

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

In This Month's Newsletter ...

We have plenty to share in this month's community newsletter. Here's what we've got: A mid-spring message from Executive Director Lauren Dieter about that shift toward a "familiar" feeling, how Earth Day is every day here ... and more. Happy reading!

A Message from the Executive Director

April 30, 2021

Dear Residents, Family Members & Associates,

As I pull into our community each morning, there's that familiar feeling of spring. The grass is now fully green, topped with morning dew. The flowers are blooming on schedule and I often see our maintenance team and landscape partners tending to our grounds. I usually also see several residents out and about getting their steps in as they start their day with a little exercise.



The "familiar" feel about all this is reassuring.

Last spring, it was all about the unfamiliar. But that's no longer the case. We have arrived together at this turn of the calendar – a shift toward the familiar, albeit slowly, but surely.

The late actor Robin Williams once said, "Spring is nature's way of saying, 'Let's party!'"

While we may not be at the full-blown party stage here at Normandie Ridge, we're getting closer with each new flower coming to life.

Like the deep and ever-growing roots below the soil, our partnership has strengthened over the past year. Thank you.

May is a beautiful month and I hope you're able to enjoy all there is about it, from Mother's Day to Memorial Day and all that's in between.

Sincerely,

Lauren Dieter, NHA MBA

Executive Director

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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:

- **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](#).** You can find the daily status charts in the first blue button on the side bar.

Every Day ... Earth Day

Did you know that through our efforts to practice sustainability across the Asbury organization, we have saved 29.1 million gallons of water over the past six years? Check out this graphic for more highlights that demonstrate our commitment to conserving the Earth's resources each and every day.

Happy *Earth Day* from Asbury



In the past 6 years of our energy management partnership with Sodexo, we have...

REDUCED

22 %

electric use

LOWERED

27 %

natural gas use

REDUCED

30 %

carbon emissions

SAVED

29.1 MIL

gallons of water

THAT IS LIKE...



Saving the amount of water that flows over Niagara Falls in 38 sec.



Saving the amount of carbon emissions sequestered by 12.706 acres of U.S. forests in one year.



Running 2.2 wind turbines in place of fossil fuels for one year

Taking 2,255 cars off of our roads for one year



Saving 1,166,985 gallons of gasoline



Saving enough energy to fuel 1,249 homes for one year



Truffles for Mother's Day?



Asbury and Sodexo would like to offer you the opportunity to send your Normandie Ridge family member a special Mother's Day gift -- chocolate truffles! [Please view the flyer here for details.](#) To place an order, please call us at 717-718-9310. Deadline for orders is May 7th.

Reminder: Recent Updates to the Screening Questions

As we continue our journey through the pandemic, our response must evolve in order to reflect the latest science and guidance by the CDC & CMS. The screening process has served us well since its implementation a year ago. Earlier this month, we updated the screening process to reflect new questions. The new screening questions look to identify the highest risk situations. Of the updates, please note travel-related considerations included in the screening questions. This document is available for you to review to help you accurately answer any questions related to your travel, <https://bit.ly/AsburyTravelInfo>. Important note: The process to respond to the questions has not changed! Our current community screening process remains the same.

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>