

We know many of you are concerned about the spread of COVID-19 and how it may impact our senior living community. While we fight this invisible enemy, our top priority is to do all we can to protect our residents, their families, and our team members.

It is essential to keep in mind that while this virus can be serious, most people who contract COVID-19 will experience mild-to-moderate flu-like symptoms and fully recover.

However, those that call our community home are more vulnerable to a virus like this and are at higher risk of serious illness. We have chosen to act aggressively and proactively by creating procedures to help reduce the potential for the virus to enter our building.

The resource section is to ensure that residents, family members, and staff have access to the latest information regarding how we are working to be as prepared as possible to protect the health of our communities.

Information about this virus continues to pour in from the news, Internet sources and even general communications.

Updates have been changing nearly every day with some businesses being asked to temporary close or change business practices (like work from home). These changes will progress over the next few weeks and we will stay on top of it and communicate and update as soon as possible.

## WHAT WE KNOW

There is no need to belabor the point, as I think one thing most people know about Covid-19 is it hurts older people the most.

The data bears this out: People in this age group are the most likely to be hospitalized.

Among adults with confirmed COVID-19 reported in the U.S.:

### Estimated percent requiring hospitalization

31-70% of adults 85 years old and older

31-59% of adults 65-84 years old

### Estimated percent requiring admission to intensive care unit

6-29% of adults 85 years old and older

11-31% of adults 65-84 years old

### Estimated percent who died

10-27% of adults 85 years old and older

4-11% of adults 65-84 years old

The update contains information about numerous subject matters. The information is not advice, and should not be treated as such. You must not rely on the information in the update as an alternative to medical and other advice from an appropriately qualified professional. If you have any specific questions about any medical or other matter, you should consult an appropriately qualified professional. Published 3.25.2020

# WHAT WE ARE DOING

We are happy to communicate that at Brightwater we have been proactive in taking steps to flatten the curve beginning a few weeks ago. The following guidelines have been established as an effort to protect those most important to us in our community.

- Pre-Screening – We require everyone to enter our community through the front doors and go through a screening process that helps to limit any virus or sickness from entering the community.
- Essential personnel ONLY would be allowed entry to the community. These would include medical personnel, pharmacy, critical vendors for supplies (food, medical, etc.) and care staff.
- Virtual doctor visits are currently happening for non-essential visits/checks
- Essential/Emergency Visits – We have limited entering the community and visitations to essential and emergency purposes only.
- Emotional Visits – While we understand that mental well-being is just as important for our seniors we are asking to limit these visits as much as possible to Mon/Wed/Fri from 1:00p.m. – 5:00 p.m. (Limited to 1 Visitor)

We understand that these are uncertain times and consider these visits with great thought on a case by case basis. If a visit is of utmost importance but not an emergency, we ask that you reach out to the Community Executive Director to develop a plan. We will still be pre-screening before every visit to enter the community.

- Limited Resident Exposure – Outside trips are also limited to essential purposes only. This will help to minimize the exposure from the outside community. Since this virus was made known, we have been diligent about screening our employees and visitors to make sure they are not arriving sick.
- Meal Service-The dining room has been rearranged to meet the standards of 6 feet apart “physical distancing” as we understand being social is also a part of our well-being.
- Meal service in the resident suites have been made available for every meal.
- Community staff, as always, are maintaining an exceptionally high standard in our cleaning practices and that continues to be upheld every day--with or without a virus. We have increased the frequency of the cleaning as an added measure to combat this virus.
- Outside services like salon and barber shop services have been eliminated from the community for the time being. As soon as restrictions of these services are lifted we will open them back up

We want to continue to stress that social connections are very important during this time, as social isolation in seniors comes with negative health risks. If we can provide assistance for family members to digitally see their loved ones, please utilize Skype, FaceTime, WhatsApp or other programs to assist in that effort. Our team is available to assist you with virtual visits so that we can help keep the social connection while maintaining limited exposure to outside influences.