



A Message from the Executive Director

January 29, 2021

Dear Residents, Family Members & Associates,

I'm pleased to share this month's community newsletter with you. We have updates on many topics, including vaccinations, community operations, news you need to know (*including a little personal info about me!*), a new way to show off Asbury Solomons gear and more.

I am proud of the way our community continues to bond together in our now two-pronged approach to defeating COVID-19: the vaccine roll out and our continued vigilance around all the transmission-based precautions we have in place at Asbury Solomons. We also continue to post vaccine-related info on our dedicated COVID-19 hub on our website – [check it out here](#).

Over the past 11 months, we've been through a lot and we've been challenged time and time again. But the new year brings new hope to get to the other side of the pandemic. As a community of 620 residents and associates, we have shown our strength, but we're not stopping now – we continue to work together, and as a result, our muscles only get stronger. Thank you for your commitment, camaraderie and energy – it's inspiring and I'm so very proud to say: we are #AsburyStrong!

COVID-19 Vaccine Roll Out



I am happy to share that the COVID-19 vaccine rollout is well underway here at Solomons. Hundreds of residents and associates have received the COVID-19 vaccine so far through multiple vaccination events, including one in which we partnered with the Calvert County Health Department to offer it here at our community ([click here to read the back story of that event](#)).

We were also honored to be the first community in the entire Asbury organization to have the opportunity to receive the vaccine. **Valerie Shorter**, GNA, was the first Asbury associate in the entire system to receive the vaccine back on Dec. 26, 2020 (*and she was one of the first to receive both doses, too -- [here she is](#) with two thumbs up after each dose!*) Listen to Valerie explain why the vaccine is important to her in the video above. Want more? [Check out dozens of Asbury associates](#) displaying their "I got my COVID-19 vaccine because ..." signs.

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 journey through the unprecedented challenge the pandemic presents is continually evolving. The Asbury System Operations Team continues to work collaboratively with our community leadership team, including our highly experienced clinicians from acute, post-acute, and senior living backgrounds, and operational experts. While we will continue to communicate timely and important changes to you via email, we want to remind you that our website remains the go-to source for our community operations, including visitation updates, who to contact, and more. [Please visit our community page here.](#)
- **Know a family member who should be receiving our community updates?** Please direct them to this webpage, [asbury.org/family-covid-email-sign-up](https://www.asbury.org/family-covid-email-sign-up), to sign up to join our family distribution list!
- **We are so appreciative of the messages of thanks we receive.** 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!
- **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.

Know The Associate: Kelly Friedman



Know The Associate



After 26.2 miles and several hours, Asbury Solomons Executive Director Kelly Friedman was still standing, grinning ear to ear after completing the Marine Corps Marathon in 2018. Here she is with her husband, who convinced her to participate in the marathon after training for a year.

"It's inspirational. There's something called the blue mile and it shows veterans that have died. It shows their names for an entire mile. You see a lot of camaraderie in a race. You see veterans pushing veterans in wheelchairs. It's pretty emotional," Kelly said.

Thousands of runners participate in the marathon each year on its scenic course that weaves through Arlington, Va., and Washington, D.C., with rosters that have included notable people such as First Lady Dr. Jill Biden, Supreme Court Justice Clarence Thomas and talk show host Oprah Winfrey in previous years.

Mission in Motion: How One Associate's Idea Led to 23K Pounds (That's 11+ Tons!) of Food Donated to an Area Food Pantry



At the start of the pandemic, dining venues at Asbury Solomons shifted away from in-person dining, leaving many of the dining points accumulated by residents untapped. At the same time, Dining Director **Bob Webb** knew the need to give back to the larger Calvert County, Maryland, community was also greater than ever, as the pandemic brought even more challenges to those less fortunate. So, in his pursuit to do all the good he can, he suggested residents donate their remaining dining points to the area's SMILE Food Pantry. All told, Bob's idea led to more than 23,000 pounds of food to help others. [Click here to read more about Bob's great work and what others had to say about this program.](#)

Show Off Asbury Solomons Apparel



Looking to update your wardrobe? Here's a way you can show off your community -- with Asbury Solomons gear! Check out the Asbury Apparel online store! You can purchase anything from shirts to pullovers to backpacks and more. The

Apparel store is run by a third-party organization, Artistic Imprints, and you can access the website directly [here](#).

Asbury Foundation + REACT Neuro = Brain Health Innovation Pilot at Sister Community



At Asbury, we stay true to our core values of quality and innovation. Earlier this month, we put this value on full display as the Asbury Foundation hosted a livestream event showcasing a unique brain health pilot launching at our sister community, Asbury Methodist Village in Gaithersburg, Md. REACT Neuro, made possible through the power of philanthropy, is a key component of the community's Rosborough Wellness and Brain Health Center for Excellence, and uses a virtual reality headset to provide a general neurocognitive assessment by tracking changes in eye movement, voice and balance.

"This is where the value of strategically aligning philanthropy with organizational goals comes into play," Foundation President **J.D. Shuman** said.

J.D. and Asbury Communities President & CEO **Doug Leidig** were thrilled to host

this event about REACT Neuro on Jan. 14 for special Foundation donors. REACT Neuro is the work of celebrated brain experts from Harvard Medical School and the Massachusetts General Hospital McCance Center for Brain Health. [Please click here](#) to learn more and watch a highlight video of the event above.

Thank you for so carefully following all elements of our community health and safety measures. 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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