

# COVID-19 UPDATE & VACCINE NEWS

January 21, 2021

Dear Residents of The Mather,

We wanted to inform you that we learned yesterday, January 20, 2021, that **a resident in The Mather Life Centre tested positive for COVID-19**. 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). Individuals who have been in close contact will be notified. We wish the individual a speedy recovery.

## **COVID-19 VACCINATION CLINIC NEXT WEEK:**

**Our first vaccination clinic for Independent Living is scheduled for Wednesday, January 27. Please check your mail slot for notice of your appointment time.** On the day of the clinic:

- Punctuality is important. Please arrive at The Fairfield Room at your appointment time. Please check in and then proceed with receiving your vaccine. We ask that only those receiving their vaccine be in The Fairfield Room.
- You must wear a mask the entire time you are in the clinic area, as well as practice physical distancing.
- Remember to wear a shirt that allows easy access to your shoulder area.
- After receiving your vaccine, you'll wait in Alonzo's for 15 minutes for observation. Walgreens will have a clinician monitoring the room in case someone has an adverse reaction to the vaccine. After 15 minutes, you can leave the area.

## **IN-PERSON FITNESS CLASSES:**

**Starting Monday, February 1, we'll resume in-person fitness classes with limited occupancy.** Advance registration will be required for all classes, and no walk-ins will be permitted. (Any class denoted "RSVP" in the schedule is an in-person class.) Please note:

- COVID safety precautions will be followed. Instructors and participants must wear masks at all times and remain at least 6 feet apart at all times.
- Equipment will be sanitized between classes.
- Bring your own water and mat (if attending a mat class).
- Please do not arrive late or more than 10 minutes early for class.

**Register for classes with Get Fit by calling (847) 492.4653 or emailing [cfernandez@thematherevanston.com](mailto:cfernandez@thematherevanston.com).**

**Questions? Please call (847) 492.4651 or email [bewell@thematherevanston.com](mailto:bewell@thematherevanston.com).**

Take care and stay well.

Sincerely,

Deann Daniel, Executive Director

[bewell@thematherevanston.com](mailto:bewell@thematherevanston.com)

