



COVID-19 Update

July 2, 2020

We are sending this memo out on a Thursday due to the Independence Day holiday. As much as we want to celebrate our independence, this year we must recognize our interdependence.

This week, St. Paul's Towers Executive Director Mary Linde reported in her daily memo that a resident who had visited a friend off-campus was now a person under investigation when the friend tested positive for COVID-19. Due to this, the resident and 11 other residents on the same floor are quarantined for 14 days.

Shortly after our COVID-19 memo went out last Friday, we learned that another team member at San Francisco Towers has tested positive for COVID-19 after testing negative twice previously.

On Tuesday, Canterbury Woods reported that one of its team members tested positive for the virus, the first case for that community. This morning, Spring Lake Village also reported its first case, with a team member testing positive.

All of us live in community. At Covia, we are intentional about it, but it is true no matter where we live. What we do affects each other. If there is anything that this pandemic has taught us it's that we cannot pretend otherwise – no matter what we would like to believe.

For the Fourth of July, we know that people wanted to gather and celebrate with family and friends, but we can't. By now, we all hoped that the lock-downs would be lifted, not put back in place. Unfortunately, these restrictions are not going to change until the current infection rates are brought under control.

And so thank you for wearing your mask, for maintaining your distance, for washing your hands, for staying home except for essential travel. It's not fun and it's not easy. But thank you for doing your part.

You may find the news difficult and depressing. We want to encourage you this weekend to revisit all of those important self-care practices we had to develop when the pandemic first started, what seems like so very long ago. Write down how you're feeling. Talk to a friend. Find something that makes you laugh. Meditate. Get some exercise. And most of all, please be kind to yourself. These are hard times, but we will get through them.