



August 6, 2020

Message to Duncaster Residents and Families

Michael A. O'Brien, President and CEO

As if we needed more challenges to our daily lives Tropical Storm Isaias plowed through Connecticut on Tuesday downing thousands of trees and leaving more than 800,000 residents without power. We were very fortunate at Duncaster, as power was only interrupted at Caleb Hitchcock Health Center and the generator went on immediately, running for approximately four hours until power was restored. There was no power loss in the main building. In addition, there was only minor damage on our campus, with one tree down in the Talcott area along with minor branches and debris. Our facilities team did a great job and had the campus cleaned up in one day. Unfortunately, many staff including myself are without power, a major inconvenience. Cold showers are no fun.

The COVID-19 Task Force has been evaluating what services and programs we can reopen safely. As you know our approach will always be very cautious and deliberate. The following services and programs have been modified.

Reopening Plans-Update

Mail Room

On Monday, August 10th the mail room will re-open for residents to pick up their mail.

The following guidelines must be followed:

- Wear your mask... **COVER NOSE AND MOUTH.**
- Limit of **one person at a time** in the mail room.
- Use the Purell dispenser to disinfect your hands as you enter and exit the room.
- Once you have removed your mail from the mailbox leave the room.
- The mail room will be disinfected daily.
- Consider picking up your mail every other day or during off hours to maintain social distancing.

For those who choose to remain isolated in their apartments, we will continue mail pick-up and delivery twice weekly on **Tuesday and Thursday** afternoons.

For any questions or concerns please contact Janet Lamenzo at x5115.

Aquatic & Fitness Center

Gym is open by reservation from 8:00am – 4:00pm. One person per hour with the last reservation at 3:00pm.

Pools are open by reservation from 8:00am – 4:00pm. Two people per hour in the lap pool and 1 person per hour in the Therapy spa pool.

Locker rooms are open from 8:00am – 4:00pm. