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## A Message from the Executive Director

Nov. 6, 2020

Dear Residents, Family Members & Associates,

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 Solomons. 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.

We have all worked so hard to combat COVID-19, and as a result we have been able to slowly reopen through visitation, wellness, housekeeping, maintenance, and transportation opportunities. We are now planning for the holiday season, from decorations to campus events featuring physical distancing. At our community, I'm happy to share that one tradition we're planning to continue is our Community Christmas Celebration. Stay tuned for news of the coming festivities on the evening of December 9!

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.

Just as our policies are now, Residential Living residents may host guests so long as physical distancing of 6 feet or more can be maintained. Residential Living residents may continue to visit with families or others off-campus provided all the screening measures are followed. **Residents should continue to utilize the self-monitoring checklist daily.** [Click here to view](#) or refer to the hard copy version you have been provided. Assisted Living and Health Care residents may continue to receive in-person visitors by appointment.

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 own household poses 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 on the [area's health department website](#).
- 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. If Calvert County should regress or if we encounter a new positive COVID-19 case, we will revert to previous measures and we will communicate that change with you. As a reminder, all COVID-19 data is updated daily at [Asbury.org/COVID19](https://www.asbury.org/COVID19).

Please note that these 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 this year is that of health and safety. I wish you the happiest holiday seasons and that you are able to make it memorable.

Sincerely,

Kelly Smith Friedman, LNHA  
Executive Director



11100 Asbury Circle  
Solomons, MD 20688

O: 410.394.3030

[www.AsburySolomons.org](http://www.AsburySolomons.org)

