



In This Month's Newsletter ...

We have plenty to share in this month's community newsletter. Here's what we've got: an important vaccine and safety message from Executive Director Lennea Brown, community updates & reminders, a story about a pair of associates with almost a century of combined service here, how to celebrate your vaccine shot on social media and more. Happy reading!

A Message from Executive Director Lennea Brown

February 26, 2021

Dear Residents, Family Members & Associates,

Our top priority as an organization has been the health, safety and wellbeing of those who live and work at RiverWoods. Since the onset of the pandemic a year ago, our focus on safety has never been stronger, and I thank you for your partnership as we have shifted how we serve to best accommodate all the new precautions designed to limit the spread of the coronavirus.



As we soon enter our third month of helping to facilitate the administration of the COVID-19 vaccine to as many residents and associates as possible, our commitment to safety must not waver. This means that we must continue to

rigorously follow all of the transmission-based precautions as outlined by the CDC. Just as we have been doing for months now, these precautions remain and include hand hygiene, physical distancing, wearing snug-fitting masks, associates' use of personal protective equipment (PPE) when appropriate and careful screening processes related to contact with infected individuals, travel and many other occasions of possible exposure to the coronavirus.

Shortly after the COVID-19 vaccines received FDA Emergency Use Approval, we worked with Asbury Communities to facilitate the procurement and administration of the vaccines to the majority of residents and associates who consented to receive this important barrier to developing illnesses associated with the virus. I am proud to say that 232 residents and associates have received at least the first dose of the vaccine so far. While this news is positive, we also know that for residents in Independent Living the process has not moved along as quickly as we'd like to see. Please know that we are working every angle to help offer the vaccine to our community, as well as providing awareness on how to receive it off-site if that opportunity is presented.

While the vaccines are highly effective and help to prevent the recipient of the vaccine from becoming seriously ill, it does not protect one from actually being a carrier of the virus. Even individuals who have received vaccines can still transmit the virus to individuals who have never been exposed.

The ultimate solution to this challenge will be what scientists call "herd immunization." This is when the vast majority of the population has contracted and recovered from the virus or has received the vaccine protecting them. We still have a relatively long stretch before we reach this tipping point of safety. Until we reach this point in the pandemic we will continue to need to apply the same rigor around all the precautions noted above: masks, hand washing, daily screenings and continuous monitoring of rates of COVID-19 identified in our county and state.

As we continue to deliver vaccinations to residents and associates over the coming weeks and months it will be important for you to raise any questions or

concerns to our community leadership team, including Heather Colpetzer (she can be reached at 570-522-6200), who are in regular communication with Asbury's Infection Control Council.

We have information, FAQs and more on our dedicated Vaccine Information page [here](#).

Remember: Every action we take matters – from getting the vaccine to following health and safety protocols – and I know that we can count on each other!

Sincerely,

Lennea Brown, NHA

Executive Director

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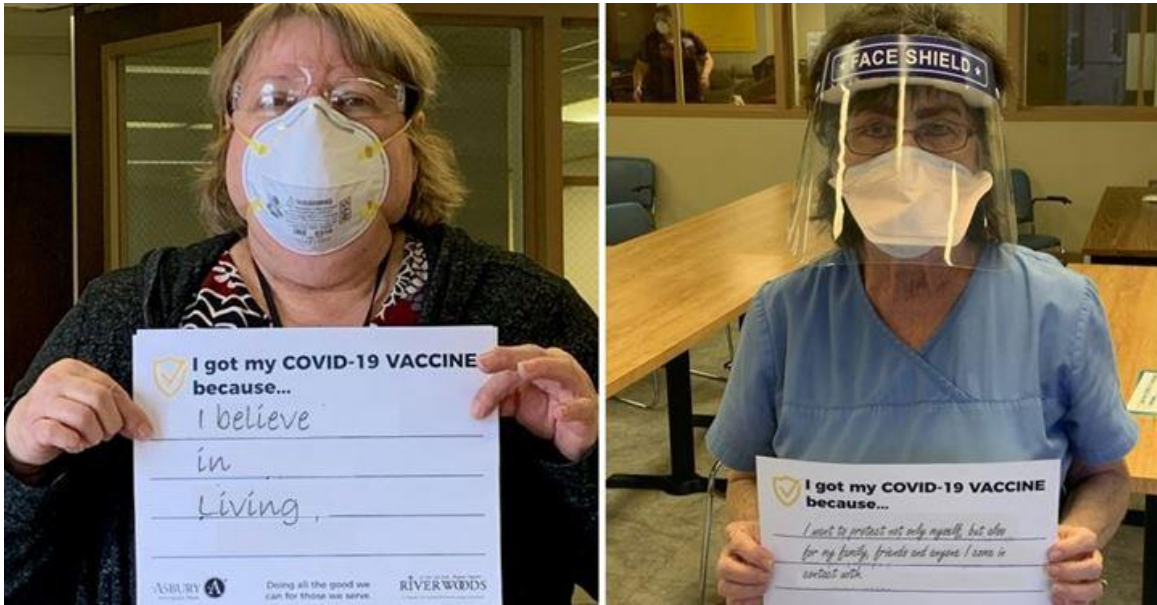
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'I Still Have a Lot of Spark': Long-Time Associates Share Their Stories



