



**To: The Timbercrest Community**  
**From: Pamela Higgins, MD and Medical Director  
of Timbercrest Senior Living Community**  
**Date: April 21, 2020**  
**RE: Covid-19 Update**

I want to express my sincere gratitude to all of you for your efforts to keep all of us safe during the Covid-19 pandemic. You have been kind, gentle and attentive to the needs of others during an incredibly stressful time. You have also made profound lifestyle changes and sacrifices in order to benefit others and that has made a difference!

There have been a number of changes in recommendations as we have learned more about this virus, but certain habits remain important. The following is a reminder Dr. Reichenbach sent way back in March which still holds:

*Hands – wash them*

*Elbow – cough into it (i.e. cover your cough)*

*Face – don't touch it*

*Feet – stay 6 feet away from others*

*Feel – if you feel ill, stay home and away from others*

I would add: wear a mask in public.

I encourage everyone to listen to the experienced scientists, epidemiologists, public health servants and physicians who are working tirelessly, closely following the situation and providing ongoing advice about the virus. Good sources of information include the Centers for Disease Control and Prevention (CDC) and the Indiana State Department of Health (ISDH).

I would also encourage everyone to heed Governor Holcomb who said, "This is a time when we must do all we can to reduce the spread of Covid-19, protect our most vulnerable populations and reduce their potential to acquire or spread this virus. While some actions are drastic, now, not later, is the time to act."

It is difficult to know what the future holds and that uncertainty is unsettling, but it seems clear that we will get through this if we continue to work together as a united community.