



September 20, 2020

Dear IKF Community:

We hope that everyone enjoyed the cooler weather this weekend as we quickly enter Autumn. Although, the forecast projects Rockville temperature to reach 80 once again by Friday. As we continue to navigate through these unprecedented times, our commitment to keeping the IKF community both safe and informed remain our top priorities. As the US states experience surges of positive coronavirus cases, IKF implements the most conservative protocols to flatten the spread of the virus.

A July 29, 2020, “Out of State Public Travel” notice from the Maryland Department of Health urged all Marylanders to refrain from nonessential travel. In the event Marylanders did travel, the Governor issued guidelines upon returning to the state. In short, they asked Marylanders who traveled out of state to be tested for Covid-19 promptly arrival in Maryland or within 72 hours before travel to Maryland.

The same notice also advised each Marylander who travels to another state with a coronavirus positivity rating above 10%, otherwise known as a “Hot Spot State”, to get tested and to self-quarantine at home until the test result is received. For the full Travel Notice, please click this link: <https://phpa.health.maryland.gov/Documents/07.29.2020%20-%20MDH%20Notice%20-%20Out%20of%20State%20Travel%20Advisory.pdf> IKF responded to this notice by adding a screening question to our Accushield kiosk with regards to travel and asking IKF staff to be tested for Covid-19 if they traveled outside of the DMV area. Since the initial notice for travel on July 29, 2020, we have seen some states perform exceptionally well with maintaining low numbers. Conversely, we have also seen states begin to peak well above 10% rate.

Because our goal is to maintain our existing visitation program while protecting our community to the best of our ability, **we will begin requiring any visitor who has traveled to a “hot spot state” in the past 14 days, to provide proof of a negative Covid-19 test within 72 hours of their visit to IKF, or to self-quarantine in Maryland for 14 days prior to visiting our campus.**

Additionally, **if you plan to travel to a “hot spot state,” you will be required to self-quarantine for 14 days upon your return to IKF.** If you elect to be Covid-19 tested when you return to IKF, please share your results with Luwana Cameron, Wellness Director (240-499-9048), as this may shorten the length of your quarantine. This change will go into effect on **Wednesday, September 23, 2020.**



### **How Can I Find Out What the Hot Spot States Are?**

- IKF will keep a list of the “Hot Spot States” at each Accushield kiosk. Kiosks are located by the Fountainside and Center for Healthy Living concierge.
- You may reference the below link:  
**[https://covid.cdc.gov/covid-data-tracker/#testing\\_totalpercentpositive](https://covid.cdc.gov/covid-data-tracker/#testing_totalpercentpositive)**
- This link will be made available to Visitors via the Sign-up Genius website and to Residents via the Resident Website Announcement Page

Please join us at Tuesday’s, 9/22/2020, Director’s Dialogue for more information.

We encourage all residents who are expecting visitors, vendors or private duty aide services, to communicate this update. Please share the link above with those who may be visiting you at IKF, so that they may be informed before their arrival to the community. Thank you to all the residents who are diligently committed to keeping our community safe during this pandemic. If you have questions, please reach out the IKF COVID-19 HOTLINE at (240)-499-0477 or **[ikfhotline@inglesideonline.org](mailto:ikfhotline@inglesideonline.org)**.

In closing, we would like to share with you Jonathan’s Schultz’s retirement announcement. Jonathan, thank you for your tremendous contribution to IKF!

\*\*\*

September 18, 2020

Dear IKF Healthcare Residents, Family Members and Staff:

In March 2019, I was asked if I would return to IKF as Healthcare Administrator on a temporary basis, while a new Administrator was being recruited. As IKF holds a special spot in my heart, I agreed to join the team until December 2019, when I planned to retire. In the summer of 2019, Michelle Kraus and I came up with the idea that we would look for an individual, presently part of the Ingleside family, to train and take over the Administrator position. We were happy to find that person in Cody Christian. At the time, Cody was the well-respected director of our fitness program.

The Administrator in Training program is a comprehensive 12-month program that exposes the trainee to all aspects of healthcare administration. As a certified Administrator Preceptor,



I agreed to stay until Cody completed his program, passed federal and state exams and became a licensed Nursing Home Administrator.

Little did I know, that we would be facing the greatest health crisis in decades!

Cody has passed his exams, completed his training program and is on schedule to receive his license in early October.

This has been a long way of saying that October 16<sup>th</sup> will be my last day at IKF. Although these last few months have been difficult, it has been a joy and a privilege to be part of IKF. This is a community of accomplished, caring individuals and I thank you for allowing me to be part of it.

I am extremely proud of our staff and their accomplishments during the pandemic. We experienced no staff shortages and our staff diligently provided compassionate, high quality care to our residents. IKF, as a community, did a wonderful job of keeping our residents safe. I will miss the residents, families and my co-workers, many of whom will remain my friends for life. Special thanks to Michelle Kraus for her leadership and Vicky Ragasa, our Director of Nursing and Shari Ferguson, our Delegating Nurse, for their hard work and dedication to improving the lives of our residents. Immense appreciation to my management team, and all my co-workers.

In my retirement, I plan to visit my four sons who are spread out all over the country, take long bicycle trips, hike, kayak, catch up on some reading and spend time with my wife in Florida.

IKF is truly a special place, and I will miss it, but after 35 years in Healthcare, it's time to relax and spend more time with my family.

Best wishes,

Michelle Kraus  
Michelle Kraus  
Executive Director

**Jonathan Schultz**  
Jonathan Schultz  
Healthcare Administrator

Kate Kavitski  
Kate Kavitski  
IL Administrator