

## COVID-19 UPDATE

Independent Living – Residents  
June 9, 2020

**From the Executive Director  
Michelle Rosenheim**

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Dear Residents,

This past Friday the State of Maryland moved into Phase 2 of the reopening plan. CCRCs and other senior living organizations like Miller's Grant are not included in this phase for several reasons; mainly, our population remains among the most vulnerable and at-risk.

We continue to follow local and state health agencies' directives and make decisions about easing restrictions based on what is best for the entire community.



How effective we are in preventing the spread of this virus depends on you as much as the guidelines we have in place to keep you safe. Please remember:

- Proper hand washing and sanitizing are proven ways to prevent the spread of COVID-19. Be vigilant with both!



- You are required to wear facemasks whenever you leave your home and for the entire time you are outside of your home. I know communicating with a mask on presents challenges, but please do not pull your mask down to speak to one another. And please be sure the mask fits snugly on your face to keep you protected. If you need a mask, please contact Lynn Glaeser at 410-696-6713 or [lglaeser@millersgrant.org](mailto:lglaeser@millersgrant.org).
- Exposure is defined as face-to-face contact without a mask, less than 6 feet apart, for greater than 10 minutes. Therefore, social distancing is imperative.
  - Social distancing guidelines require everyone to maintain a distance of at least 6 feet. This means:
    - As tempting as it is to pet each other's animals, when you do, you are standing too close to one another. Please keep your "paws" to yourself! Just for now.
    - No more than 2 people are allowed at one time on the elevator.
    - We strongly suggest you do not go into each other's homes.

**Our protocols and policies are in place to protect the entire community, not just one individual.**

There are instances when our policies do not align with policies that apply to the general public. For example, the stay-at-home mandate is lifted for all individuals, including you, **yet we strongly discourage you from leaving the community unless it is essential to do so. We continue to offer delivery of essential items and there are options available for grocery delivery.**

Our current restrictions offer an added layer of security by allowing us to control who comes into our community. When you leave the community, you put yourself at risk and, in turn, jeopardize the health and safety of fellow residents and team members. We have no control or knowledge about who

you come in contact with when you leave the community and we know asymptomatic people can unknowingly spread the virus.

## Structured Outdoor Visits: *Coming Soon*

Out of an abundance of caution, we are continuing to assess the structure and appropriate start date for structured outdoor visits.

This is an extremely important first step for our community and, in many ways, will serve as a template for how to reopen our community safely. Thank you for your patience. We promise to keep you and your family members informed of our progress. Until then, we're sharing an overview of the guidelines that you can expect to follow:

1. Residents are required to register for a date/time slot.
2. Visits will be limited to 1 hour.
3. No more than 5 people at each designated location.
4. Everyone must wear masks and maintain 6-foot social distancing.

## An Activities Update

Keeping our community safe would be impossible without everyone's participation. Thank you for your ongoing patience and cooperation. Lynn Glaeser is leading efforts to plan for how to safely introduce activities back



**COVID-19 Prevention** #StopTheSpread.

 **ELEVATOR ETIQUETTE** No more than 2 people in the elevator at the same time to ensure social distancing.

 **SOCIAL DISTANCE** Maintain 6 feet between you and other other person.

 **WASH HANDS** Use soap and water to properly wash your hands throughout the day for at least 20 seconds.

 **DON'T TOUCH YOUR FACE** Avoid touching your eyes, mouth and nose with your hands.

 **TAKE PRECAUTIONS** Wear your mask at all times when you leave your home.



into the community. We're counting on all of you to help us ease these activities back into our daily lives safely.

**Join me in thanking the croquet committee!** They invested a lot of time and effort researching and creating a sound policy that will ensure when the games continue, players are protected, and the current safety and infection control guidelines are followed.

### **COVID-19 Update**

- 6 team members have tested positive for COVID-19.
  - 4 who were asymptomatic and have been cleared to returned to work.
  - 2 who were symptomatic have recovered and have been cleared to return to work.
- 1 individual in the Health Care Center tested positive and is receiving medical treatment.
- 2 individuals in residential living have tested positive and are receiving medical treatment.

**Reminder:** If you are not feeling well or experience any of the following symptoms, including vomiting, diarrhea, chills, muscle pain, headache, sore throat, new loss of taste or smell, fever, cough or shortness of breath, call your primary physician and Care Coordinator, Jena Britton at 410-696-6818 or email [JBritton@millersgrant.org](mailto:JBritton@millersgrant.org).

### **Prayer Service of Hope & Healing**

**Sunday, June 14 at 2:30 p.m.**

Residents at both LVMG and CLV are invited to participate in a community-wide Prayer Service of Hope and Healing. Chaplain Stacey Brady and Chaplain Eileen Kelley-Warner (CLV) will lead the service. President/ CEO, Jeff Branch will bring a message.



This quiet service will be filled with candle lighting, litany and prayers to heal from the effects of COVID-19 as well as prayers of healing for racial injustice. Residents will be given battery-operated candles and bulletins in their apartments/ homes to enable participation. Come, Holy Spirit and renew us with your healing presence!



Contact Stacey Brady for more information: [sbrady@lsmmd.org](mailto:sbrady@lsmmd.org).

### **Thanking our Neighborhood Helpers**

We see the heroes working at Miller's Grant and we're grateful for all they do to protect our community and maintain some sense of normalcy. What you may not see is the generosity and support of our Howard County neighbors, friends, family members and businesses. CEO Jeff Branch shared a note of appreciation for these neighborhood helpers and we highlighted them in this video, <https://youtu.be/bGYAGNCScvQ>, to say thank you.

Please contact me at 410-696-6711 or [LVMGCares@millersgrant.org](mailto:LVMGCares@millersgrant.org) with your questions. You can also call the LVMG Cares Hotline at 410- 696-6770.

Take care and be well.

Michelle Rosenheim  
Executive Director  
Lutheran Village at Miller's Grant