



Dear Friends and Family of Redstone Residents,

Here are your COVID-19 updates for Thursday, May 14, 2020.

We're sending our usual Friday communication to you on Thursday this week because tomorrow is a big day: Westmoreland County will be moving to the yellow phase in the Governor's plan for reopening Pennsylvania. While I am thrilled that we're moving into the yellow phase because it shows progress, I am also reminded that yellow means to proceed slowly and with caution.

As we are all painfully aware, Redstone is home to THE most vulnerable population impacted by this pandemic (70% of the deaths in PA from COVID-19 have occurred in long term care buildings.) Therefore, as we said last week, not much will change for life at Redstone in the yellow phase.

We must remain vigilant in our efforts to protect the spread of COVID-19 in our resident population by:

- Wearing our masks. Remember that "My mask protects you and your mask protects me." Recent studies have demonstrated that masks are much more effective in stopping the spread of COVID than originally thought. Masks help keep your droplets (from your nose and mouth) from contaminating surfaces that then may be touched by others. Masks must be worn properly to be effective and cover your nose and mouth completely. Don't touch your mask and don't pull it out or remove it when talking to others. Employees should be wearing their masks at all times, and residents should wear their masks when out of their apartments. Family members dropping off items for residents should also be wearing masks.
- Maintain physical distance of 6 feet from others, except for those who live in your apartment or household.
- Don't gather in large crowds.
- Wash your hands!!
- While we are awaiting guidance from the CDC and Department of Health, we believe that visitors will remain prohibited in senior living communities at least until the green phase of reopening, and perhaps longer. Therefore, our no visitor policy remains in place.
- Residents should continue to stay safe-in-place and not leave the campus except for essential medical appointments.
- We will continue to have one point of entry with wellness screenings on our campuses. Residents should never open side doors to let family, employees, or others into the building.
- Families may continue to drop packages off Monday through Friday from 3 pm to 7 pm if at all possible. This is when we are most ready to deliver the packages quickly to residents.
- Personal shopper services will continue.
- Residents should enjoy the nice weather by getting outside for walks, but please respect the no visitor policy while it is still in effect, even outdoors.

Although not much will change with yellow, a few things will:

- In Greensburg, The Bistro will be open to employees beginning 5/15/20 and to residents beginning 5/18/20 for TAKE OUT only.
- We are working on a reopen plan for dining rooms, beauty salons, gyms etc. – much of that is dependent upon Department of Health and CDC guidance and most won't occur until at least the green phase. This is not a decision that we can make without the support of state guidelines.
- Small groups of residents in the nursing home and personal care homes (under ten persons at a time) are starting to dine in the dining rooms – following strict physical distance guideline and

infection control practices. This is to help minimize weight loss concerns and concerns with social isolation and depression, and is allowed by the state.

- Later in the month, we hope to permit small groups of Independent Living residents to begin to gather appropriately for lifestyle activities— but a date has not yet been determined. We will get there!
- Independent Living residents can now be transported to their medical appointments by family members within the following guidelines:
 - Family member should enter the lobby through the central entrance and must be screened before picking up their loved one in the lobby.
 - Education will occur with the family members so that everyone understands that the trip is just for the purpose of going to the medical appointment and back, with appropriate distancing guidelines.
 - The resident will be educated about signs and symptoms to monitor for upon their return and should report any such signs and symptoms to the Campus Director.
 - Residents who drive may choose to drive themselves to their appointments but must follow the same guidelines (only going to the doctor and back, distancing, etc.)
 - Residents may continue to use Redstone transportation to go to appointments if they wish.

Throughout this pandemic, and to date, Redstone has not had a positive case of COVID – that is due to a lot of hard work and personal sacrifices from EVERYONE. We did not participate in family gatherings on Easter and Mother’s Day. We have practiced self-isolation. We have skipped family events. Our employees have practiced careful grocery shopping, infection control, and physical distancing – all to protect our residents. Despite some frustration, most of our residents have remained patient and understanding with our careful policies. Instead of becoming angry and discouraged, families of residents have been supportive and encouraging. You are all truly heroes who have protected our communities. We can’t give up and we can’t let up in this yellow phase.

I recently came across this quote from Mr. Rogers – and I love how it relates to how well we have cared for each other:

“We live in a world in which we share responsibility. It’s easy to say it’s not my child, not my community, not my world, not my problem. Then there are those who see the need and respond. I consider those people my heroes”.

Thanks for being our heroes!

Sincerely,

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P.S. We don’t ask this often, but we would like to ask for your support in advocating for seniors. Congress is considering the next major coronavirus relief package. NOW is the time to make our voice heard as the House of Representatives has started introducing key provisions. We want to make sure that the needs of seniors, and those living in long term care communities, are addressed in this package. Our partner organization, LeadingAge, makes it easy for you to advocate for seniors. Urge Congress to include these LeadingAge priorities in the next coronavirus relief package by clicking here for more information and a link by which you can easily send a message to your elected officials:

http://p2a.co/0h8JiM2?fbclid=IwAR0PQrSQ5LNfnfxabbXrH9GGvZ4WtcpdSEvLg0rywhvfloZzq_GmzLcC21g