

March 9, 2020

TO: All Residents
FROM: Philip G. DeBaun, CEO
Mary Knapp, Director of Health Services
RE: Foulkeways and Coronavirus (COVID-19)

Foulkeways is taking a proactive stance in trying to keep COVID-19 off campus. We are continually monitoring information and guidelines from the Department of Health (DOH) and the Centers for Disease Control and Prevention (CDC). As a result, we have identified the following infection control measures that will take place immediately. While you may see these measures as disruptive, we feel there are essential for proactively shielding both resident and staff as much as possible.

All group events will be postponed until further notice, this is not an exhaustive list

- Movies
- Chorus Rehearsal
- Yoga
- Evening Performances
- Fitness Center Classes
- Town Hall Meetings
- Committee Meetings
- Fitness Center
 - All group workouts/classes are canceled
 - See Carolyn for ideas to perform outdoor activities
- Housekeeping
 - Will take place as normal unless you contact Environmental Services to postpone
- Pets
 - Pets should remain in the apartments except to walk outdoors for business purposes or walks
 - Pets are not to be in any common areas including the Community Center and Meadow Café
- Memorials
 - There will be no memorials held on campus
- Marketing
 - Tours will take place through the virtual applications available
 - Move-ins will take place as scheduled in Residential Living
- Visitors
 - Please refrain from visiting Abington House and Gwynedd House
 - No overnight guests
- Beaumont House
 - Closed until further notice, EVS is contacting current reservations
- Dining Services
 - No salad bar, premade salads will continue to be available
 - Silverware will be prewrapped
 - Soup will be served from behind the counter
 - Paper goods (only if absolutely necessary)
- Maintenance
 - Only critical workorders will be completed at this time in Abington House and Gwynedd House
- Traveling
 - All Residential Living should report any travel plans to Donna Davis, Ext. 7054

Please understand these measures are to protect you, not scare you! If you have questions, please contact Mary Knapp, 7050 or Maryann Gross, Director of Nursing, 7051. We will continue to keep you updated.

UPDATED: Coronavirus: What Older Adults Need to Know

Note: This blog post was updated on March 7 with the latest information from the Centers for Disease Control (CDC). Please check back frequently for updates and visit CDC for the most current news.

The situation around the novel coronavirus (COVID-19) is changing rapidly, and NCOA is taking proactive steps to share the best information we have to protect the public's health, especially among older adults. Now is the time to stay informed and follow basic tips to protect yourself and those around you.

Older Adults at Higher Risk

The CDC has identified older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease at higher risk for more serious COVID-19 illness. According to the CDC, early data suggest older people are twice as likely to have serious COVID-19 illness.

This is likely because as people age, their immune systems change, making it harder for their body to fight off diseases and infection, and because many older adults are also more likely to have underlying health conditions that make it harder to cope with and recover from illness. Age increases the risk that the respiratory system or lungs will shut down when an older person has COVID-19 disease.

That's why the CDC is recommending that people at higher risk take the following actions:

- Stay at home as much as possible.
- Make sure you have access to several weeks of medications, food, and supplies in case you need to stay home for prolonged periods of time.
- When you go out in public, keep away from others who are sick, limit close contact, and wash your hands often.
- Avoid crowds.
- Stay up to date on CDC Travel Health Notices.

Anthony S. Fauci, M.D., Director of the National Institute of Allergy and Infectious Diseases, said that people with serious chronic conditions, especially the elderly, should think twice about traveling or going to crowded places. He advised that these individuals take the simple steps of "not putting yourself in a situation—whatever that might be—that might increase the risk given your situation."

The CDC is urging individuals to stay calm and Share Facts, Not Fear. Among the CDC's advice are these common-sense tips:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.