



September, 2020

## Message from Ellen

September marks the transition from summer into our fall season. Fall is my favorite season as I welcome the cooler weather and look forward the leaves changing color on the trees. Like you, I live in an apartment, so I can enjoy the season changing without contending with yard work!

We will be completing the last outdoor project for the year with fresh paint on the balconies and trim on our Millennium wing. CertaPro painters will complete this project in one week, and I want to thank the residents in the Millennium wing for their cooperation – I'm certain you will be pleased with the results. Everyone should be mindful of the painting crew and equipment when taking outdoor walks. Additional information will be provided to the residents in this wing when dates are finalized.

Included with this newsletter is ongoing education on the spread of COVID-19 and the effect on Forest Ridge should a resident become infected. We've spent a great deal of time talking about prevention, but not much has been offered to you to explain what would happen if we have a spread within Forest Ridge. I think it is important for you to understand the affect just one case can have on our community and I hope this will reinforce the importance of following CDC guidelines. We have been very fortunate not to have any residents with COVID-19 thus far, but we shouldn't become complacent and lax in our actions.

As a reminder, everyone is required to wear a mask when outside of their apartment. Masks should be properly worn, which includes covering your nose. Please keep your mask on when talking to others! This is something that I see occurring every day. I realize it is hard to talk with a mask on, and I too have trouble hearing and understanding others talking to me through a mask. I'm constantly saying "what?", "can you repeat that?" and "I'm sorry, say again?" We just need to be patient with each other when communicating through a mask.

Activities continue to be added to our calendar. I want to thank the residents who have assumed what I call "worship coordinator" roles; they are coordinating the Catholic Mass and Protestant Worship Services – no easy feat! I hope I'm not missing anyone: Delores & Jerry Kallenberger, Mary Redlinger, Dolores Gill, Kathy Cunningham, Marion Lovas and Carrol Flaum.

In addition to resuming worship, we opened our dining room for a lunch seating which is going well. Currently use of the dining room for lunch will continue Monday through Friday with a limited number of diners. Thus far we have been able to accommodate everyone who wishes to dine in the dining room.

Activities will continue to be added and communication of these additions will be in

our newsletters or special flyers. Also, please check out the postings in the elevators for a reminder of what is offered. Shay is doing a great job running activities while maintaining a cleaning schedule before and after each activity.

*Thank you for continuing to work together to keep our community safe!*

### **Resident Gatherings**

Residents are reminded about social distancing, wearing masks, and refraining from interaction if feeling ill. The ability to maintain a 6-foot distance from others in the space used will determine the number of people who can gather but should not exceed **10** unless outdoors on the patio.

The CDC strongly recommends wearing a mask when outdoors. This is particularly important when gathered with others and 6 feet spacing cannot be maintained.

### **Staff Service Anniversaries**

We have numerous staff celebrating service anniversaries; we will include a special section highlighting these team members in our next newsletter!

### **Support Services Winding Down**

With the resumption of visitors, those residents receiving support with laundry and bed-making are asked to have family members resume these tasks. If assistance is still needed for trash removal or mail delivery, please let Ellen know and we will continue to provide this to you.

### **Grocery & Package Delivery**

With the resumption of visitation, please plan to have your visitor bring groceries to you on their scheduled visit day. Our ability to deliver groceries to residents is dependent on staff availability and is very limited.

Packages delivered from Amazon, FedEx, UPS, etc. will continue to be delivered to resident's apartments as time allows. You are free to pick up your packages from our vestibule.

### **Visitors**

Visitors have returned to Forest Ridge and it is going very well! Residents may have one visitor per week and thus far we have been able to accommodate all visit requests for the day preferred. Visits are permitted Monday through Friday from 9am – 6pm. Weekend visits are not occurring at this time. It is important we maintain sanitizing of common areas with visitors in our building and we have scheduled staff available Monday – Friday to complete this requirement. I am available to talk with residents and/or family members on any special visit needs they have – please call me (Ellen).

### **Reminders**

Many activities require sign-up in advance. Please be sure to sign-up for those activities you would like to join so you don't miss out!

