

*Let Your Life Shine...Brighter Together!* ✨  
**NORMANDIE  
RIDGE**

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## 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 Lauren Dieter about changes coming to our community screening form, some wellness team facts and ... find out what our vaccination percentages are here at Normandie Ridge. 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 as appropriate 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, Personal Care 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,

**Lauren Dieter, NHA MBA**

Executive Director

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**67% of Residents Vaccinated!**



## Normandie Ridge Updates & 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, [NormandieRidge.org/friends-family](https://NormandieRidge.org/friends-family):

- **If you need physical, occupational, or speech therapy services, Normandie Ridge Therapy Services is open!** To schedule an appointment with our in-house team of therapy experts, please call Teronna Bosserman, Therapy Manager, at 717-718-0709. We will determine if services can be provided at your home or in our rehabilitation gym.
- **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 Normandie Ridge 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](https://www.asbury.org/COVID19). You can find the daily status charts in the first blue button on the side bar.

## What Residents Are Saying...



We're happy to share this! Normandie Ridge residents Terry and Randy Guiler shared some very kind words about associates. Check out the 47-second video above for what they had to say. We are so appreciative of the grateful messages that have been shared by so many residents and family members over the past several months.

**Over 20 Enrichment/Wellness Classes in Action Each Week  
At Normandie Ridge**

# Fitness Focus

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About a year ago, the coronavirus pandemic suddenly changed the course of our lives. As the world went on lockdown, it presented Wellness, Fitness and Enrichment 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, *21 in-person programs, 2 virtual programs, and 15 aquatic time slots are being held each week here at Normandie Ridge.* 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-Albright system have pulled this off.](#)

**National Employee Appreciation Day**



We had a little fun celebrating National Employee Appreciation Day this month. Don't get it "twisted," our community would "knot" be the same without the associates that make living and working at Normandie Ridge so wonderful!

## **Star Associate Graduates from Emerging Leaders Program**

The most recent LeadingAge Maryland Emerging Leaders Virtual Cohort wrapped up and we're happy to share that Marketing Coordinator Meagan Rickrode was among the graduates! This Emerging Leaders program is a selective, four-month-long growth and development experience for individuals at any level of who are part of a Maryland-based organization, are passionate about the field of aging services, and who are seeking to transform themselves, their relationships, and their organizations. Congrats, Meagan!

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

Thanks for opting to receive emails from Normandie Ridge! 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.

**Normandie Ridge Residents** can sign up using these forms:

- Skilled Nursing Care: <https://bit.ly/NRHCresidents>
- Personal Care: <https://bit.ly/NRPCresidents>
- Independent Living: <https://bit.ly/NRRLresidents>

**Normandie Ridge Families** can sign up using these forms:

- Skilled Nursing Care <http://bit.ly/NRRLfamilies>
- Personal Care <http://bit.ly/NRPCfamilies>
- Independent Living <http://bit.ly/NRHCfamilies>

## 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.](#)