



Capable hands. Welcoming hearts.

March 16, 2020

Dear Residents, Families & Friends:

Central to Cedarhurst's Mission is a commitment to protecting the safety and well-being of our residents, their families, our guests and our employees. We are fortunate to have incredible resources in fulfilling this mission – but the biggest are our residents, their families and our dedicated employees. To that end, I am grateful to all of you for the support and understanding you've shown Cedarhurst over the last several weeks while we all deal with the quickly evolving Coronavirus (COVID-19) situation in the United States. They say that adversity shows character even more than it builds it and, in that regard, I have seen the amazing character of many of you during the efforts we've taken to keep each other safe and healthy.

In accordance with guidance from the CDC, State and Federal health authorities, who have advised senior living communities to “cancel communal dining and all group activities, such as internal and external group activities”, we have made the decision to implement social distancing techniques in our dining and life enrichment programs. (see <https://www.cms.gov/files/document/qso-20-14-nh-revised.pdf> and <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>)

- **Life Enrichment:** Effective immediately, we will be canceling group activities within the community. Activities will be offered in creative means such as hallway activities where residents can be socially distanced 6 feet or more apart from each other. We are committed to continue offering exercise, cognitive stimulation, spiritual, social connection, music, etc. to our residents to promote a healthy environment and combat isolation.
- **Dining:** In response to the recent health authority's guidance to further prevent the spread of COVID-19 and stay in line with the concept of social distancing, dining services will be encouraged in resident apartments moving forward. Only residents who wish to eat in the dining room, those needing assistance, or who have a risk of choking will be permitted in the dining room during mealtimes. Although residents are able to dine at the same table with each other, they are strongly encouraged to dine six feet away from each other, unless they cohabitate.
- **Residents:** We strongly encourage residents to not leave the Community for anything other than appointments that their physician agrees is medically essential. This is to reduce exposure to the public whom have not been screened for signs and symptoms of COVID-19. We understand, respect and will uphold Resident's Rights, however if a resident voluntary chooses to leave the community for any non-medically essential reasons or for reasons that did not receive prior approval as a special circumstance, they **will be restricted from entering** back into the Community until further notice. All residents leaving the Community, whether voluntarily or for approved reasons, will be asked to sign a Leave of Absence Agreement.

Individuals outside the Community are not screened for COVID-19 signs and symptoms like those approved to enter. Individuals could be carrying the virus without realizing it and in turn expose



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those around them. To safeguard the health and safety of all our residents and staff, when residents re-enter into the Community, they will be **quarantined** for a minimum of 14 days or until they display no signs or symptoms of the Coronavirus for 72 hours.

We will continue to actively screen all employees, residents and essential medical visitors that enter the community for COVID-19 signs and symptoms. Our most current screening tools can be viewed on our Cedarhurst Coronavirus (COVID-19) Response webpage. Additionally, we are actively reminding residents to perform frequent hand hygiene and to practice proper coughing etiquette.

We highly encourage you and your family to sign up for Caremerge Family Engagement if you have not done so already. We have implemented a new Caremerge texting feature which will allow us to send notifications directly to your mobile devices. However, in order to receive these, you must be signed up for Caremerge announcements. If you would like to sign up, please contact the Community directly.

Our goal is to minimize disruptions to daily life to the extent possible while safeguarding our residents' safety. We appreciate your understanding and cooperation during this time.

To stay up to date on the latest actions Cedarhurst is taking please visit our Coronavirus Response webpage at <https://cedarhurstliving.lpages.co/coronavirusresponse/>

If you have any questions, please contact the Executive Director at your community.

Sincerely,

A handwritten signature in black ink that reads "Josh Stevens". The signature is written in a cursive style with a large, looped "J" and "S".

Josh Stevens,  
Cedarhurst Living, President/Co-Founder