

Dear Residents,

As we navigate the rapidly changing Coronavirus guidelines given by the CDC and ISDH, we just want you to know how much we care about you and your wellbeing. The Justus Emergency Command Team along with our Crestwood South team are working hard to keep you safe, healthy and comfortable. We hope you are enjoying the treats, games and other fun things put together by our Life Enrichment team. One of the most important things we have learned is the positive effect connecting with friends, neighbors and family can have on our overall health. We personally know how difficult social distancing from our loved ones really is. Please know, our team is committed to providing creative ways for you to stay connected to those you cherish. Here are some fun options:

1. **Skype video chat** with your family.
2. **FaceTime** via your tablet, iPad, iPhone or smart phone.
3. **Facebook** is a great way to keep up with loved ones.
4. **Write letters/send cards.** Special handwritten notes are a treasure.
5. **Make phone calls.** Start the chain of conversation by checking on a neighbor.
6. **Send photos** or better yet, ask your family to send photos through the mail or via email.
7. **Work Out Wednesday** in our hallways is a great way to socialize and exercise from a distance.
8. **Relax on your balcony or patio** and wave at your neighbors. Fresh air and sunshine are good for the soul. Temperatures will be reaching 60's and possibly 70's next week!
9. **Start devotions or a book review with friends over the phone.** Read magazines, poetry, devotions or get lost in a book and call friends to discuss.

Our Life Enrichment team would be happy to help facilitate in any of these areas. Our staff is enjoying delivering meals, creating daily soups, desserts and dinner features. A few things to make note of:

- ❖ **Meals are served until 7PM.** Place your order before 6:30PM to receive a delicious meal with delivered a smile.
- ❖ **Servers are not allowed to enter apartments** but, they are happy to greet you warmly when you answer the door.
- ❖ **Place 1 order per mealtime.** We want you to receive the desired order that you place.
- ❖ **Alert us if you haven't received your order within 1 hour.** We want everyone to enjoy a warm, healthy meal. Please understand that certain times are more popular for our dining team.
- ❖ **Refrain from leaving the building.** It is only permissible to leave the building for necessary medical appointments that have been arranged through nursing/front desk.
- ❖ **Understand that if you leave the building and return, you are putting your neighbors and our staff at risk of getting COVID-19.** These actions could result in extreme illness and even death.
- ❖ **Join in on the fun that Life Enrichment has creatively planned for you.**
- ❖ **Other ideas:** schedule a 1:1 appointment with Life Enrichment, do crafts, organize a closet, sew or crochet, watch movies, start a new tv series...

It is our joy to serve you. We sincerely appreciate the comments, suggestions and words of encouragement as we go about keeping Crestwood South safe and healthy. It is our daily goal to keep each of you at the forefront of our mission. Please know that you and our staff are top priority with each move we make and that will never change.

Thank you for helping us work towards beating the odds. Together, we will prevail!

Warmly,

Beth Welch & Erin Beiriger
Executive Director/Assistant Director