

Justus CORONAVIRUS UPDATE



COMPREHENSIVE UPDATE

September 25, 2020

As the feel of Autumn is in the air, the COVID-19 pandemic continues to change day-by-day. However, there are fewer state guideline changes each week and consequently fewer policy and procedure updates. This allows us to do what we do best ... create a living environment where people connect, grow and thrive. We are committed to staying on top of guidance as it is released and continue to meet one or twice a week to focus on COVID-19 updates. During this demanding and trying season, we also focus on the overall wellness of our residents and the emotional health of both residents and employees. Below are some of the most recent updates:

WELLNESS

Flu Shots - Doctors are strongly advising people to get flu vaccinations. The CDC is recommending that shots should be given mid-September or early-October. There is a regular dose and a high-dose flu shot this year. The High dose is recommended for anyone over the age of 65 by the CDC. Justus offers flu shots to residents and employees. Medicare and most private insurance cover the cost and Justus covers the cost to employees if they don't have insurance. Employees are required to read and sign an informational flyer about the risks to themselves and others if they decline the vaccine. Flu shots are scheduled for residents and staff at our communities as outlined below:

September 29 – Woodland Terrace of New Palestine

September 30 - Woodland Terrace of Carmel

October 2 – Crestwood Village South Assisted Living Residents and Staff

October 13 – Crestwood Village South Independent Living Residents

October 16 -- Crestwood Village North

Note: Shingles and pneumonia shots are also available.

Snack Policy - Unintentional weight loss is common among older adults and is associated with significant adverse health outcomes, increased mortality, and progressive disability. Prior to COVID-19, snacks were available to assisted living residents upon request and often served during events and activities. Snacks are now always available for Memory Care and Assisted Living residents and within view. In addition, once a day a special treat or snack will be offered by our teams when they are checking in with residents. Each community has snacks planned and purchased or prepared by the dining team each day.

Wellness and Fitness Centers continue to be a popular stop for our residents even though we must operate with restrictions. Each community fitness center averages between 250 -300 visits per month and between 40 -50 residents attend some type of fitness class. Fall prevention classes are currently being offered at each community in our large meeting spaces with social distancing and masks. These classes are averaging 25 residents in attendance.

LIFE ENRICHMENT

The Life Enrichment teams continue to provide creative, engaging, person- centered activities.

Overall Highlights:

- **Assisted Living Week** all week long at our Crestwood Village South, Woodland Terrace of New Palestine and Woodland Terrace of Carmel! Each day featured a fun theme of the day. The week was topped off with Flashback Friday highlighted by retro outfits and a pizza party sponsored by several of our Justus Care Network Partners.
- **A touching video** honoring residents showing their hands and what they have accomplished in their lifetime was shared on Facebook.
- **Ladies Tea and Men's Club** groups returned in September. The ladies enjoyed listening to Denny Glander play familiar tunes on the piano while the men were mystified by Chad Collyer, a mentalist/magician.
- **Naomi, the comfort dog**, a familiar furry friend of ours, has started making visits again.
- **Talent Show** - The excitement is building for the Justus Resident Talent Show featuring resident talent from each Community. The staff teams join the fun by participating in an opening act to be featured on our Facebook pages. Watch your Daily Update emails for details on how you can view the performances and vote for your favorite.

Community Highlights:

- **Woodland Terrace of New Palestine** hosted their version of the Indiana State Fair complete with farm animals, 4 H projects, fair food, butter sculptures and even pie throwing.
- **Woodland Terrace of Carmel** had a special opportunity to watch the Lemonade 10000 Rally go past the community as part of a drive around Carmel on a beautiful Saturday morning. The courtyard was transformed into a Summer Carnival filled with games, cotton candy and fun for all.
- **Crestwood Village South** created a travelling Farmer's Market that went door to door offering fresh produce to our residents in Assisted Living. They chose from green peppers, zucchini, apples, oranges, bananas and more.
- **Crestwood Village North** welcomed Cycling Without Age to their community. Residents took rides on the Monon Trail via a trishaw bike specifically designed for those with special needs.

VISITATION

Assisted Living and Memory Care:

Executive Orders and CDC guidance continues to restrict visitation. Where there has not been an active outbreak and the community and local regulatory guidelines allow, residents can participate in outdoor visits or scheduled indoor visits in a designated area. These in-person visits may look different than you are used to, because our top priority is making sure our residents, associates and visitors are safe. Here's what we ask of our visitors:

- Schedule a visit in advance
- Sign in and out
- Undergo temperature check and screening
- Limit visitors in the group
- Use hand sanitizer

- Visit in designated areas
- Limit visits to 30 - 45 minutes
- Follow social-distancing guidelines and avoid physical contact
- Wear face coverings during entire visit (unless medically unable)

Independent Living:

At communities with separate Independent Living buildings, visitation restrictions have recently changed to allow residents to have guests in their apartments. Guests are expected to complete a screening questionnaire, check their own temperature, wear a mask, practice social distancing and avoid common areas. No-touch wall-mounted thermometers and Ipads with screening questionnaires will make this quick, easy and convenient.

Woodland Terrace of Carmel Independent Living Residents voted to keep the previous restrictions in place since all lifestyles are in the same building. This is the safer choice for several reasons.

We know our residents have enjoyed resuming their social lives on some level, and we're happy we're able to bring them together in person with friends and family once again in unique and creative ways.

OTHER NEWS

Awards - Justus swept the Indiana Assisted Living Association Awards taking seven out of ten awards and Justus was named a finalist for the Indiana Apartment Association's prestigious management company of the year award.

COVID-19 Stats – Currently, there are no resident positive cases of COVID-19 in any of our communities and for this we are incredibly thankful. We credit our staff, residents and families for their cooperation with restrictions and precautions.

Rapid Tests – Recently, Health and Human Services partnered with Abbott Laboratories and sent assisted living communities varying numbers of BINAX rapid tests. These tests will be primarily used for testing of asymptomatic residents or staff who may have had a positive exposure. If a positive result is received, the more reliable nasopharyngeal would be administered.

Daily Updates – Sign up for daily updates:

Woodland Terrace of Carmel: <https://lp.constantcontactpages.com/su/0vZ2BLy>

Woodland Terrace of New Palestine: <https://lp.constantcontactpages.com/su/FPdnL8N>

Crestwood Village South: <https://lp.constantcontactpages.com/su/ulMiclH>

Crestwood Village North: <https://lp.constantcontactpages.com/su/xLXXRNn>

The weather has been beautiful which has encouraged us all to take advantage of the health benefits of being outside. The teams remain vigilant with infection control while also infusing fun, joy and laughter into the lives of residents. Thank you for placing your trust in us, cooperating with precautionary restrictions, and encouraging the front-line workers and community leadership as they are faced with the additional challenges and risks of COVID-19.

Sincerely,

Justus Leadership