



Living Care

RETIREMENT COMMUNITY

RETIREMENT APARTMENTS: LIVING COURT • LIVING VIEW • GABLE VIEW • VALLEY VIEW • SENIOR VIEW • COOK

March 18, 2020

Dear Apartment Residents,

Thank you for your cooperation as we work to keep our campus safe. As of today, there are **NO cases of COVID-19 confirmed or suspected amongst our residents**. Anyone that was being tested, that we know of, came back negative. This is great news!

Some reminders and new updates:

- Reminder – NO VISITORS are allowed on campus, this includes the outdoor areas. Please connect with your loved ones frequently over the phone or through the mail, but they are not allowed on campus other than for a quick drop off of supplies.
- Deliveries from family, FedEx, UPS, etc: We have set up tables in the lobby of the apartment buildings where supplies can be dropped off for you to retrieve.
- We are asking residents to PLEASE not leave campus. You may leave for a medically necessary appointment, but please have other supplies delivered to you. Every time you leave, you can potentially bring something back to our campus that impacts all of the campus, not just you.
 - Walgreens will deliver prescriptions for free but this has to be managed via a smart phone. We can help you set that up on your smart phone, or your family may be able to assist. We are investigating other options to help with medication delivery/pick-up.
 - Included with this letter is a new copy of our café menu. On the back side of this is a list of pantry staples we will be providing for purchase through the café and we will deliver to your apartment. Some of these items we have in stock right now, and others are on order and we should have soon. We may be able to add more items to this list as we go forward, as we see what we need and as we know how long this self-isolation will be necessitated.
- Going outside – we are able to allow at this time and ENCOURAGE you to go on a walk. Please do this walking on the walking path and keep distance (at least 6 feet) away from other residents. Visitors, and the public are not allowed on the walking path. Please don't gather in the areas right outside apartment buildings as there is more exposure there with staff, delivery drivers, etc, coming through those areas. Proceed to the walking path and please enjoy the fresh air and sunshine out there!

A Nonprofit Organization Dedicated To The Care Of Our Senior Citizens

Business Office • 211 North 40th Avenue • Yakima, WA 98908-2900 • (509) 965-5260

- Caregivers – Caregivers can only be on campus to provide **medically necessary tasks**, such as managing/administering your medication or bathing assistance. Caregivers providing services that could be performed by our staff (such as laundry and linen change) are **not allowed** on campus. You can call Resident Services to set up these additional services, such as garbage removal, laundry and linen change.
 - Effective today, any caregivers coming onto campus we'd like to be screened for symptoms at our screening station set up at the business office on the east side of campus, near the entrance to Hillcrest Assisted Living. Please ask approved caregivers to stop by the screening station prior to coming to your apartment. This station is manned 5 am – 5 pm. After hours, there is a phone at the screening station and they can call to have someone come screen them. The process takes less than 60 seconds and helps us know who is on campus and that they are not-symptomatic.
- Laundry – remember that we are requesting only one person in a laundry room at a time, as we are all being asked to self-isolate. As such, we are asking that no-one wait in the laundry room for their clothes to finish, as this makes it so that other residents can't enter the laundry room. Please wait in your apartment for your laundry cycles to complete, then retrieve your laundry.

We continue to look into activities and ways we can help you stay active and engaged while in your apartment, such as some exercise tips we are providing today.

Thank you for your patience, understanding and cooperation as we are all diligently working to keep you safe.

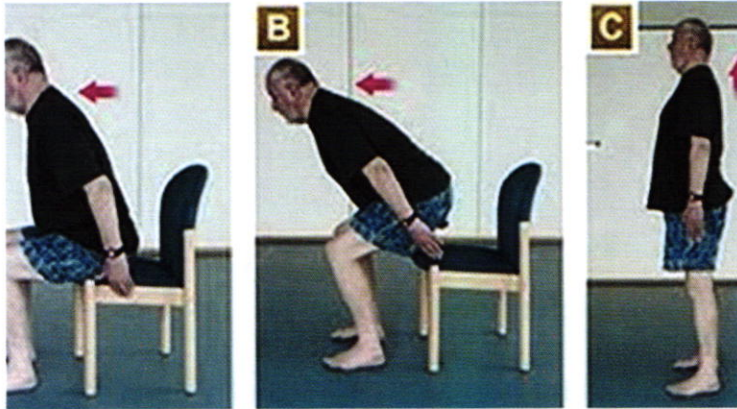
Remember that you can refer family to <https://livingcarecommunity.com/covid-19/> to keep up-to-date on what happening on campus.

Thank you for your cooperation,

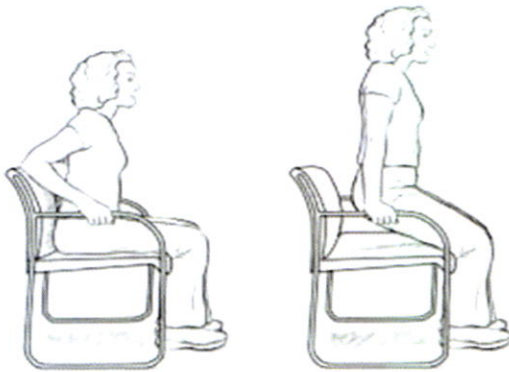
Eva Lounsbury
Director of Resident Services
509-965-5260

Stay Fit & Active In Your Home

- 20 oz can of soup or fruit is 1 lb weight
- ½ gallon of water/milk is approximately 4 lbs



Stand up - Sit down is the best exercise you can do for your legs. Try to do with 1 hand or no hands to make it more difficult and complete 10 in a row from different surfaces in home.



Press up from chair to strengthen arms.

Complete 2 sets of 10.

Move feet further away from your chair to make it harder