

June 11, 2020

Dear Residents,

We appreciate the vigilance that residents and team members have demonstrated in practicing strong infection control practices, including hand hygiene, maintaining physical distance of 6 feet or more, and wearing a cloth face mask in public.

We have no new cases of the Coronavirus disease (COVID-19) COVID-19 in our community. Independent Living has had no known cases. The Mather Life Centre completed their second round of testing for direct care employees. Of the 77 individuals tested recently, 74 were negative and three results are pending.

An interdisciplinary task force of Mather senior leadership meets regularly to implement proactive steps to prevent the spread of COVID-19 within our community and make decisions regarding tightening or easing of restrictions. This group closely monitors the Centers for Disease Control's (CDC's) and Illinois Department of Public Health's guidelines for Life Plan Communities like The Mather. The decisions made to keep residents and employees safe are consistent with actions taken at Life Plan Communities across the country.

As mentioned in last week's communication, Mather developed a monitoring tool that helps track key internal and external factors such as

- resident and employee compliance with protocols like wearing masks, handwashing, and physical distancing
- resident and employee COVID-19 symptoms or positive cases
- availability of personal protective equipment and availability of Life Centre suites
- infection rates for the State of Illinois and surrounding area
- infection rates at other senior living communities in surrounding areas
- other internal and external factors

Based on our review, and continuation of strong infection control and safe practices by both residents and employees, we are moving slowly into the next phase, **which includes easing some restrictions for residents of The Mather. Restrictions remain in place for residents of the Life Centre based on regulations from local and state health agencies.**

COTTON SPA & SALON IS OPEN

- We are pleased to be reopening the Cotton Spa & Salon at The Mather for nail and hair appointments **starting Tuesday, June 16.**
- Appointments are required and times will be staggered to facilitate necessary physical distancing and sanitation. Please call (847) 492.4653 for an appointment. **You can begin scheduling your appointment today!**
- The stylists and nail technicians will be health screened including a temperature check, will be wearing face masks and gloves during the appointments, and will be diligent with handwashing and sanitizing between residents.

- Residents must wear masks, wash hands before and after appointments, and avoid touching their face.
- The salon is open to help ensure your safety. Please take advantage of this resource, rather than using a salon outside The Mather at this time. The local salons have been open less than two weeks, and there have been some reports that their adherence to infection control protocols is inconsistent.

INDOOR & OUTDOOR AREAS FOR RESIDENT VISITING

We know how much you have missed visiting with your resident neighbors. We are pleased to offer opportunities for you to socialize with other residents of The Mather.

Gather indoors in the following areas, or outdoors, in groups of no more than four residents, using proper physical distancing and wearing a mask:

- **Indoor Community Spaces:** The Fairfield Room and the Georgian Lounge
- **Outdoor Areas:** Burnham's Patio and Props 1 and 2.

While we will be disinfecting the above areas approximately every two hours during the day, we ask that you use the supplied cleaning supplies to self-clean chairs and tables before and after use. Also, for your protection, please don't eat or drink while together, as this interferes with the safe practice of mask wearing continuously throughout your visit.

We ask you to avoid visiting residents inside apartment homes to protect one another. At this time, our no-visitor policy remains in place for both Independent Living and, per regulation by Illinois Department of Health, for The Mather Life Centre.

CURRENT OPPORTUNITIES

- **Walking or biking around the neighborhood** is permitted while wearing masks, practicing physical distancing of six feet or more, and avoiding meeting with non-residents.
 - Do not enter any type of stores or other places of business.
- **Driving your vehicle** to essential medical appointments or taking a joy ride alone or with a spouse only. Do not visit family or enter any type of business.
 - Call the Concierge in advance (847) 492.5000 to have valet bring your vehicle to you.
- **When golfing or playing tennis**, please follow guidelines posted by the golf course or tennis court. Follow safe distancing rules and stay out of the clubhouse (except to pay). Keep in mind that you can ride a golf cart with your spouse, but otherwise do not share a cart.
- While walking or driving, you may get **curbside pickup at stores**, but we ask that you not enter any type of business. Curbside pickup requires you to order and pay for items in advance.

- Banking through outdoor ATMs or **drive-thru banking** is permitted. Please, do not enter the bank.

All other community spaces, including Get Fit, the pool, Palettes art studio, the library, and the restaurants will remain closed. Plans are underway to open additional amenities in the near future, providing our monitoring tool indicates it is appropriate to do so. We will continue to use our monitoring tool to further evaluate further ease of restrictions and/or tightening based on information available to us.

Mather continues to practice strong infection control to minimize the spread of the virus. Our practices and protocols allow us to control our environment within The Mather and help to protect both residents and team members from being exposed to the virus. When you leave the community or have visitors, you put yourself at risk and, in turn the health of others, as asymptomatic people can unknowingly spread the virus.

While easing these restrictions, this is still unsettling time for all of us. We appreciate your support and your commitment to safety. Please continue to practice physical distancing, proper hand hygiene, and wearing a mask while in public.

The health and well-being of residents and staff continues to be our top priority. We're grateful for your partnership in following current protocols to help keep us safe. Thank you!

For general questions, please call (847) 492.4651 or email bewell@thematherevanston.com.

Sincerely,

Deann Daniel
Executive Director

PS: Please note that this letter is being shared with all residents' current emergency contacts.

COVID-19 SYMPTOMS:

If you are experiencing any of the following symptoms, you should contact your physician for guidance, stay in your home, and notify the Concierge at (847) 492.5000. Symptoms include a loss of taste or smell, cough, fever, sore throat, shortness of breath, and gastrointestinal issues such as diarrhea, nausea, or vomiting. Newer symptoms recently added include headache, chills, and muscle pain. Please note that pink eye, eye pain, or vertigo, as well as discoloration of the toes may also be COVID-19 symptoms.