

MEMORANDUM

Date: March 18, 2020
To: MSAG Residents and Employees
From: Maureen Beith, CEO
Re: COVID-19 Precautions and Other Items

According to the Centers for Disease Control, we are within a crucial 15-day period, during which our behaviors and life patterns can determine the future trajectory of COVID-19. Please maintain your vigilant practices of frequent hand-washing, social distancing, and reporting any respiratory symptoms at all to the clinic for monitoring.

Here at MSAG, we will continue with existing measures, and as of tomorrow, will be closing the beauty salons. Although some might disagree, these have been designated to be non-essential services, and therefore should be closed. It is difficult to maintain the "social distancing" that is recommended. Likewise, massage therapy has been cancelled

Meanwhile, there are many "bubbings" of care and creativity. We have a plethora of fine minds here at the Gardens working on preservation of community, continued communication, interesting diversions and support for loneliness and anxiety.

Rich Mayfield, our Inter-Faith Chaplain, has initiated 10 minutes of "Calming Meditation" each morning at 8:45 am on Channel 8. The videos are designed to bring a sense of peace and serenity as you start your day.

Bob Rogers has arranged to have the birthday celebration that would have been held this evening, on video at 6:00 on Channel 8 for your viewing. Happy Birthday to all those who have a March birthday!

Marcy McCallister, our Life Enrichment Coordinator in Oak Tree Lodge and Oak Arbor, is working on setting up a virtual Bingo game for our residents in the higher levels of care to play individually, but together. She is overflowing with lots of other great ideas.

Jil Stark presented her wonderful review of the books on her summer reading list...to an almost empty Assembly (by requirement), but many viewers at home. Perhaps a model for future programs during this unusual time?

The Wellness Department has arranged to have the Morning Chair Exercise class on Channel 8 beginning today at 9:00 am, Monday –Friday. The Yoga class is now running on a Zoom platform.

Dennis Vlasich has created a blog on the resident website for the COVID-19 updates (as well as other updates) with the capability for residents to submit questions. This will give more opportunity for dialogue. He has also created a YouTube instructional video for those who would like to know more about how to use FaceTime on their smart phones.

Mike Sanchez has set up iPads in Magnolia Grove and the Lodge, for residents to FaceTime with their families and friends in order to stay in contact during this time of "shelter in place"

The examples go on and on...too numerous to mention. This memo has been much about **doing**. Please also appreciate the following poem that was sent to me by a resident, and is more about **being**:

"Pandemic" by Lynn Ungar 3/11/20

What if you thought of it
as the Jews consider the Sabbath-
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
On trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love-
for better or for worse,
in sickness and in health,
so long as we all shall live.