



This message is going to Assisted Living and Health Care Center residents and family members who have opted to receive communications from APK.

Nov. 12, 2020

Dear Residents and Family Members,

As the leaves begin to fall, the daylight gets shorter, and the days colder, our focus begins to turn toward the upcoming holiday season here at Asbury Place Kingsport. In our planning for these festive days, we still have one primary goal above all else: the health and safety of those who live and work here.

I believe it is safe to say that Thanksgiving, Christmas and New Year's Day will all look different this year, not unlike the entirety of 2020. While we encourage you to make plans for enjoying the holidays, our current policies on gatherings and visitation will remain the same. As difficult as this is to say, it's our reality, and we must remain committed to being as safe as possible. Together, we have come so far and our diligence is as important now as ever. We are not safe from the virus, and the crisis is not over.

Despite the challenges, we are finding creative ways to prepare for the holidays, and look forward to providing festive menus and decorations for all to enjoy, as well as some physically-distanced celebrations throughout the holiday season.

I also want to take a minute here to lift up some questions I've received from family members about bringing a loved one off campus and to an outside home

for the holidays. We do not support this approach, as it is not in line with the health and safety measures we have here at our community, and it's also not in line with what the Asbury Communities Clinical Team, which takes its guidance by the CDC, CMS and other government agencies, would recommend.

I know this has been a tough year, and the holidays will be just as tough. However, if residents leave the campus, then we lose all custody of transmission-based precautions and run the risk of them returning having been potentially exposed and now a possible carrier of the coronavirus. This would then require us to isolate these residents who leave upon return for 14 days. I also think it's important to note that our campus is safer than the larger community outside our grounds. Through Sept. 30, of the nearly 1,500 COVID-19 tests performed here at Asbury Place Kingsport, the positivity rate is 0.3%. The national average is 7.0%, according to the CDC. Additionally, residents who leave the community not only put themselves at further risk, but also increase the risk for their fellow residents for the associates who serve them.

To help with your holiday planning, the CDC has many things to consider. You can [find the full list here](#), and below I've highlighted a few that I think are important to note:

- Celebrating virtually or with members of your household poses a low risk for spread. In-person gatherings pose varying levels of risk.
- Higher levels of COVID-19 cases and community spread in the gathering location, as well as where attendees are coming from, increase the risk of infection and spread among attendees. You should consider the number and rate of COVID-19 cases in their location and in the area where they plan to celebrate when considering whether to attend a holiday celebration. Information on the number of cases in an area can be found here: www.tn.gov/health/cedep/ncov.
- Gatherings with attendees who are traveling from different places pose a higher risk than gatherings with attendees who live in the same area.

- Outdoor activities are safer than indoor activities. If participating in an outdoor event is not possible and you choose to attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.
- Check with the event host, organizer, or event venue for updated information about any COVID-19 safety guidelines and if they have steps in place to prevent the spread of the virus.
- Bring supplies to help you and others stay healthy. For example, bring extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues.
- If you are planning to attend in-person holiday gatherings with people outside of your household, consider strictly avoiding contact with people outside of your household for 14 days before the gathering.

Please keep in mind that each and every one of us has an obligation to exercise personal responsibility for ourselves, for our families, for those who serve us and for our neighbors. As a reminder, all COVID-19 data is updated daily at [Asbury.org/COVID19](https://www.asbury.org/COVID19). Additionally, community updates and reminders are also included on our community operations site, <https://www.asbury.org/asbury-community-visitation-and-reopening-plans>.

Thank you for your continued commitment to safety and for abiding by the precautions we have in place. I think the biggest gift we can give each other this year is that of health and safety. I wish you a happy holiday season and hope that you are able to make it memorable.

Sincerely,

Robin Stern
VP of Operations



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