



To: The Timbercrest Community and Resident Families
From: Sabine Thomas, HFA, Director of Resident Care

Date: 4/30/20
RE: Timbercrest's Covid-19 Protocols, Requirements and Recommendations

Dear Timbercrest Community Members;

The warm weather and sunshine are beckoning all of us after this time of sheltering in place. While the voices in the media talk about rolling back the restrictions imposed on our lives by state and federal agencies, it is important to remember that the virus is still causing harm, still infecting people of all ages and claiming lives throughout the world and in our region. Your cooperation and vigilance of observing the recommendations and requirements we have put in place for everyone's safety is greatly appreciated.

We ask you to stay on the Timbercrest course of action:

- Manor, Health Care and Crestwood residents will be quarantined for 14 days following a medical procedure/treatment, upon moving in and returning from extended winter leave.
- Manor, Health Care and Crestwood residents are to remain on campus and not leave unless for medically necessary procedures or treatments.
- Evaluation of medical appointments for necessity by nursing staff; make plans for virtual appointment or if deemed important, for Timbercrest to provide transportation to the appointment. This ensures that protocols for mitigating infection risks are being taken.
- Limit contact with family and friends from outside the Timbercrest community to "window visits" with social distancing and/or use of phone for conversation. Deliveries of food and gifts are to be done at the Main Entrance via staff. Clandestine meetings? You know the answer to that

Practice these Do's

- Wear your facemasks
- Avoid touching your eyes, nose, and mouth
- Wash your hands often with soap and water for at least 20 seconds
- Practice social distancing (6ft apart) ... even outdoors!
- Exercise
- Walk as much as possible ... you are not confined to your room (unless quarantined). Enjoy the Manor courtyard or walk around campus
- Report any signs and symptoms of respiratory infection to the nursing staff, or your physician.

Rest assured that Timbercrest adheres the guidelines provided from the Indiana State Department of Health, the Centers for Disease Control and Prevention, and the Centers for Medicare and Medicaid.