



Episcopal Retirement Services

March 11, 2020

COVID-19 UPDATE

Dear ERS Staff,

Today the World Health Organization has declared the Coronavirus as a pandemic. A pandemic is an outbreak that happens only every fifty years or so. Here are a few headlines from this week:

- Mayor Cranley declared a State of Emergency for the City of Cincinnati.
- Ohio has the first case of “community spread” Coronavirus (spread person to person not from someone who has traveled outside of the country or has had a known exposure).
- Governor Beshear has restricted visitors to all nursing homes and assisted living communities in Kentucky.
- Governor DeWine said it so well today: “Every Ohioan has to do things differently, or we will become Italy.”

We are expecting Governor DeWine to place a statewide mandate to cancel all large events/gatherings and expect other governors to do so also. As team members of ERS we want to **strongly advise that you not attend large gatherings** as the CDC has indicated that these gatherings increase our risk of illness. Other reminders from the CDC include:

1. Clean your hands often.

- **Wash your hands** often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact**
- **Avoid close contact** with people who are sick

2. Exercise “social distancing” by putting distance between yourself and other people

- Best practice indicates at least an arm’s length away
- Do not shake hands, hug, or kiss when greeting one another. Give an elbow bump or avoid physical contact altogether.

3. Stay home if you’re sick

4. Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough, sneeze, or use the inside of your elbow and **throw used tissues** in the trash.



Episcopal Retirement Services

- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
5. **Wear a facemask if you are sick**
- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
 - **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply, and they should be saved for caregivers.
6. **Clean and disinfect**
- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
 - **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

We also wanted to make you aware of some changes that we are implementing with our residents as there are a number of questions that residents and families have asked.

Transportation Services

Effective immediately, we are canceling all group trips including grocery store runs. We have options for residents that need grocery options detailed below in the grocery section below. Transportation will ONLY be available for medical appointment that have been verified with the physician that it is medically needed at this time. Transportation staff will be re-directed to assist with resident services within our buildings.

Grocery Stores

We will not be having regular grocery runs. We do have several options, however. Staff at each building are able to order groceries for you on-line through Kroger, Walmart or Whole Foods. There may be a minimum order or a fee for the service, but it is minimal. Please call the front desk M-F from 9-5 pm. The receptionist will have a staff member get with you.

Charges will be added to resident's monthly bill and designated staff will deliver to their apartments. We will not charge for the ordering or delivery, but will simply pass on the charges from the grocery provider. The following are the fees:

- Kroger: Fee of \$4.95 with no minimum purchase
- Walmart: Free with a \$30 order
- Whole Food: Free with a \$35 order and prime membership



Episcopal Retirement Services

Residents Attending Gathering and Meals

We have learned by doing temperature checks for staff that people are not always aware when they are getting sick and/or have a fever. We will begin temperature checks for residents that eat in the dining room or participate in events and activities. If a resident has a temperature of 100.1 degrees Fahrenheit or symptoms of a cough or shortness of breath, they will not be permitted in public areas/gatherings. There will not be a charge for meal delivery if residents are sick.

Medisets

Many residents have family members that set up their medications in a mediset. Families may continue to do this. However, they will not be able to take the medisets to the resident. Family may drop off the medisets and staff will deliver. Additionally, residents can choose to have a local pharmacy set up their medisets for them. Packs and Tischbein's (Cincinnati) provide this service and can deliver to our communities. If these options are not viable for your particular situation, please call your nurse for assistance.

Voting

Our communities are no longer polling sites for the primary that is being held on Tuesday, March 17, 2020. Residents will have options, however. Absentee ballot can still be requested. The deadline to request an absentee ballot by mail is Saturday, March 14 at noon. **Please contact Debbie Maclean at Marjorie Lee or Sandy Bachman at Deupree House for assistance.** All absentee ballots postmarked by Monday, March 16 will be counted. Absentee ballots can also be dropped off directly at the Board of Election until 7:30 p.m. on election day and still be counted.

We have put these measures in place so that you can stay at home and follow our guidelines to keep you and your neighbors well.

Sincerely,

A handwritten signature in black ink that reads 'Laura R. Lamb'.

Laura Lamb
President and CEO