To: Dunwoody Village Residents, Families and Staff

From: Kathy Barton, Director of Operations

Brandon Jolly, Director of Health Services

Re: CONTINUED UPDATE RE: COVID-19

August 14, 2020

DUNWOODY VILLAGE

General Update:

As you may be aware, Dunwoody has contracted an outside company to safely trap and transfer the feral cats and kittens that are on our campus. However, we find it necessary to review our efforts in continuing the relationship with the company. While the company is both humane and effective, it has come to our attention that residents are releasing the traps and continuing to feed the cats. The process of safe and humane removal is expensive, and the cost becomes prohibitive when residents work in a counterproductive manner to derail our efforts. Please be reminded that it is illegal to release the traps or to feed feral animals.

Care Center Updates:

The Beauty Salon remains open for full services, and you may schedule an appointment by calling 610-359-4447. In our efforts to minimize co-mingling from one level of care to another, appointments will be available on the following days for the different levels of care:

Woodlea residentsLeeland residentsWednesday morningWednesday afternoon

Patten, Pavilion and Dundale West Thursday

Cedars West
 Cedars East
 Friday afternoon (on Cedars)

Friday appointments in the salon are reserved for Residential residents.

All staff and residents MUST wear properly fitted masks (covering both nose and mouth) while receiving salon services. If you cannot wear a properly fitted mask, you cannot receive service.

Residential Updates:

Health & Wellness: Due to the regulations made necessary by the COVID-19 pandemic and restrictions put in place over the past several months, the Residential Social Services Department will be placing check-in calls to Residential Living residents beginning the week of 8/17/2020 and continuing for the next several weeks. The inability to visit with friends and family and the lack of normal, daily routines has made these last several months extremely difficult for everyone! Decreased socialization can leave many people feeling more anxious, depressed, and lonely. We will check-in to make sure that we are doing everything we can to continue to support everyone as we all attempt to adjust to the "new normal." We will be asking several questions to each Residential Living resident to determine how well he or she is doing, as well as provide resources if appropriate at that time. We look forward to checking in with all of you as well as hearing any feedback. Let us know what we can do to better support your individual needs in the hope of making this difficult time a little better for everyone!

More Yoga:

We will be adding an outside yoga class to our current schedule. Beginning Thursday, August 20^{th} , the class will be conducted each Thursday from 9:45 a.m. -10:15 a.m. In order to allow as many people as possible to attend throughout the week, you may only register for one class at a time. We will maintain a waiting list and call you if there is an opening. Please call the Fitness Center at 610-359-4514 to schedule.

Friday, August 14, 2020

To: All Residents

From: Connie Stuckert, President, DVRA

Re: Upcoming Channel 1970 Programs, etc.

It's hard to believe it's already the middle of August, and Labor Day is in a scant three weeks. Our wonderful little newsletter, "While We're Waiting", has only one more issue before we welcome back "Inside Dunwoody". The next "Kathy and Connie Talk" was originally scheduled for Aug. 20, but has been moved to 4 pm on **Tuesday**, **Aug. 25** because of changes in Kathy's schedule. As always, send your questions to me (fuddlescat@verizon.net), but *no later than* **Saturday**, **Aug. 22**. There will also be a "Listening Post" on August 27. Email your questions between 9 and 5 that day to Ann Miller at millera518@comcast.net, or phone her between 9 and 10 am at 484-427-7061.

We have a special event on 1970 this week. At the recommendation of Erin Price, one of our social workers, we will be showing a program on COVID-19 at 2 pm Wednesday afternoon. "Coping with Covid" was put together specifically for people in Independent Living by Holistic Hospice. It features a panel of experts from that organization discussing ways to cope with the virus, social isolation, and grief relating to the current pandemic. This should be useful for all of us.

The rest of the week on 1970 continues much as usual. Cathy, Julie, Pat, Bonnie, and Jo handle the morning exercise assignments. In the afternoons, the last episode of "John Adams" will be shown on Monday; "Keeping Up Appearances" and "Downton Abbey" (now in its second season) continue; and a new series, "The Holy Land Revealed", starts on Friday. Movies this week include "The Lavender Hill Mob" on Sunday, the musical, "Cabaret" on Tuesday, and "Kramer vs. Kramer" on Saturday. "Baseball" and "The West Wing" continue, while we reach the final episode of "Alaska".

Stay cool, stay safe, and enjoy!

CHANNEL 1970

August 16 – August 22, 2020

8/16-8/22	Morning	Afternoon	Evening
Sunday 8/16		2 pm - Movie: "The Lavender Hill Mob" 1951 PG Comedy / Crime	
Monday 8/17	Exercise: Cathy 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength (Similar to one in Fitness Class before Covid)	2 pm – <i>John Adams</i> #7: "Peacefield" 1803-1826	7 pm - Documentary: Ken Burns, Baseball, Inning 8: "A Whole New Ball Game"
Tuesday 8/18	Exercise: Julie 9:00 Morning Stretch 9:45 Personal Care 10:30 Strength♥ 11:15 Outdoor Chair Yoga*	2 pm – British comedy: "Keeping Up Appearances" #13 & 14	7 pm – Movie: "Cabaret" 1972. PG Drama / Musical
Wednesday 8/19	Exercise: Pat 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Pilates ♥ 11:15 Outdoor Chair Yoga*	2 pm – Coping with Covid 19	7 pm – Kingston Chamber Music Festival Concert 5: Transfigured Night
Thursday 8/20	Exercise: Bonnie 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength	2 pm – "Downton Abbey" Season 2, #2	7 p.m. "The West Wing" Episode 20: "Mandatory Minimums"
Friday 8/21	Exercise: Jo 9:00 Morning Stretch 9:45 Balance ♥ 10:30 Chair Yoga	2 pm – "The Holy Land Revealed" #1 & 2: The Land of Canaan; The Arrival of the Israelites	7 pm – Documentary: Alaska—Episode 5: "Alaska's Grizzlies"
Saturday 8/22			7 pm - Movie: "Kramer vs. Kramer" 1979. PG Drama

^{*}Outdoor Chair Yoga – Sign up Sheet due to limited seats; call the Fitness Center to sign up 610-359-4514.