



COVID-19 Update

September 18, 2020

There have been a few new positive cases of COVID-19 in our communities, though they seem to be singular events rather than outbreaks. Contact tracing so far has indicated there isn't any spread. Thank you as always for taking the necessary precautions to keep COVID-19 from spreading: maintaining at least 6 feet of physical distance from others, covering your mouth and nose when outside your home, washing your hands regularly, and staying home unless you are going out for essential business.

It's been a full six months since California announced a shelter-in-place order, and people are understandably eager for opportunities to visit with others. Our communities are coming up with plans to allow in-person visits in ways that lower the risk for viral transmission, such as outdoor or window visits. The COVID-19 Task Force will be sharing guidance with our communities to help develop those plans. Some communities have plans already in place and others should be created soon. These plans vary depending on the county and the community, so please abide by your community's leadership regarding visitors.

Air quality has been a significant concern this week. We continue to be grateful for the firefighters who are working ceaselessly to get the wildfires throughout the west coast under control. We do advise both residents and staff to check each day about the air quality in your area. You may want to wear an N95 rather than a cloth mask to help filter particulates. You can reuse an N95 if it is for non-medical purposes. If you have concerns about your breathing, please talk with your health care professional.

September 13-19 is National Assisted Living Week. We want to offer special thanks to Covia's Assisted Living and Memory Care staff as well as personal duty aides and others who support our Assisted Living residents and their families.

Tonight is the start of Rosh Hashanah, the celebration of the Jewish New Year. Chaplain Meredith Cahn at St. Paul's Towers shared this reflection with her colleagues:

May the new year be better than the last.
May we learn to live in the unknowing,
because we don't know how long we will be in it.
And may we use the time to envision, dream
and work for a better world
when we can hug,
hold hands and see each other's faces again.