



Family Update

Dear Friends,

May this message find you in good health and spirits. As you know, all staff have been wearing masks for several weeks. To add another layer of protection, last week we asked residents to begin wearing face masks when they are outside of their apartments. Masks are distributed by the receptionist. We are happy to report that, as of today, our residents remain Corona-free.

We're also happy to report that we will have the ability to test for COVID-19 in-house beginning tomorrow (Thursday, 4/30/2020) should an individual begin to show symptoms. That resident will be quarantined until we receive the results (approximately 24 - 48 hrs) and the physician removes precautions. If there is a positive result, the emergency contact for that individual will be called before the rest of the community is notified by email. We continue to follow guidelines per the CDC, DPH, and state regulatory agency. Please note that guidelines are fluid and change in response to the situation.

[Here](#) is a great article we recently shared on FaceBook (thanks to Jane P. for sharing) that describes how insidious coronavirus is, especially for older folks. This is why it's so important to have the regular medical oversight and personal relationships that The Saybrook at Haddam has with our residents. If someone is "off" we know it right away and can act on it.

Please Note

We have created at Hero Wall outside the recreation where we can post messages to staff from both family and residents. If you'd like to send something in to be posted, please either mail it in, drop it off, or email [MerriAnne](#).



On Saturday, May 9th, and Sunday, May 10th, from 10:00 AM - 11:30 AM and 1:30 PM - 3:00 PM, we will be celebrating Mother's Day with a drive-by HELLO! Make an appointment by emailing [MerriAnne](#) or calling, and we will schedule a time to escort your mother to the front balcony, where you can pull up and have a short visit from a safe distance.

Safe Harbor's Curbside Visits will be Sunday, May 10th, only. Please contact [Susan Judge](#) to schedule your visit.

What Can Residents Do?

Even though we've discontinued group activities and communal dining, residents can still come out of their apartments. Many residents enjoy coming to the lobby to read, sit and chat, or simply take in the view. Seating has been spaced to allow for appropriate distancing. We encourage people to use the gym and go for walks, either inside or outside. On nice days, people are venturing out to the front of the building to get some fresh air and sunshine.



MerriAnne has themed "carts" that she takes to resident apartments throughout the building. Some favorites include ice cream sundaes, TGIF "adult beverages," and gardening.

Our library is getting some more regular visitors, and we are still receiving mail order books-on-tape. Others are painting up a storm. Tables and supplies are set up for one user at each station, but they still appreciate being "together," yet apart.

Resources

Most residents seem to have adjusted well to their "new normal." Management has been calling and visiting to check in, over and above what the Wellness Department is already doing. MerriAnne has also coordinated "spiritual" calls between volunteers from local churches and those residents who indicated they'd like such phone calls. If someone indicates they'd benefit from additional support, we can connect them with a social worker from CT Mental Health Services, who comes right here on-site (after being screened, of course, and kept at a safe distance).

You are welcome to drop things off for your loved ones outside the front doors and we will deliver it right to resident apartments. Following are vendors and phone numbers that may help families bridge the gap in providing supplies. Peapod by Stop and Shop (800-5-PEAPOD), River Valley Provisions (860-554-5599), and Nutmeg Pharmacy (860-345-3607) are more than happy to assist with deliveries. Amazon.com is also a great option, as we receive daily deliveries from UPS and FEDEX.

Thank you!

The support and appreciation you have extended is very much appreciated. We take the responsibility of keeping our community safe very seriously.