

June 26th, 2020

RE: Community Announcements

Dear Cardinal Residents and Family Members,

Governor Cooper announced this week that North Carolina will remain in Phase Two of its re-opening plan for an additional 3 weeks due to a continued increase in COVID-19 cases. In addition to extending Phase 2 through July 17th, North Carolina now requires everyone to wear a face mask while out in public places, indoors and outdoors, when social distancing 6 feet or more isn't possible. There is overwhelming evidence that wearing a face mask or covering can greatly reduce the spread of COVID-19, especially for those who have the virus and do not yet know it. Just today, it was announced that three more assisted living and skilled nursing communities in Wake County have an outbreak. Numbers are still on the rise and because of this trend, we are not making any changes to our current COVID-19 protocol. Outdoor visitation will continue in Independent Living. Please call the front desk to make your reservation. The safety of our residents and associates is our top priority and we continue to need your support and cooperation to prevent the possible spread of the virus.

We hope everyone enjoyed "a day at the beach" this afternoon with sounds from the islands and Kona Ice. During these hot summer months, we will be moving our Friday afternoon spirit days to the back courtyard where we will hopefully have more shade and cooler breezes. We will also be able to accommodate our assisted living residents on the back patio for these events going forward. There is a reserved area of patio specially for our assisted living residents and we are excited to bring these Friday afternoon events to more of our residents. We will continue to live stream our Friday afternoon concerts on channel 1341 for those who may not wish to come outside. We have several patriotic events planned next week as we celebrate the 4th of July and a schedule of events will be announced early in the week.

The Wellness Team will be adding more fitness classes and scenic drives to the calendar in July. Residents can sign up for these classes and outings on K4 or by calling the front desk. We will continue to live stream our fitness classes on channel 1341. In addition to adding more classes, we have made the decision to slowly re-open the Fitness Center on Monday, July 6th for residents who have a medical need or order from their physician. We have strict parameters and rules in place for the Fitness Center moving forward. They are:

1. Fitness Center Hours: Monday – Friday; 9:00am – 4:30pm
2. Workouts are limited to 30 minutes. Residents must sign up in the Fitness Center. To ensure we can accommodate everyone in the beginning, residents will be limited to two sessions per week. We will monitor usage and adjust accordingly moving forward.
3. Two person maximum for each time slot.

4. In addition to Cardinal associates sanitizing equipment in between each session, residents must also wipe down/clean equipment after each use. Time will be scheduled in between all workout sessions so Cardinal associates can sanitize the Fitness Center.
5. Residents must wear a mask at all times while in the fitness center. We are purchasing special masks made specifically for working out and they should be in next week for those who are interested.

Robyn Penick, Resident Relations Manager, will be on maternity leave beginning today. We are excited for her and her family and are looking forward to sharing pictures of her newest addition with you soon. Over the next three months, please reach out to Mary Casey, Assistant Executive Director, with any resident relations questions. We have two Lead Customer Service Representatives, Brian Gunning and Katie Andrews, who will also be filling in while Robyn is away, and they will be available to assist you. I am Manager on Duty this weekend and will be available to answer any questions you may have. We hope you have a wonderful weekend!

Sincerely,

Tom Ford, Executive Director