Scooter drivers; please remember to use turtle speed in our hallways – save the rabbit speed for elsewhere. Thank you!

## From the Suggestion Box

Another suggestion was received to charge for alcoholic drinks when served; we addressed this in last month's newsletter. I never thought there would be pressure to charge residents for something! We will continue to offer this activity at no charge. We have improved efforts to limit participation by repeating the activity and having a 2-drink limit.

A suggestion/request was received to move the smoking area. This designated area is located across from the Legacy entrance and is designed to provide a somewhat sheltered area. It cannot be moved. It is appropriately distanced from the entrance. The writer of the request stated that since he/she can "smell" the smoke, particles similar to a sneeze are going through the air. Again, the designated area is appropriately distanced and just as with anyone else, you should maintain social distancing.

Request for a repeat of root beer floats – will be added to a future calendar!

Request to remind residents "to be mindful of others in dropping heavy items at various times of the day." Consider yourselves reminded!

## Welcome Home!

Please join us in welcoming our new residents!

Epoch: Dave & Louise Brost W312

Founders: Beverly Lynch 310N

Elaine Beluschak &

Betty Bradley 103W

We hope this is the beginning of many happy years at Forest Ridge!



**Cliff Kohlmeyer**, husband of Marlene Kohlmeyer (Legacy 327), passed away August 16. We are so sorry for your loss Marlene; Cliff will be missed.

**Robert (Bob) Wendorf** passed away August 2<sup>nd</sup>; our sympathies to his 2 daughters and son.

**Larry Alfery** passed away on August 28<sup>th</sup>. Larry served in the US Army. Our condolences to his son and daughter.



## **Flu Clinic**

**Date: September 23**

**Reservation Required**

**Time: 2:45pm – 5:00pm      Reservation Required**

**Location: 3<sup>rd</sup> Floor Activity Room  
(3<sup>rd</sup> floor Founders)**

**Cost: Walgreens will bill Medicare on your behalf**

This year more than ever it is important for residents to receive the seasonal flu vaccine. Although the vaccine does not have any effect on COVID-19, it may protect you from this year's seasonal flu. Any means of keeping yourself healthy is important.

**New this year!** We will help you complete the authorization form and schedule your time slot in person.

**On Thursday, September 3<sup>rd</sup>, from 1:30pm – 3:30pm Shay will be in the 3<sup>rd</sup> Floor Activity Room (Founders, 3<sup>rd</sup> floor) with the forms and the sign-up sheet.**

**You may come at any time between 1:30pm – 3:30pm to sign-up for the vaccine and complete the form. You must have your Medicare card with you.**

The front desk *will not* be making vaccine reservations. If you cannot make the reservation day, please call Shay (414-425-1148). Residents receiving assisted living services will have everything taken care of for them by our health services team and need not do anything.

**Please bring your Medicare Card with you to this sign-up day!**

## COVID-19 Education

Forest Ridge is fortunate in that no positive cases of COVID-19 among residents has occurred. This does not mean we can become relaxed in following CDC guidelines, rather we should realize the efforts of everyone so far is working, and we all need to stick together to continue them! If you are tempted to forgo wearing a face mask, or sitting side-by-side with someone for a long conversation, or attend a party where you know none of the guidelines will be followed, you may want to consider what will happen to you and your Forest Ridge neighbors if you are ordered to quarantine by the health department, or, in fact, have contracted COVID-19.

Do you know what happens when someone tests positive for COVID-19 in a community such as Forest Ridge?

First, when a resident begins experiencing symptoms such as fever, cough, body aches, headache, and other symptoms like seasonal flu, they should immediately call their doctor. In most cases, the resident will be directed to get a test for COVID-19. Some medical centers providing the test do so on an appointment basis, and frequently wait times for appointments range from 2 – 7 days. Other sites offer testing on a drive-in basis; appointments are not required, however wait times in line (in your car) range from 1 – 4 hours. Test results vary in reporting times— anywhere from the next day, to 7 days after the test. During this time, the resident should quarantine in their apartment.

