

April 7, 2020

Dear Residents and Family Members,

In our last communication, we mentioned we would share ways in which we are staying connected with residents by phone or online. We are committed to creating Ways to Age WellSM—and, for now, it may look and feel different until we can all be together again. We hope these new “ways” bring you comfort and peace of mind.

Some of the ways you can connect, engage, and even laugh a little, include:

- **Programming by phone ([Telephone Topics](#)):** We are offering a variety of programming by phone. From learning something new about history, art, or architecture to meditation sessions or guided chair yoga, our calls cover a variety of topics and connect you to your neighbors and Mather team members. You can participate as much or as little as you’d like. We are offering two to four programs each weekday.
 - Schedules are distributed weekly and can also be viewed online by visiting our Resources page at www.matherplacewilmette.com/alerts/resources.
- **[Wellness moments](#):** Your health and well-being matter to us. We have put together ways you can incorporate more movement, creativity, mindfulness, and brain games into your routine.
 - We are sharing handouts with you three times a week. You can also access this online by visiting our Resources page at www.matherplacewilmette.com/alerts/resources.
- **Well-being checks:** Members of our Mather team have been reaching out to you by phone to connect with you and offer you support should you need it. We hope you are enjoying getting to “meet” someone new and learning a little bit about each other.
 - We encourage you to connect with family and friends by phone or FaceTime.

We also wanted to share an update about our community with you. We can’t emphasize how much we appreciate each one of you for being committed to each other and our employees and remaining in your apartment homes to help minimize the virus from spreading. Update includes:

- We have a second resident with a confirmed case of the Coronavirus disease (Covid-19). This individual has not been in direct contact with other residents since March 11. Our thoughts are with this individual for a speedy recovery. This person is now recovering and is self-isolating. We have no new employee cases.

Mather Place continues to be vigilant in our efforts. We regularly review the guidance released by the Centers for Disease Control and local and state health departments, and will implement important measures as needed to minimize the virus from spreading. I know we can do this together.

Please direct questions to (847) 256.9585 or email bewell@matherplacewilmette.com.

For all of you who celebrate, we wish you a happy Passover. Tomorrow, we will be serving special Passover menu items, with residents receiving a box of matzo (flatbread) to enjoy.

Another update will be sent at the end of this week. In the meantime, take care and stay well.

Sincerely,

Katrina O'Neill
Executive Director

Printed copies of this letter will be distributed to all residents.
Family members will receive updates email and all information is available at www.matherplacewilmette.com/alerts

For resources visit: <https://matherplacewilmette.com/alerts/resources/>