



COMMUNITY UPDATE: APRIL 1, 2020

INDEPENDENT SENIOR COMMUNITY ASSISTANCE & GUIDANCE

FOR ANYONE EXPERIENCING SELF-QUARANTINE

Dear Community Member,

As you probably know at this point there are a number of situations that folks are finding themselves in where they are being advised by a medical professional to “self-quarantine.” This could be due to recent travel, exposure to an infected individual, or a number of other factors as advised by your medical provider and/or CDC and state health department guidance.

While all community and CDC guidance regarding social distancing, visitation, hygiene and cleanliness apply whether you are under self-quarantine or not, **we want you to know that if you end up needing to self-quarantine we are here to help.** As an independent-living community we do not have the ability to provide care, but we want to help you stay in your apartment as much as possible to keep yourself and the community safe. During a self-quarantine, please be aware of the following:

1. **FOLLOW CDC AND STATE HEALTH DEPARTMENT GUIDELINES AND THE RECOMMENDATIONS OF YOUR HEALTH PROFESSIONAL FOR SELF-QUARANTINING:** For your reference the CDC Steps to help prevent the spread of Covid-19 if you are sick are attached.
2. **CONTACT YOUR COMMUNITY MANAGER:** If you are under self-quarantine and would like some extra assistance to help minimize your outside contacts please contact your community manager and let them know your situation so that they can help.
3. **TRASH/RECYCLING:** Please avoid using the common trash rooms. Anyone who is under self-quarantine and would like assistance with their trash can request a bin and trash bags from their community manager. Your manager will work with you to arrange a time you can put your bin outside your door to be picked up by cleaning vendors or maintenance staff. Please place your trash/recycling bags in the plastic bin provided and our staff will come collect it for you.
4. **LAUNDRY:** Please avoid using the common laundry rooms. If you have laundry to do during your self-quarantine please contact your Community Manager who will provide options for laundry services so that you can get an outside service to do your laundry.
5. **MAIL/PACKAGES:** Unfortunately, we cannot get your mail for you. Our hope is that you would minimize the amount of times you need to collect your mail but we can deliver packages to your door and notices from your mailbox/cubby.

6. **MEALS / FOOD SHOPPING:** If you need assistance with food shopping and delivery please contact your community manager and we will work to put you in contact with volunteers and services who are offering meal delivery.

7. **PHONE CALL CHECK-INS:** Whether you are in quarantine or not, we want to stay connected with you. Please be aware that we have asked some Summit staff to make daily phone calls to check-in with residents at our communities. This is not a scam, but simply a way to hear from our residents and stay connected.

There may be other items that you need help with so please do not hesitate to reach out if there is anything not on this list that you need assistance with.

Sincerely,

Tom Getz
Co-Owner, CEO
Summit Properties