



In This Month's Newsletter ...

We have plenty to share in this month's community newsletter. Here's what we've got: An important update from Executive Director Kelly Friedman about changes coming to our community screening form, a little info about one of our awesome Wellness associates and ... find out what our vaccination percentages are here at Solomons. Happy reading!

A Message from the Executive Director

March 31, 2021

Dear Residents, Family Members & Associates,

We've built a legacy of keeping residents and associates safe and secure, no matter the challenge. The pandemic has tested us on many fronts and has required us to be at times both proactive and reactive. Today, I'm sharing with you that we will soon be updating our community screening form to reflect the latest science and guidance by the Centers for Disease Control and Prevention (CDC) and Centers for Medicare & Medicaid Services (CMS). The screening process is a critical line of defense for our community, serving us well since its implementation many months ago.

The goal of the screening remains the same: to ensure that anyone entering our community is safe to do so. Once the revised screening form launches for those

required to use it, it also may look different than the last time you used it, as the questions will now load one question at a time for a better user experience.

While we announce the upcoming screening form change now, it only applies to those who live and work here and for guests who can visit based on our current visitation status (which may vary by *Residential Living, Assisted Living and the Health Care Center*). [Please click here](#) to view the latest on our visitation status and other community operations.

Just as we have said before and will no doubt continue to say often, we approach all that we do first through the lens of our top priority, which is the health, safety and wellbeing of those who live and work here.

We will be in touch when the new screening form is live. Thank you for adhering to our process and for your continued partnership. We are #AsburyStrong.

Sincerely,

Kelly Smith Friedman, LNHA
Executive Director



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**93% of Residents Vaccinated! Thank You For Being
#AsburyStrong.**



Updates and Reminders

Please note that these updates and reminders, as well as the latest vaccine and COVID-19 safety updates, 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):

- **The Wellness Center Fitness Room is open by appointment** and many fitness classes, programs, clubs, and events are available via Touchtown and our TV channel, 970. For a current schedule or more information contact Genna Lee (glee@asbury.org, 410-394-3308).
- **Dining update:** C-Store and Breakfast Dining options are available now! The Riverview is scheduled to open on April 1. Reminder: Only Solomons residents may visit the dining venues at Asbury Solomons at this time. Associates may purchase items the C-Store and breakfast options.

- **If you need physical, occupational, or speech therapy services, Asbury Solomons Therapy Services is open!** To schedule an appointment with our in-house team of therapy experts, please call Kris Ohler, Rehabilitation Services Manager, at (410) 394-3066.
- **Quick reminders:**
 - **Know a family member who should be receiving our community updates?** Please direct them to this webpage, asbury.org/family-covid-email-sign-up, to sign up!
 - **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 Asbury Solomons gear! Check out the [Asbury Apparel online store!](#)

Over 20 Wellness Classes in Action Each Week



Fitness Focus



About a year ago, the coronavirus pandemic suddenly changed the course of our lives. As the world went on lockdown, it presented Wellness teams with additional challenges. But they responded -- and did so in a big way. They quickly pivoted and began designing interactive, engaging programming via on-demand or live video or, when possible, running classes in-person (and sometimes in different

areas or outside) while keeping physical distancing precautions in place.

How hard have the Wellness teams been working? Very! Currently, *at least 23 Wellness classes are being held each week here at Asbury Solomons*. All told, across the entire Asbury Communities family, over 140 Wellness and Fitness classes are held each week. [Click here to read how awesome Wellness and Fitness associates across the Asbury system have pulled this off.](#)

That's a Lot of Check-Ins!



Executive Assistant Sharon Madden has been doing regular check-ins with residents and recently completed her 2,500th check-in and she decided to capture the moment! Here's Sharon posing for a selfie with residents Donald and Ruth Malzahn; they all enjoyed ice cream sandwiches to celebrate.

Know the Associate: Genna Lee



Know the Associate



Genna Lee, Wellness Associate at Asbury Solomons, has always loved working out.

A former drill instructor for the Marine Corps, retired powerlifter and personal trainer for over 20 years, Genna has always enjoyed exercising, never doing it for its impact on her physical appearance, but rather, to reap the health benefits of regular exercise.

But one day, while lifting weights at her gym, a photographer approached her and asked if she was interested in a photoshoot for several well-known athletic companies. What started as a photoshoot on a whim led to a modeling career that lasted over 5 years.

“I had never really seen myself as a model, but people see other people differently,” Genna said. “It was really awesome to be able to do that for those companies.”

The photos were submitted for Nike and Under Armour corporate advertisements. She later modeled for shoe, clothing and jewelry advertisements.

“I had a good time doing it. I don’t take myself too seriously,” Genna said. “I was

personal training, I'm also a single mother and I did it while I was working and it was fun to me. It was fun, but then to be paid for it, it was even more fun.”

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 to associates at our community and today I want to lift up a special one given to Karen Smith:

"Karen is always pleasant with residents and visitors. She welcomes them with a smile and a good morning. I feel she has exceptional customer service skills. " - *Yvette DeJesus, Receptionist*

Announcing ThriveWell Tech!



We have exciting news to share! Asbury Group Integrated Technologies has a new name: ThriveWell Tech! As many of you know, Asbury IT has more than 20 years of experience providing technology and consulting services, and

earlier this month the organization launched not only its new name but also a new strategic refocus that reflects a forward-looking vision and mission to support the emerging needs of modern seniors. ThriveWell Tech will continue to serve all Asbury communities and locations. [Click here to read more in the original announcement.](#)