

COVID-19 UPDATE

November 13, 2020

Dear Residents and Family Members,

NEW GUIDANCE URGING RESIDENTS TO STAY HOME:

As the Thanksgiving holiday approaches—and we experience a surge in cases across the country to unprecedented numbers—we ask you to limit travel as much as possible over the next three weeks. This is based on guidelines from the Illinois Department of Public Health. We urge residents and employees alike to consider staying at home and only leaving for essential activities, which include visiting the pharmacy and buying groceries.

VISITOR UPDATE: VISITS LIMITED TO ONCE PER WEEK

In an effort to continue safe visits while minimizing risks to residents and employees, we are limiting family visits to one visit per week, with a maximum of two people. We must follow the safest practices which are outlined below.

- Upon entry, visitors must go through a screening station. Those who do not pass the screening will be asked to postpone their visit.
- **Visitors must wear masks the entire time they are in the community, including in the resident's apartment home.**
- Visits can take place inside residents' apartment homes. Please do not gather or linger in amenity areas or hallways.
- For the duration of the visit, visitors and residents are asked to practice physical distancing, staying at least 6 feet away from each other; keep their masks on; and wash their hands for 20 seconds or use hand sanitizer upon entry of the apartment home and prior to leaving.
- Any resident who is under quarantine, including those who have returned from a "hot spot" state, may not accept visitors.

“To lose patience is to lose the battle.” ~ Mahatma Gandhi

We are in this together and know that mitigating COVID-19 is a group effort.

STAY CONNECTED WITH PROGRAM OFFERINGS

We'd like to remind you that we continue to provide a full schedule of programs and offerings for residents to enjoy. Some are offered in-person (small groups, physically distanced); others are available via Zoom.

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FITNESS CLASSES

Classes available either on Zoom or by reservation for small groups include Tai Chi, Meditation, Functional Fitness, Total Body Strength, Chair Cardio, Balance, and more.

The swimming pool is also open Monday through Friday from 8:00 a.m. to 4:00 p.m.

PROGRAMS VIA ZOOM

Residents can enjoy virtual programs including the Lyric Opera Neil Adelman Lecture, Jim Kendros Music Appreciation, Aretha Franklin, Mayra Loris Presents, and Current Events with Lynn Samuels.

IN-PERSON PROGRAMS

We're meeting in small groups to learn and connect in programs including Great Courses, Art Lab and Virtual Museum with Emily, as well as Short Stories and lectures hosted by resident volunteers.

A full calendar of these programs and more has been delivered. If you need another copy, please ask the Concierge.

We'll continue to monitor this evolving situation, and once again ask for your support and vigilance in minimizing the spread of the virus at Mather Place.

Please take care and stay well.

Sincerely,

Katrina O'Neill
Executive Director

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GOOD *health* IS A GROUP EFFORT

LET'S KEEP EACH OTHER SAFE BY PRACTICING THESE CDC TIPS!



MAINTAIN PHYSICAL DISTANCING.

Keep at least 6 feet of space between yourself and others.



WEAR MASKS AS REQUIRED.

Keep your nose and mouth covered around the community and on the grounds.



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.

THANKS FOR DOING YOUR PART!



11/12/20

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