



October 12, 2020

Dear Cannondale Campus Resident, Family, Friend or Community Partner,

With the State of Connecticut relaxing public restrictions to phase three, the COVID-19 infection rate remains 1.4 % - 1.8 and 155 residents hospitalized. A large portion of Connecticut patients hospitalized for COVID-19 reside in New London County. The Connecticut Travel Advisory remains for more than half US states. Travel advisories are updated each Tuesday at: "<http://www.ct.gov/coronavirus>" www.ct.gov/coronavirus "Connecticut Travel Advisory in Effect"

In national news, The New England Journal of Medicine published an article last Thursday regarding Remdesivir. This antiviral medication was clinically shown (no longer anecdotally) to reduce recovery time and mortality in treated patients. This is significant news as no other antiviral has been confirmed effective against the disease in a clinical trial.

The Cannondale Campus COVID-19 statistics remains unchanged and summarized below:

- There are zero (0) positive cases of residents with COVID-19 'in house'.
- Eight (8) residents are "COVID recovered" and have returned to The Greens.
- The Department of Public Health (DPH) has conducted twelve (12) campus COVID-19 infection control surveys.
- The current rate of staff infection (including regularly scheduled contracted staff) remains at zero percent.
- To date, staff surveillance testing of at least one COVID-19 test per month continues to demonstrate a zero percent staff infection rate.

The Greens at Cannondale and Wilton Meadows began allowing indoor family visitation last week and this relaxation of strict exclusion has gone very well. All visitors are carefully screened and are scheduled by appointment by calling the main number at (203) 761-1191. Indoor visitation is permitted between the hours of 9:00 am - 5:00 pm and 7-days per week. All visitors must wear a facemask before entering the building and throughout their visit – we can supply you with one before you enter if you need. Indoor visits occur in designated areas while outdoor ones remain available as an alternative to indoor. Specialized visits such as compassionate care for end-of-life visits and/or significant changes in medical condition will be allowed inside of residents' rooms and require approval from myself or the Director of Wellness. As with all activities outside of your homes or personal gatherings, we ask that you wear a well-fitting mask at all times. Please come visit us soon!

Group dining in our main dining room remains hugely successful. Evergreen and "The Residence" residents will continue to enjoy semi-social group dining in their areas. Our carefully planned programming calendar is also growing more robust each week and our residents are starting to attend in greater numbers – safely. Please see "Programming Highlights" below for details.

Please remain aware of “every day actions you can take” to minimize your chance of contracting COVID-19. This remains a highly contagious virus with very serious risks to the health and welfare of high risk individuals such as our precious seniors. Many thanks to all of you whom are already adhering to our infection control protocols and staying healthy.

On another note, the Medicare Open Enrollment takes place from October 15th through December 7th. During this timeframe, Medicare plan enrollees can reevaluate their coverage – whether it’s Original Medicare with supplemental drug coverage or Medicare Advantage. It’s also the time to make changes or purchase new policies if your situation or healthcare needs have changed. During the designated open enrollment period, options available include:

- Changing from Original Medicare to a Medicare Advantage plan
- Changing from a Medicare Advantage plan back to Original Medicare and a stand-alone Part D prescription drug plan
- Changing from one Medicare Advantage plan to another that better meets your needs.
- Changing from one Medicare Part D prescription plan to another.
- Enrolling in a Medicare Part D plan if you didn’t enroll when you were first eligible for Medicare. (If you haven’t maintained other creditable coverage in the interim, a late-enrollment penalty may apply).

Medicare Open Enrollment can be a confusing time as you want to know all of your options before deciding on the different plans. Fortunately, CT has a designated State Health Insurance Program (SHIP) to offer free, unbiased guidance on Medicare plans and enrollment – you may access these resources as follows:

<http://www.ct.gov/agingservices>
1-800-994-9422

Let’s stay in touch via this weekly message and Zoom sessions. Information regarding this, resident/family Face Time sessions and outdoor visits with your loved ones is listed below.

May this message find you in good health and give you peace of mind regarding the safety and well-being of your loved one.

Very Truly Yours,

Ronald V Bucci
Senior Executive Director

Everyday actions that you can take to minimize your chance of COVID-19 related infection or illness:

- Avoid contact with people who are sick and keep your distance from others if you are sick.
- Individuals who do not feel well should remain home and contact their Primary Care Physician.
- If you have been in contact with someone suspected of having Covid-19, you must self-quarantine and call your local physician or health department immediately.
- Wash your hands vigorously and often using soap and hot water.
- Use hand sanitizer when available in addition to hand washing but not in place of it.
- Avoid touching your eyes, mouth, or nose with your hands.
- Cover sneezes and coughs with a tissue or your elbow and not your hand.
- Keep home and personal surfaces (especially bedside tables, surfaces in the bathroom, and toys for children) clean by wiping them down with a household disinfectant.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.
- Stay informed through reliable information sources

The Connecticut Department of Public Health -

Call 2-1-1 and Text “CTCOVID” to 898211 or visit

www.ct.gov/coronavirus

The Center for Disease Control -

www.cdc.gov/ncov

The Greens at Cannondale Infection Control Measures

- Measuring the temperature/ oxygen levels of all residents and patients each day.
- Restricting visitation to essential caregivers only.
- Staff screenings each time an employee enters the building including health and temperature checks.
- All staff members were mandated to wear masks. Direct caregivers had already been doing so prior.
- Ongoing deep-cleaning with EPA- approved agents to kill Corona viruses and a professionally contracted antiviral spray treatment in resident rooms/common areas related to a suspected case.
- Frequent written and verbal (in multiple languages) in-servicing to staff detailing our policies.
- Limiting activity programs to in-room visits for Face-timing and/or one-to-one visits. Small group functions may occur but only when a six-foot social distance arrangement can be maintained.

- Restricting delivery personnel from the building - all essential deliveries are "drop and go" with special arrangements for pharmacies. Deliveries are either treated or staged to minimize the chance of transmission through mail and packages.
- Any resident who is suspicious of COVID infection will be placed on isolation until further instructions are received from their physician. These residents will be cared for by staff using full Personal Protective Equipment (PPE).
- Appropriate cohorting or clustering of staff and residents based on COVID status.
- Live tours suspended, virtual tours only.
- New move-ins must receive two (2) negative COVID tests prior to move in and must be quarantined for a minimum of fourteen (14) days thereafter. This period will be extended should any signs or symptoms of COVID-19 become apparent.
- Regular Staff testing and “asymptomatic positive” home isolation.

The Greens at Cannondale resident programming highlights

- Small group out trips
- Social distanced bingo.
- Evening movies on the Dining Room big screen
- Out door walking club and morning enhanced fitness
- History and music lectures and passport to adventure presentations in the media room on the “big screen”
- Outdoor group dining
- Traveling hallway bingo, happy hour, ice cream and snack carts
- Individual Face Time sessions with families (for all residents)
- Out-door concerts with paid musicians (for all residents)
- Live piano concerts and guitar sing-alongs from in-house musicians (for all residents)
- Beauty shop/ nail salon services (for all residents)
- On-site dental services (for all residents)
- Individual resident screenings for depression, anxiety, malnutrition, and loss of balance or strength by a Psychologist, Registered Dietitian, Physical or Occupational Therapist are provided at no cost and we have already screened the majority of our residents (for all residents)

Specific to Evergreen Residents:

- Facilitated fitness
- Ongoing social distanced indoor group dining
- Staff facilitated fitness programs
- “It’s Never Too Late” Trivia and Word Games
- Small Group Scrabble
- Individual garden and inside walks
- Group Music events and contracted outdoor musical concerts