

July 31, 2020

Dear Residents,

We have no new cases of the Coronavirus disease (COVID-19) at The Mather. Here are the latest updates on our community:

TRAVEL GUIDELINES

As mentioned in our letter of July 15, The Mather is following Chicago and Cook County's Emergency Travel Order in order to continue to limit exposure risks within our community. This order requires travelers to quarantine for 14 days if they are arriving from any of the following states:

Alabama, Arkansas, Arizona, California, Florida, Georgia, Idaho, Iowa, Kansas, Louisiana, Mississippi, Missouri, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, South Carolina, Tennessee, Texas, Utah, and Wisconsin. The city updates this list every Tuesday, to go into effect the following Friday. For the latest list of states, visit chicago.gov/city/en/sites/covid-19/home/emergency-travel-order.html.

If you return to The Mather from any of these states while the Emergency Travel Order remains in place, please notify the Concierge and plan to quarantine in your apartment for two weeks.

If any family members plan to visit from a listed state, they are unable to visit residents in the South Garden until 14 days after arrival in Illinois.

SALON APPOINTMENTS

With the addition of our new stylist Evelyn, the salon is open! **Call for an appointment: (847) 492.4653.**

- Hair appointments: Wednesdays 10:00 a.m.–4:00 p.m., and Fridays 9:00 a.m.–5:00 p.m.
- Nail and waxing appointments: Mondays and Saturdays starting at 10:00 a.m.

Please arrive on time for your appointment and wait in the lobby of the south building.

PERSONAL TRAINING

Starting Monday, August 3, personal training will be available by appointment. All sessions will be 30 minutes, and will be scheduled to allow a maximum of four people in Get Fit at a time. Physical distancing will be followed. **To schedule personal training, call (847) 492.4653.**

VST BALANCE – FREE ASSESSMENTS AVAILABLE

Starting Monday, August 3 residents can sign up for a free assessment with trained Get Fit staff to use our VST Balance system. This technology predicts an individual's fall risk using artificial intelligence and infrared technology. Screenings take only about 5 minutes, are touchless, educational, and the results are completely confidential. The technology provides personalized results including recommended strength and balance exercises based on the results. Note that a

signed waiver is required. **To make an appointment, call (847) 492.4653.**

NO INDOOR VISITOR POLICY REMAINS:

We will continue with outdoor family visits in the South garden or The Georgian Lounge patio. With the consensus of the resident advisory group, The Mather will maintain a no-visitor policy for indoor spaces and apartments.

INFECTION PREVENTION REMINDERS:

Mather is continuing to use its monitoring tool to review 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; infection rates for the State of Illinois and surrounding areas; and infection rates at other senior living communities in surrounding areas. **With cases of COVID-19 on the rise in Illinois, we must remain as vigilant as ever with infection control protocols to minimize the spread of the virus. These critical efforts include**

- **Wearing a mask or cloth face covering** when outside your apartment, and note that it must cover your nose and mouth.
- **Washing your hands** for 20 seconds or more every time you leave and re-enter your apartment home from the outside.
- **Maintaining physical distancing** (keep at least 6 feet away from other people).

Thank you for doing your part to support the health and well-being of residents and staff.

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.