

TO: Family/Friends/Visitors of Cathedral Square Assisted Living and Memory Care at Allen Brook Residents

RE: Coronavirus/COVID-19 Update

Date: April 2, 2020

Hello family, friends and loved ones. We hope this update finds all of you and your families well. As the nation and our state of Vermont continue to grapple with the unprecedented spread of the coronavirus/COVID-19 through our communities, we at Cathedral Square are continuing to do everything in our power to keep residents and staff safe from this disease. We are so grateful to report that all of our residents and staff continue to be symptom free. Thank you for the prayers and well wishes that you are all bestowing upon us. Please keep them coming!

While we continue to keep strict infection control measures and social distancing protocols and expect all residents to continue to spend as much time as possible in their apartments, we are seeing that the social distancing safety measure is having impacts on strength and mental well-being. We are very cognizant of the fact that these measures will not be lifting anytime soon and the long term impacts of this could be equally as detrimental to the residents in our communities. As a result, the team is rallying to provide as much physical and emotional stimulation as possible, while continuing to practice social distancing.

So, what do we have in mind:

- Caregivers are encouraging residents to get up and move! We are recognizing that this kind of sedentary lifestyle is not good for residents who have a tendency to get weak quickly and walking several loops in their apartment can help. If you are on the phone with your loved one, please encourage them to get up and walk around! Ask them to tell you what they see out of their window. 😊
- Jessica is leading exercise classes in the halls. This week she has lead multiple groups on each floor that allow residents to stay seated in their doorway, well over 6 feet away from anyone else, and participate safely in a group activity that encourages movement and much needed socializing.
- Assisted Living residents are now getting their own newsletter delivered to them on Fridays. We are including more specific details related to Assisted Living and puzzles that can keep their mind busy.
- We are utilizing technology to bring programs to the residents. We have established a Resident Connect Conference Line that residents in Assisted Living and Independent Living can call to connect with staff and other residents. We have also been utilizing Zoom to allow residents to participate in Alison Miley's therapy groups. Jessica has been instrumental in making this happen for residents and can support requests from family members to connect in this manner as well. We hope that the more residents get to use this technology, the more comfortable they will get with using it.
- We want to hear from you! Starting next Friday, April 10th at noon, Kathryn will be hosting a call for family members via the Resident Connect Conference Line. **By dialing 802.657.7475 and using the Access Code 0188047**, family can call in to hear updates, ask questions and provide suggestions for how we can continue to support our residents. While we are confident that we are utilizing all of our resources to do our best to keep residents safe and healthy, we are always open to feedback about how this is going for those of you who miss your loved ones that can help us be better!

We do continue to monitor the increase of cases in communities around Cathedral Square and put restrictions on any activity that may expose us to the virus through staff or residents. That said, it becomes increasingly difficult with every new day for a variety of reasons, including essential doctor's appointments, travel of staff to and from the community and individual residents' decisions to leave their apartments. We are continuing to reach out to the Department of Health, Department of Aging and Independent Living and Licensing and Protection, along with other Long Term Care communities in the area to collaborate and learn how they are tackling this issue. Please pass this along to any additional family or friends and do not hesitate to reach out to us if you have questions or concerns. We continue to wish all of you good health and happiness.