

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**



October 16, 2020

General Updates:

Care Center Updates:

COVID-19 Testing:

Week of Monday 10/12: On Monday, October 12th, we again began testing all Care Center residents and staff. All Care Center residents tested were negative. A total of 277 staff members were tested. Of the tests returned, there were 161 negative and 1 positive. The positive staff member is at home and being monitored. There are 115 staff member tests still pending.

In accordance with the Department of Medicare and Medicaid Services (CMS) requirements:

Care Center regulations and visitation will remain at Phase I Reopening (as posted to our website on Friday, September 25, 2020) until all staff and residents continue to test negative for a 14-day period. We will test on a weekly basis until there is a 14-day window where there are no positive results.

Residential Updates:

Technology Helpdesk:

We have created a Technology Helpdesk to assist residents with their needs. Kayla McFadden, Marketing, is the point person. Call Kayla at 610-723-4601 or email her at kmcfadden@dunwoody.org to log an issue. She will track the issue and assign it to a team member, depending on the issue. Kayla will follow up to be sure the issue is handled and close the ticket. Please note that Kayla is not necessarily the one to fix the problem, but she will keep track and get it assigned to the right person.

Zoom Sessions:

Kayla will be hosting 2 separate ZOOM sessions next week. A beginner's class will be held on Tuesday, October 20th at 3:00 p.m. and a class for experienced ZOOM users will be held on Wednesday, October 21st at 3:00 p.m. Contact Kayla to have her add you to the invite list.

New Social Groups:

Looking for more opportunities to socialize? The residents will now be hosting both a men's social group and a women's social group every other week beginning at the end of October. This is a wonderful opportunity to spend time and chat with fellow residents in a safe manner! Each group will have a total of 10 people who will meet for 1 hour in the Club Room every other week. The women's group will be every other Tuesday from 10:00 a.m. – 11:00 a.m., and the men's group will be every other Wednesday in the Club Room from 10:00 a.m. – 11:00 a.m. Social distancing, hand sanitizing upon entering, and properly worn face masks are required.

If you are interested in joining one of these groups, please reach out to Erin Price at 610-707-4898 or via e-mail at eprice@dunwoody.org for further details and to sign up.

Masks:

Properly fitted masks must cover both the nose and mouth. If your mask is not properly fitted, it provides no protection for you or others! Clean cloth masks on a daily basis and do not wash disposable masks.

Visitation, Including Essential Services:

Please remember that ANY and ALL types of visitation must be approved and made a minimum of one day (Monday through Friday) in advance. Contact Kayla in Marketing at 610-723-4601 to schedule!

To-Go Meal Dinner Service as of Monday, October 12th:

To-Go meal home delivery service will continue, but Village Grill To-Go meal pick-up service will be available at the following times **for those who provide advance notice:**

- Monday through Saturday – 4:45p.m. to 6:15 p.m.
- Sunday – Noon – 1:20 p.m.

When you return your weekly menu packet: Note ONLY the day you do NOT want home delivery (not your choices for that day); SELECTION WILL BE MADE IN THE GRILL. The menu items offered will be identical to the choices on the home delivery menu. In the Village Grill, you will select your prepackaged desert and salad choice with soup of the day. You will select your entrée, vegetable, and starch, which will be packaged at the point of service. You must wear a mask and observe the 6-foot apart spacing rule as you move through the Grill. The floor has space markings. **Due to infection control: You may not bring your own containers. We cannot accept any used bags or containers.**

Travel Restrictions:

As reported on the PA Department of Health website 10/12/2020, **26** states are now on the restricted travel list: Alabama, Alaska, Arkansas, Florida, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, Wisconsin and Wyoming. If you travel to these states, you must quarantine at home 14 days upon return. Please note that the states listed for restricted travel can change on a daily basis. The most recent updates can be found on www.health.pa.gov. **Some local counties are experiencing a high up-tik in reported COVID-19 cases. Please wear face masks and practice social distancing if traveling off campus!**

Friday, October 16, 2020

To: All Residents
From: Connie Stuckert, President, DVRA
Re: Upcoming Channel 1970 Programs, etc.

“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of gratitude.”

Winnie the Pooh, by A. A. Milne

I’ve been thinking about gratitude lately. There is so much in our world *not* to be grateful for; a pandemic, economic distress for many, chaotic politics, climate change, the restricted lives we must now lead, etc., etc. I’ve noticed that focusing on those things only adds to any feelings of no control I may be combatting on a given day. Thus I’ve been thinking about gratitude, and trying to turn my attention there. I’m so grateful for many things; beautiful fall days with blue skies, the birds and two brave squirrels that visit my hot pepper-laced suet feeder, the tranquility of our Wildlife Refuge, stored up memories of past adventures, my family and friends, the wonderful Executive Committee it is my privilege to serve with, the comfort and security of my little apartment, and most of all, the fact that I can still get out of bed every day. Tomorrow is unknown and uncertain, but I can be—and am—grateful for everything I have to day. And I work at it. To paraphrase Martin Luther King, “an attitude of gratitude” takes practice. I hope you are also practicing. It will really help us get through a long dark winter.

Another thing to be grateful for is 1970, and all the dedicated residents who make that programming happen. This week I am not going to describe the programs, which you can see on the other side. Instead, I want to acknowledge those who make it happen, with apologies to anyone I inadvertently miss. Mary Beck assisted by Dee Owen and others, produces the announcements and rotating slides for events. Bonnie Monastra, Barbara DeConcini, and Nancy Bloomfield plan the morning, afternoon, and evening schedules respectively. The AV Committee, chaired by Warren Lieberman and consisting of Phil Bloomfield, Joe VanderVeer, Larry Pethick, Carl Zweben, Tom Devlin, and me, transmits 17 or 18 programs every week. The movies are chosen and rented by Tom Devlin. Various members of the Entertainment Committee select other programs. Pat Turner provides Rick Steves travelogs once a month, a legacy from the late Hugh Bullard. And George Mell has worked hard to get the Sunday afternoon religious services up and running again. Finally, a word of thanks to Kathy Barton, who has smoothed the way whenever we needed it. Grateful, yes.

PLEASE TURN OVER TO SEE THE 1970 SCHEDULE FOR NEXT WEEK

CHANNEL 1970

October 18– October 24, 2020

10/18-10/24	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 10/18		2 pm: Religious Services Rev. Timothy Johansen, Pastor Trinity Lutheran Church, Havertown 3 pm: "Lady Bird" (not the First Lady) 2017 94 min/ Comedy, Drama	
Monday 10/19	Exercise: Cathy 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength ♥ (♥ Similar to one in Fitness Class before Covid)	<i>The World's Greatest Geological Wonders (#17&18: Sacred Nature of Rocks; Igneous Enigmas)</i>	7 PM – The Civil War: A film by Ken Burns Episode 5: The Universe of Battle (1863)
Tuesday 10/20	Exercise: Julie 9:00 Morning Stretch 9:45 Personal Care 10:30 Strength ♥ 11:15 Outdoor Chair Yoga*	1 pm Current Events: <i>Russia: Why it Behaves the Way it Does</i>	7 pm – Popular Programs presents Pete Smyser, guitar
Wednesday 10/21	Exercise: Bonnie 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength Class ♥ 11:15 Outdoor Chair Yoga*	<i>The World's Greatest Geological Wonders (#19&20: Antarctica; Columbia Glacier)</i>	7 pm – Allegro Music Consultants presents Henry Kramer, piano
Thursday 10/22	Exercise: Bonnie 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Pilates ♥ 11:15 Outdoor Chair Yoga Marc Shay-Memorial Garden 10:00 Outdoor Tai Chi 10:45 Outdoor Tai Chi	<i>The Holy Land Revealed (#19&20: Herod as Builder; Caesarea Showcase City)</i>	7 pm– West Wing: Season 2, Disc 2 Episode 5- "And It's Surely to Their Credit"
Friday 10/23	Exercise: Jo 9:00 Morning Stretch 9:45 Balance Class ♥ 10:30 Chair Yoga	<i>Downton Abbey</i> (Season 2, #9)	7 pm – Doc Martin: Series 1 Disc 2: Episode 6- "Haemophobia"
Saturday 10/24			7 pm - Movie: "Colette" 2018 R 111 min/ Biography, Drama, History

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