[Listen to this story \(3:01\).](#)

Dottie Page (left) and Gloria Maust (right) have a combined 99 years of service to RiverWoods. They join 81 other associates across the Albright-Asbury system with at least 25 years of service to the organization. What's kept Dottie, Gloria and others around for decades of service? It's the feeling of "family" and a sense of purpose. [Click here to learn the stories behind these awesome associates and why they have chosen to serve for so long.](#)

Nea's News - RiverWoods Updates & Reminders

Please note that many of these updates and reminders are also included on our community operations site, RiverWoods.org/friends-family:

- 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.](#)

- **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 them with associates. Thank you!
- **Looking to update your wardrobe?** Here's a way you can show off your community -- with RiverWoods gear! Check out the [Asbury Apparel online store!](#)
- **As a reminder, all COVID-19 data is updated daily on the Asbury COVID-19 Response and Communication webpage** at [Asbury.org/COVID19](#). You can find the daily status charts in the first blue button on the side bar.

New COVID-19 Treatment Available!

We are excited to share that we are either offering or helping to facilitate the latest in COVID-19 treatment: monoclonal antibody therapy. This infusion treatment has been shown to reduce the severity of COVID-19 symptoms and patients' rate of hospitalization, and was approved under the FDA's Emergency Use Authorization status in Nov. 2020. This groundbreaking therapy is transforming our ability to effectively treat seniors who have contracted COVID-19. Since mid-January, approximately 20 older adults have been successfully treated at Asbury Communities' health care centers. Asbury can also coordinate the infusion treatments with nearby providers. [Please click here](#) to learn more and to read one individual's experience.

We're Ready to Serve Your Outpatient Therapy Needs!



If you need of physical, occupational, or speech therapy services, RiverWoods Therapy Services is open! Recently, Asbury Communities joined forces with its long-running partner, Flagship Rehabilitation, to provide oversight to our newly formed in-house therapy team. Flagship has been serving seniors across the mid-Atlantic for more than 20 years. Now, you can expect the same quality treatment and strong outcomes that you have always experienced provided by an in-house team of therapy experts. To schedule an appointment, please call Andrea Mertz at 570-522-6181. We will determine if services can be provided at your home or in our rehabilitation gym.

BlazePod Demo at Riverwoods

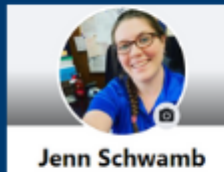


The Wellness Team has recently added BlazePods to the array of fitness tools available to residents. BlazePods are a cognitive reactive training tool with customizable programmability. Not only are they fun, but they're very effective for improving short-term memory, attention, body control, and processing speed. Check out Fitness & Aquatics Director David Shoffler demonstrating here!

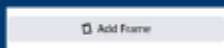
Received a COVID-19 Vaccine Shot? Celebrate it on Social Media!

Received your COVID-19 vaccination? Want to celebrate it? Then join the many other RiverWoods residents and associates who are celebrating by showing off in a new and exciting way -- on Facebook! Here's how:

4 STEPS TO ADD THE COVID-19 VACCINE FRAME TO YOUR FACEBOOK PROFILE PHOTO



1 **Edit Profile Photo:** Go to your Facebook Profile page and click the camera icon on your profile photo.



2 **Add Frame:** Click "Add Frame" (you can change your profile photo at this time too!)



3 **Search for Frame:** Type in "Asbury" or the name of your community to find the Asbury Communities COVID Vaccine Frame.



4 **Use Frame on Profile Photo:** Select the frame and apply to your profile photo!

Know Someone Who Isn't Receiving our Emails? Here's How They Can Sign Up!

Thanks for opting to receive emails from RiverWoods! Do you know of anyone else -- residents or other family members -- who may benefit from receiving our communications? If so, please share the links below so they can sign up for the right list.

RiverWoods Residents can sign up using these forms:

- Skilled Nursing Care: <https://bit.ly/RWHCresidents>
- Personal Care: <https://bit.ly/RWPCresidents>
- Independent Living: <https://bit.ly/RWRLresidents>

RiverWoods Families can sign up using these forms:

- Independent Living <http://bit.ly/RWRLfamilies>
- Personal Care <http://bit.ly/RWPCfamilies>
- Skilled Care <http://bit.ly/RWHCfamilies>

Joining Together: Asbury Foundation & Albright Development Team



We have some exciting news to share! The Albright Development Team is formally joining The Asbury Foundation. This partnership is in line with the overall Asbury-Albright affiliation process. Together, this team will support the entire Asbury family by combining its expertise and resources to continue to find creative ways to support those who rely on us through benevolent care and to look at philanthropy as an opportunity to enhance the communities we support. The Albright Development Team brings 82 years of experience to the eight-member Asbury Foundation team, which is led by President & CEO J.D. Shuman. [Click here to read the full announcement.](#)