



November 18, 2020

Dear IKF Residents,

Veterans Day was observed last week on November 11th. IKF is home to many honorable veterans and we would like to take this opportunity to thank you for your service and demonstrated courage in defending our nation, our land, and our freedom.

The Covid-19 pandemic has required courageous efforts from all of us, both individually and collectively. As we enter a resurgence of positive cases nationally, recent Executive Orders recommend amending your travel plans to celebrate holiday gatherings with loved ones. IKF's stance is no different and we are once again prepared to make difficult decisions to safeguard the community at large.

On Tuesday, Governor Larry Hogan urged Marylanders to follow safety guidelines to curtail the drastically rising Covid cases in the state. He stated, "The coronavirus is not going to disappear just because we're all tired of it and we want our normal lives back. We are in a war right now and the virus is winning. Now more than ever, I'm pleading with our state to stand together a while longer to battle this surging virus."

New Executive Orders are in effect for Montgomery County beginning this Friday at 5PM. They include:

- All bars, restaurants and similar facilities must close by 10 p.m.
- Occupancy at other establishments, including stores, houses of worship and gyms will be capped at 25% occupancy.
- All hospital visitation is prohibited with some exceptions including end-of-life, obstetrics, pediatrics, and parents/guardians of minors and those with disabilities
- Hospitals and medical facilities were warned to avoid elective medical procedures

Visitation in IL

Due to the rising numbers of cases in our state and county, IKF has made the difficult decision to suspend all visitation to Independent Living **effective Friday, November 20th**. Please take this opportunity to contact your guests and inform them. We will update the Ingleside website to reflect this change and place phone calls to guests who have signed-up this upcoming week. IKF continues to echo Dr. Fauci's directives, "People should stay at home when possible, and outdoors when you're in public, wear a face mask and stay socially distanced." At this time, you may choose to leave the community at any time to visit your loved ones. However, we are hearing about incidents when seniors unmask, do not physically



distance from their family members and do contract the toxic virus. Our intent is to be transparent in communicating and messaging.

End-of-Life Visitation in IL

If a resident is receiving hospice care and/or experiencing end-of-life, IKF will coordinate compassionate care visits. Visitors will be required to show proof of a negative Covid test taken within 72 hours of arrival to the community, provide and wear a clean surgical mask when visiting. Nilou Rahmi, IL Social Worker and Kate Kavitski, IL Administrator will work closely with families to coordinate these visits. They can be reached at 240-499-4298 and 240-499-9059, respectively.

Travel Restrictions

Effective Friday, November 20th, any staff member, essential care giver, private duty aide, or vendor, entering the community, will be required to show proof of a negative Covid-19 test taken within 72 hours, if that individual has traveled **outside of** Maryland, the District of Columbia, the Commonwealth of Virginia, the Commonwealth of Pennsylvania, and the States of Delaware and West Virginia in the past 14 days.

Holidays

Unfortunately, the COVID-19 epidemic is worsening, and small household gatherings are an important contributor to the rise in COVID-19 cases. This holiday season consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and neighbors healthy and safe. IKF does not promote eating or drinking with individuals outside of your household. Celebrating virtually with your loved ones poses the lowest risk for spread.

Programming

Currently, IKF plans to maintain open internal spaces for small group programs by reservation. Please remember that **masks must always be worn** and that there is no eating or drinking permitted.

- Salon services and transportation to essential medical programs will continue.
- Move-ins and construction projects will be continue as scheduled in accordance with our safe move-in and transitions policy.



- Vendors such as AAA and Comcast will be permitted; please contact Lisa Brenner, Property Management Coordinator at 240-499-0469 if you require a vendor to enter the building.

Collectively, most are experiencing pandemic fatigue at a deep, emotional level. As we approach the holidays, we ALL want to bring families to IKF, gather for holiday meals and engage in meaningful traditions. Welcoming these practices, would warm our hearts. However, now is the time to be hyper-vigilant in our daily engagements. The adverse result may very well lead to consequences that we can barely contemplate.

A resident member of the Health Care Committee recently wrote that to wear one's mask, remain socially distant, and making smart, conscious choices regarding one's safety are acts of love, kindness, and respect for our neighbors. Perhaps one of the greatest acts of love we can all practice this holiday season, is to stay home.

As information changes and county guidelines are updated, we are committed to keeping you informed. We are with you and we will get through this marathon together. Please reach out to the IKF Hotline with any questions or concerns: 240-499-0477 or ikfhotline@inglesideonline.org.

Very Sincerely,

Michelle Kraus	Kate Kavitski	Cody Christian
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Executive Director	Independent Living Administrator	Health Care Administrator

