

September 25, 2020

Dear Residents,

We received notice yesterday that an employee who works in Independent Living at The Mather has a **confirmed positive case of the Coronavirus disease (COVID-19)**. The employee is recovering at home and we wish them a speedy recovery as they follow guidance from their physician. The Mather is interviewing this individual to determine if he/she was in close contact with residents and/or employees (meaning within 6 feet of anyone for more than 15 minutes).

### **COVID-19 TESTING:**

#### **The Mather Life Centre Testing**

We are testing employees in The Mather Life Centre weekly due to Cook County's current positivity rate, and the last round of tests came back negative. The positive employee case this week is unrelated to this testing.

#### **Independent Living Testing**

The Mather has made the decision to undergo a one-time testing for COVID-19 for employees who work in Independent Living. This testing will take place early next week.

### **PLEASE GET A FLU VACCINE:**

Flu vaccines have been proven to reduce the risk of flu illness, hospitalization, and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources during the COVID-19 pandemic.

The Mather is offering a **Flu Clinic for residents on Thursday, October 29 between 10:00 a.m. and 2:00 p.m.** Please make a reservation for an appointment to get a vaccine by **calling the Concierge at (847) 492.5000.**

### **GET FIT CLASSES ON DEMAND:**

We've added some of Get Fit's recorded fitness classes to Mather Connect, so you can access them when you like and exercise on your own schedule!

### **IN-PERSON PROGRAMS IN OCTOBER:**

Beginning in October, we'll have some in-person programming and fitness classes. Details are in the October Repriorment calendar, which will be available next week. Note that all in-person gatherings will be by reservation, with limited number of participants.

**For general questions, please call (847) 492.4651 or email [bewell@thematherevanston.com](mailto:bewell@thematherevanston.com).**

Thank you and stay well.

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.

