



**TO: Family/Friends/Visitors of Cathedral Square Assisted Living Residents**

**RE: Coronavirus/COVID-19 Update**

**Date: April 16, 2020**

Hello to you all! Sending lots of well wishes and hopes that you are all staying happy and healthy during this very difficult time. It is hard to imagine that we will have another month of Governor Scott's Stay Home, Stay Safe mandate, but are encouraged by Dr. Mark Levine's report that the mandate is working and the number of cases in our state appear to be plateauing. We are thankful to continue our trend of reporting no signs of symptoms of COVID 19 in our Assisted Living communities, but also recognize that now is not the time to relax on the measures we have taken to keep our community safe and healthy.

Kathrynn has continued to meet weekly with representatives from the Vermont Department of Health's Outbreak Recovery and Response team. They have offered specific guidance as it relates to our unique communities and have been very supportive of all our questions regarding infection control, Personal Protective Equipment and COVID-19 testing. Per the Governor's mandate, if Cathedral Square Senior Living (including Independent Living) were to have a positive test, we would be eligible for universal testing of all residents and staff to help identify and control the spread of the virus. While we hope that everything we are doing will prevent us from getting to that point, it is a comfort to know that it is an option for us should the need arise. To be clear, if we had a positive case in building, that notification would be included in the weekly update letter to you all. We recognize and appreciate that transparency during this time is critical.

Last Friday, in response to warmer weather and the extension of the Stay Home, Stay Safe mandate, we closed all CSSL outdoor areas to residents, treating them similarly to our interior community spaces. It has been made very clear to us by the Department of Health that as we move forward, congregation of residents is one of the biggest concerns, so we have taken this additional step to keep communication open with residents and help them understand that gathering outside is not any safer. That said, we are still permitting residents to get fresh air individually and take walks while keeping distance from others if they need to.

In an additional effort to provide physical support to residents, we have started working with BAYADA Physical Therapy to address needs of residents who are getting progressively weaker due to inactivity. BAYADA has assigned us our very own Physical Therapist who is not working in other facilities and has the capacity to work with 10-12 of our highest need residents. If your loved one is considered to be in this group, nursing staff will reach out to the primary contact and resident's physician to discuss. We are very grateful to BAYADA for offering this much needed service. Caregivers are also encouraging all residents to get up and walk multiple times throughout the day whether it is a lap in the hall or a loop in their apartment.

Last week we had a really wonderful conversation with about 10 family members who called into our Resident Connect Conference Line. We would like to remind family and friends that this afternoon at 12 pm, Kathrynn and Sarah will be hosting another call to provide updates and receive questions and suggestions. **If you are interested in joining the call, please dial 802.657.7475 and use the Access Code 0188047.** We found that last week's informal conversation and Q&A was really successful and will proceed with today's call in the same manner.

Again, we would like to extend our thanks to all of you who are checking in with your loved ones regularly. Telling them how much you love and miss them. We know they love and miss you! We recently heard that studies have shown that a written letter of encouragement can significantly improve someone's mental health and state of mind. The next time you drop off supplies for your loved one, feel free to include a letter of encouragement specifically for them, or any other residents in our community that you would like to connect with. If anything positive can come from this horrible time, it is a stronger bond between all members of our community as we go through this together. Please be well and take care of yourselves. We look forward to talking with you on the call!