Quarantine means you **do not** leave your apartment except for essential medical appointments or to pick up medication. The less exposure you have to other people the less risk you present to them. Residents should not use our shared laundry, pick up their mail, or take their trash out. They should not use elevators except in emergency situations. They should continue monitoring they symptoms while awaiting test results, and immediately seek emergency care if breathing becomes difficult or they run a high fever, or have any other symptoms of an urgent nature.

### What happens when the test result is positive?

Forest Ridge has a positive relationship with the Hales Corners Health Department and their staff immediately contacts your executive director, Ellen Mutter, when a resident receives a positive test result. The resident will also be called by the health department and a lengthy discussion occurs. They will be required to **isolate**; this is different than an order to quarantine.

Isolation is required when someone is positive for COVID-19 and no contact with anyone other than medical personnel is permitted. Additionally, the health department will discuss things such as symptoms, ability to care for oneself, and *contact tracing* occurs. No support services will be provided to the resident by staff, including trash removal, laundry, and mail delivery. Meal delivery may continue, but meals are left outside of the apartment door. Only emergency maintenance needs are addressed. Any medical needs, including assistance with a fall, will be provided by emergency services, not staff. The resident cannot leave their apartment and cannot have visitors. Depending upon the severity of the illness, the resident may require hospitalization and/or elect to receive care at a skilled nursing facility for the duration of their illness.

### **What does contact tracing mean?**

The health department conducts contract tracing, whereby they discuss with you all the contacts you had for a number of days prior to your positive test result. They will ask the nature of the contact – were you in close proximity to someone, were either of you wearing masks, how long did the interaction last? Anyone identified as having been in close proximity (6 feet or less), with or without a mask, and for an extended period of time (generally around 15 minutes or longer) will be considered at high risk. These individuals will also receive a call from the health department and be required to quarantine for 14 days.

### **What does quarantine order mean?**

When someone is directed or ordered to quarantine by the health department it is due to their *exposure* to someone with a positive COVID-19 test and their increased risk for having the virus. Quarantine requires the individual to monitor symptoms for 14 days, reporting twice daily to the health department their temperature and any other symptoms. They will be told when to be tested during quarantine. They must limit their interaction with others, only conducting essential medical appointments or shopping necessary for food and personal items. Grocery delivery is strongly encouraged. Support services from Forest Ridge staff is not available, although meal delivery will continue. Visitors are not allowed. Even if a negative test result is received during the quarantine, the full 14 days must be followed. Resuming normal activities may resume after 14 days unless otherwise instructed by the health department.

The impact on your friends and neighbors at Forest Ridge is significant if you have a suspected or confirmed case of COVID-19. Residents should carefully consider their personal responsibility when interacting with others and ensure they are safely doing so. Wearing a mask always when indoors, and outdoors when you are unable to socially distance, is very

important. The effectiveness of a mask is greatly reduced if you are not covering your nose!  
***Taking your mask off when you are talking is like unbuckling your seat belt once you start driving! Mask wearing loses all effectiveness if you are taking it off to talk.***

Spending time with your Forest Ridge friends and neighbors is so important and encouraged! You should sign up for activities, enjoy the nice weather outdoors, spend time talking together, and you should do so without fear. Simply following the CDC guidelines, which we all have etched in our brains by now – wear a mask correctly, maintain space, wash your hands, stay home if you don't feel well - doing these things should allow you to enjoy time with others. Our emotional and mental health can decline just like our physical health can, and this needn't be. We seem to be in for a long haul until a vaccine is approved and distributed so adapting to new ways to stay connected is very, very important. It is not healthy to refrain from all socialization and therefore we are continually looking for ways to add activities and things to do in a safe way for you.

Please think about this when you decide to forgo the mask when spending time with others outside, or in your apartment. Think about this when you decide to attend gatherings where you know others will not be wearing masks and will be close together. There is a middle ground to finding ways to have fun and enjoyment during the time of COVID-19, but you just need to be smart about it and minimize the risk to yourself and others.