath of fresh air singing, dancing, and spreading joy to all residents and staff. I don't know what we would do without her. Team player. " - Felicia Schreiner, Nurse, LPN

Recognition



Congratulations to DeeDee Williams, Director of Nursing, for earning a top area award!

The Healthcare Council of the National Capital Area recently announced its annual Employee of the Year Awards. Dozens of remarkable recipients from a variety of locations across the Washington, D.C. metro area were recognized, including three Asbury associates. Above, I hand Asbury Solomons Director of Nursing DeeDee Williams her award during the virtual ceremony. DeeDee was nominated by me and HR Director Tami Radisch and she was ultimately selected for her role on several standout initiatives:

"Over the past year, DeeDee has made numerous changes within the skilled nursing department from relocating the nurse's station and her office to improve resident access, educating associates, to increasing awareness of person-driven services. ... DeeDee ensures the Asbury Solomons healthcare center contributes to the campus' financial sustainability through close monitoring of clinical systems."

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

Sincerely,

Kelly Smith Friedman, LNHA
Executive Director



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