

July 16, 2020

Dear Residents,

We have no new cases of the Coronavirus disease (COVID-19) at Mather Place. Below are some updates and reminders of current opportunities at our community:

AL FRESCO DINING 5 NIGHTS A WEEK:

Dinner in the courtyard has been successful, so we are expanding it to offer dinner outdoors **Monday through Friday at 5:00 p.m. starting Monday, July 20.** Seatings are limited to two people per table, with 10 people maximum in the courtyard. Reservations are required. **Call for a reservation on Mondays between 8:00 a.m. and 4:00 p.m.: (847) 256.9576**

THE POOL IS OPENING!

The pool will be open for resident use starting Monday, July 20.

- Pool hours are Monday–Friday, 9:00 a.m.–4:00 p.m. by reservation only.
- Please make reservations directly with the Fitness Coordinator at (847) 256.9376.
- Two residents may use the pool at a time. We strongly encourage you to use the buddy system.
- Come dressed in your coverup and swimsuit; locker rooms are closed. The bathroom will be available for emergencies.
- Bring your own towel and filled water container.
- Please enter via the glass door in the main hallway between locker rooms.

LUNCH AVAILABLE:

- Lunches are available for purchase for \$6.00. If you would like to order lunch, please call our reservation line at (847) 256.9576.
- Effective July 13, complimentary lunches were discontinued, as residents have access to the grocery stores during special shopping hours. An internal memo was shared with residents the week of July 6.

OFF-PROPERTY VISITS WITH FAMILY OUTSIDE:

- Residents can visit family members at their homes. However, **visits must occur outdoors** while maintaining physical distancing, and all parties must wear a mask or face covering. Please limit gatherings to 10 people or fewer.
- Please follow all safety precautions upon your return including washing your hands.

ON-SITE VISITS WITH FAMILY:

Please note the following process for a safe **outdoor** visit on-site with family members:

- **Schedule a time for an outdoor-only visit.** 45-minute visits will be scheduled on a first-come, first-served basis for Monday through Friday between 9:30 a.m. and 5:00 p.m. and Saturday and Sunday 9:30 a.m. to 4:00 p.m. *We have enough time slots to accommodate all residents.*

- **Call for an appointment.** All visitors must make an appointment by calling the Concierge at (847) 256.9300. Reservations can be made starting today.
- **Two visitors per resident.** Visitors should be at least 4 years old.
- **Outdoor location.** Visits will take place outdoors on Burnham's Patio. Visitors and residents must enter through the outside gate near the south parking garage. A Mather Place team member will be available to help direct guests to the patio.

FRESH AIR & WALKING THE NEIGHBORHOOD:

- Residents can enjoy walks through the neighborhood for exercise and/or to connect with family members.
- We ask that all individuals wear a mask or face covering and maintain proper physical distancing.
- Please do not enter businesses during your walk.

GROCERY STORE VISITS:

Residents who are interested in going to local grocery stores are encouraged to visit the following stores during designated hours for older adults:

Jewel: Tuesday and Thursday between 7:00 and 9:00 a.m.

Trader Joe's: Daily from 8:00 to 9:00 a.m.

Transportation options to grocery stores include:

- **Your Vehicle:** You can drive yourself and also one resident, with your window open slightly for fresh air when possible. We ask the second individual sit in the back seat and wear a mask or face covering.
- **Family Member:** You may drive with a family member to the grocery store. We ask you sit in the back seat and all individuals wear a mask or face covering.
- **Our Bus:** Residents may make an appointment to be driven to the grocery store Monday through Saturday from 7:45 to 9:00 a.m.
 - We are using the bus and transporting two residents at a time.
 - You may also visit Walgreens in Wilmette at 9:00 a.m. when the store opens.

We ask that you wash hands or use hand sanitizer before you leave and when you return from the store, wear a mask or face covering, and maintain physical distancing.

Cotton Spa Salon:

- The salon is open for appointments. **Please call (847) 256.9580.**
- Appointments are required and times will be staggered to facilitate necessary physical distancing and sanitation.
- Residents should wear masks, wash hands before and after appointments, and avoid touching their face.
- The salon is open to help ensure your safety. **Please take advantage of this resource; do not use a salon outside Mather Place at this time.**

FRIENDLY REMINDERS:

As more and more states begin to open up and ease restrictions, we are aware of the dramatic spike in cases in many states. While we are pleased to be easing restrictions and with our progress at Mather Place, we must remain vigilant. Using the Centers for Disease Control (CDC) guidelines, we continue to educate employees and residents with the recommendations for minimizing the spread of the virus. This includes:

- **Adhere to face covering requirements.** Keeping your **nose and mouth** covered around the community and when outside of your apartment.
- **Maintain physical distancing.** Keep at least 6 feet of space between yourself and others.
- **Wash your hands often.** Use soap and water for at least 20 seconds or an alcohol-based sanitizer.
- **Cover your cough or sneeze with a tissue.** Discard the tissue in the trash and wash your hands.
- **Stay home when you are sick.** Prevent spreading illness to others.

Mather continues to practice strong infection control to minimize the spread of the virus. Our practices and protocols allow us to control our environment within Mather Place and help to protect both residents and team members from being exposed to the virus. When you leave the community or have visitors, you put yourself at risk and, in turn the health of others, as asymptomatic people can unknowingly spread the virus. Please continue to be vigilant and when in the company of others, be outdoors and ensure that individuals also wear a mask. There is more evidence to suggest wearing a face covering or mask and practicing physical distancing helps minimize the transmission of the virus.

Thank you, stay safe and be well.

Sincerely,

Katrina O'Neill
Executive Director

PS: Please note that this letter is being shared with all residents' current emergency contacts.

COVID-19 SYMPTOMS:

If you are experiencing any of the following symptoms, you should contact your physician for guidance, stay in your home, and notify the Concierge at (847) 256.9300. Symptoms include a loss of taste or smell, cough, fever, sore throat, shortness of breath, and gastrointestinal issues such as diarrhea, nausea, or vomiting. Newer symptoms recently added include headache, chills, and muscle pain. Please note that pink eye, eye pain, or vertigo, as well as discoloration of the toes may also be COVID-19 symptoms.