

Coronavirus (COVID-19) Resident Update Tuesday, April 7, 2020



From the Executive Director

Dear Residents,

Despite all of our planning and prayers, this virus is challenging us in ways we never imagined. Every day, it seems, the news is unsettling. Please continue to pray for the residents and team members at Carroll Lutheran Village and let each of us do our part to keep each other safe and healthy.

Director of the National Institute of Allergy and Infectious Diseases Dr. Anthony Fauci said in an interview with **The Daily (a NYT Podcast)** that the virus controls the timeline. We can't predict how long this situation will continue. However, he said, "it's absolutely critical that people... to the best of their ability abide by recommendations because we know that mitigation does have impact" on how effective we are at smothering the virus.

The protocols and guidelines we have in place are there at the direction of the CDC and the Maryland Department of Health. Social distancing, staying at home and washing your hands are vital, and each of us needs to follow these and other protocols to prevent the spread of the virus.

Please follow the Stay-at-Home order issued by Gov. Larry Hogan.

Please do not risk yourself, your loved ones, friends or our team members by venturing outside the community unless it is essential, such as a required health care appointment. If you leave the community, we require you to self-quarantine for 14 days. (see diagram to the right).

Our No Visitor policy remains in place. The only exception is essential visitors and those individuals must be screened before entering. One visitor per day is allowed.

Please continue to practice social distancing. Take advantage of the Fitness on the Balcony classes and other online resources our team is providing to keep your mind, body and spirit strong. Stay hydrated, eat well, and get plenty of rest.

CORONAVIRUS COVID-19 HOWARD COUNTY HEALTH DEPARTMENT

Instructions for When You Are Sick or Self-quarantining

<https://www.howardcountymd.gov/coronavirus>
410-313-6284 Coronavirus Information Line

1. STAY AT HOME
2. STAY IN A SEPARATE VENTILATED ROOM
3. WASH HANDS FREQUENTLY WITH SOAP (20 SEC)
4. USE TISSUE AND THROW AWAY AFTER EACH USE
5. USE SEPARATE BATHROOM (IF POSSIBLE)
6. REDUCE NUMBER OF PEOPLE AT HOME
7. NO VISITORS
8. AIR OUT HOUSE / OPEN WINDOWS
9. WEAR A MASK IF YOU NEED TO LEAVE YOUR DESIGNATED ROOM
10. SEPARATE CONTAMINATED TRASH
11. SEPARATE THE LAUNDRY
12. AVOID TOUCHING COMMON OBJECTS
13. REGULARLY DISINFECT SURFACES
14. CALL YOUR PROVIDER IF YOUR SYMPTOMS CHANGE / CALL 911 IF YOU HAVE A MEDICAL EMERGENCY

Most Frequently Asked Questions. We've compiled a list of commonly asked Questions and Answers about deliveries, going outdoors, and recycling. You can view them [here](#) and they are also located on the **LVMG WEBSITE**.

If you have other questions not addressed in the Q&A, please email those to LVMGCares@millersgrant.org so we can answer them for you.

We are Prepared!

We are continuing to follow the protocols and guidelines as directed by the Department of Health and the CDC and our COVID-19 task force meets daily.

Please know our entire team is doing their absolute best, every day, to ensure your safety and well being.

News From Gov. Larry Hogan

Yesterday, Gov. Hogan enacted an emergency order to mitigate the spread of COVID-19 in nursing home facilities, including requiring health care workers to wear personal protective equipment and having separate observation and isolation areas for residents confirmed with or suspected of having COVID-19. The protocols were implemented immediately in our assisted living and Health Care Center. You can read the Governor's full announcement [here](#).

We're Here If You Need to Talk

Please contact Lynn Glaeser at 410-696-6713 or lglaeser@millersgrant.org or Rev. Stacey Brady at sbrady@ismmd.org

Need Help Connecting with Technology?

Email LVMGCares@millersgrant.org.

Have Questions or Concerns?

Email LVMGCares@millersgrant.org.

Need Updates?

Visit www.millersgrant.org for updates or [@millersgrant](#) on **Facebook**.

Download Here the list of pharmacies that deliver.

Download Here the Toiletry List/Form.

We will continue to notify you if there are updates. Our weekly Tuesday updates will continue. Your family members can subscribe to our weekly updates by visiting www.millersgrant.org and click on the **Subscribe to receive weekly email updates**. at the top of the homepage.

Creative Connections

Please, take advantage of the video chats, text messaging and **Facebook** conversations online. We're so fortunate to have technology that keeps us connected with those we love. Now is the perfect time to embrace FaceTime or get set up on Facebook to stay in touch with your children and grandchildren.

We had some outdoor fun this past week. Sidewalk chalk, Fitness on the Balcony classes, and a few birthday celebrations.



Food for Thought!

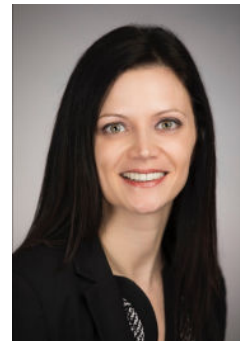
The Dining Services team prepares and delivers an average of 300 delivery meals daily to homes and apartments

And, in the last two weeks, they have taken and delivered more than 750 grocery orders!

Take care and be well. We will get through this together.

Warmest Regards,

Michelle Rosenheim
Executive Director



The Lutheran Village at MILLER'S GRANT
9000 Fathers Legacy - 410-696-6700 - www.MillersGrant.org



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