



COVID-19 Update

December 24, 2020

Due to the holidays, the Weekly Update will be distributed on Thursday this week and next.

After seeing the surge that happened after Thanksgiving, we hope it is clear that gathering with others will only make life in 2021 more difficult. Once again, we earnestly request that you follow the guidelines set forth by the state and stay home for the holidays this year.

At the same time, we want to honor and recognize the many people on the Covia team who will be working on Christmas Day, New Year's Day, and the weekends around them. Thank you for all you do to make the holidays special – and safe – for our residents.

On Monday, the chaplains from Front Porch and Covia hosted a Memorial for a Lost Year, attended by over 100 residents and staff. The recorded service is available on your resident website or CoviaNet. Meredith Cahn, the chaplain at St. Paul's Towers, led the service while herself in self-isolation at home due to a possible COVID-19 exposure. Read what she had to share with her colleagues on page 2 of this update.

We learned this week that scammers are already trying to take advantage of the new COVID-19 vaccines. Medicare is alerting people to some of the scams popping up:

If anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.

Here's what to know:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

In addition, Medicare covers the cost of the COVID-19 vaccine.

So far, none of our communities have received a date for a vaccine clinic. Some of our communities have begun distributing Informed Consent forms from Walgreens, which will need to be filled out, scanned, and returned to the pharmacy prior to the clinic date. We eagerly await the administration of the first vaccinations at Covia, and in the meantime, we wish you a safe and happy holiday!

Tea for the Soul

Wednesday, December 23, 2020

Hi Everyone,

This quarantining from everyone including my husband and my baby grandchild (who has learned to laugh in my absence! I'm thrilled and heartbroken at the same time), sitting in my bedroom with a bed, a rocking chair, two cats (and a view of my beautiful garden), has made me more aware of what our residents deal with. I have food brought to my (outside) door... I can glimpse my family... and I still seem to be on zoom all day with residents or staff...And thank God for the cats--who are thrilled to have me to themselves.

But it's made me appreciate all that I do have. A job I love, coworkers who care about each other and the residents, who (as residents said to me today) go above and beyond to help them. Having meaning and purpose in my life – and a good husband, delightful daughter – and oh, the grandson... My beloved cats. Enough to eat. A beautiful garden. Clean air at present. Beautiful skies. A roof over my head without fear of eviction. Clothes. Friends, good friends who are there for me through joy and sorrow. A car that can get me to work and play. Instacart. Other essential workers who risk their lives for others. Health insurance. So many things. And the days are getting longer!! Zoom and facetime. The telephone. Constantly improving hearing aids (I've been wearing them since 1979) that now link to my iPhone. Health.

Someone had me list all the stressors in my life recently – so that I might practice a little self-care, and there are a lot. But I realized that counting my blessings is much more healing than making sure I'm aware of how many stressors I'm dealing with. And my favorite self-care technique is to help someone who is worse off than I am...

This was probably WAY too much information for you – and I apologize. (Aren't you glad I didn't spell out the stressors?) But I wanted to share my list of blessings or gratitudes – and offer you the opportunity to share yours.

Being aware of the good things in our lives allows us to adjust our attitude – contemplate different needs. Indeed, a sage once asked, "Who is happy? The one who is satisfied with what they have."

May we be satisfied with what we have. Today I am.

Peace to you all.

And love.

And appreciation.

Meredith