

July 1, 2020

Dear Residents,

We have no new cases of the Coronavirus disease (COVID-19) at The Mather.

The Mather Life Centre completed their third round of testing for employees. Of the 82 individuals tested recently, 79 were negative and 3 results are pending.

As more and more states begin to open up and ease restrictions, we are aware of the dramatic spike in cases in many states. While we are pleased to be easing restrictions and with our progress at The Mather, we must remain vigilant. Using the Centers for Disease Control (CDC) guidelines, we continue to educate employees and residents with the recommendations for minimizing the spread of the virus. This includes:

- **Adhere to face covering requirements.** Keeping your nose and mouth covered around the community and when outside of your apartment.
- **Maintain physical distancing.** Keep at least 6 feet of space between yourself and others.
- **Wash your hands often.** Use soap and water for at least 20 seconds or an alcohol-based sanitizer.
- **Cover your cough or sneeze with a tissue.** Discard the tissue in the trash and wash your hands.
- **Stay home when you are sick.** Prevent spreading illness to others.

INDEPENDENT LIVING NEWS

AL FRESCO DINING BEGINS ON BURNHAM'S PATIO

Enjoy Al Fresco dining with a fellow resident neighbor or spouse. Each seating is limited to two people at a table and reservations are required. **Please make a reservation at the host stand.**

- Lunch is available Monday-Saturday for either an 11:30 a.m. or 1:00 p.m. seating. (Al Fresco lunch service began on June 30, 2020)
- **Dinner service will begin Tuesday, July 7, Monday-Saturday for a 5:00 p.m. or 6:30 p.m. seating.**

GET FIT OPENING JULY 6

We know how important physical fitness is to many of you. We are pleased to reopen Get Fit with some restrictions in an effort to support physical distancing and sanitization of these spaces.

Get Fit will reopen Monday, July 6.

Get Fit hours: Monday-Thursday, 7:30 a.m. to 2:30 p.m.

Residents can make a **45-minute appointment once per week** in one of the following equipment areas:

1. the Keiser weight machines
2. the treadmills, elliptical, NU-Step and rower machines

3. the recumbent and upright bikes

Reservation System and Important Reminders:

- Make an appointment at least one day in advance by calling Get Fit at (847) 492.4653.
 - No walk-ins or same-day appointments will be accepted.
- Only 4 residents will be allotted to use Get Fit at one time.
- Please show up on time to ensure you can use your entire allotted time.
- Bring your own towel and filled water container. Locker rooms are closed and water fountains are turned off.
- Upon entering Get Fit, you'll have your temperature checked and be asked to sanitize your hands.
- Please wear a mask, and keep physically distant from others, during your entire visit.
- Please wipe down equipment before and after use.

OTHER IMPORTANT NEWS AND UPDATES: Effective Monday, July 6

Inside the Community:

- **Social Visits:** Residents can visit each other's apartments while practicing physical distancing and a wearing mask or face covering.
- **No visitor policy remains for indoors spaces and apartments.**

Outside the Community:

- **Store/Business of Choice:** Residents can shop or enter a store of their choice while following State guidelines. This includes grocery stores, pharmacies, coffee shop, clothing store, bank, etc. We encourage you to frequent stores during their special older adult hours if they have them or at times the store/business may be less crowded.
- **Family Visits:** Residents can visit family members outside of The Mather and away from our campus. It is recommended that visits occur **outside** while maintaining physical distancing and all individuals present wear a mask or face covering.
- **Transportation:** Residents can be transported by other residents or family members in vehicles and the resident should sit in the backseat for physical distancing purposes and all individuals should wear a mask or face covering.

We will continue the following at The Mather:

OUTDOOR FAMILY VISITS:

Residents can visit with family and friends in small groups in designated **outdoor areas**.

- Visiting areas are limited to the South Garden or The Georgian Lounge patio. Total visitors per area will be limited, and use of the spaces will be on a first-come, first-served basis. Furniture will be situated to provide physical distancing and should not be moved.
- While visiting, all parties must wear face masks and keep a physical distance of 6 feet.
- Visitors are limited to a maximum of 2 people at a time per household.

THE MATHER LIFE CENTRE

We were pleased, that as soon as the Illinois Department of Public Health announced family visits and guidance, we were able to move to quickly scheduling visits with family members and those are occurring on a regular basis. In addition, residents are enjoying the outdoor gardens, fresh air, exercise, and socialization. It has been wonderful to see the joy.

At this time, all other visits, including non-essential medical personnel or contractors (**including beauticians**), **are restricted in all areas of the Life Centre**. This is in compliance with current guidance from the Centers for Medicare and Medicaid Services (CMS) as well as the Illinois Department of Public Health (IDPH).

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 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. Please continue to be vigilant and when in the company of others, please ensure that individuals also wear a mask. There is more evidence to suggest wearing a face covering or mask and practicing physical distancing helps minimize the transmission of the virus.

Wishing you and your families a happy Independence Day. Let us celebrate the heroes to whom we owe our freedom, peace, and happiness. Happy 4th of July to you.

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.