

Date: April 3, 2020
From: Michael A. O'Brien, President & CEO
RE: Message Delivered to the Duncaster Community

Today's Hartford Courant editorial, while sobering, certainly put things in perspective: that this virus is sweeping across our nation and state and that our health is literally in each other's hands. The responsibility to stay safe is everyone's. Social distancing is no longer an option; it is a way of life for the foreseeable future.

I imagine you—like all of us—are anxious, and made more so by our necessary physical isolation. What helps get me through the day is knowing that we are part of an amazing community of people who truly care for each other and know that we will eventually get through this crisis and disruption to our lives. If we all hold that vision together, we can get there, one day at a time.

With that said, I must remind all residents to do all that you can to support our community by heeding our Governor's executive order, **stay safe and stay home** following our important and restrictive guidelines.

So a quick reminder

1. Wash your hands.
2. I strongly recommend that you remain on campus. Please follow the best public health practice and **stay safe and stay home**. You risk getting infected, infecting others and prolonging this health crisis by leaving our campus for any reason.
3. If for any reason you do leave the campus (though not advised), you must first re-enter the building at the Aquatic and Fitness entrance to be screened.
4. Walking outdoors is encouraged; however, please keep your distance from others, 6-foot spacing. Also when outdoors on walks please wear a mask or a scarf around your mouth, and do not walk in groups.

The safety and comfort of our residents and employees continues to be our primary focus during these uncertain times. I thank of all you for your adherence to these measures. For the time being let's all focus our attention on doing our part to keep people healthy and to reducing the spread of this virus.

In the face of an overwhelming tidal wave of bad news, fearmongering, and finger-pointing, what we need most right now are daily reminders of our better human selves so that each of us can rise to this challenge. As such I want to leave you with two feel-good stories. I, like you, continue to be inspired by the extraordinary commitment and compassion of our employees. So today I announced an incentive pay program during this crisis for all of our incredible Duncaster employees to show our appreciation for their unwavering efforts to care for all of our residents. Secondly, all Duncaster employees enjoyed a wonderful and delicious boxed lunch compliments of our friends at Metro Bis in Simsbury. A wonderful example of the many inspiring and creative community responses to support our healthcare heroes.

So-Stay healthy; eat well; take a walk outdoors if you can (while practicing proper social distancing); count your blessings; be patient with those you love and who love you; take a deep breath; pray — and laugh a little!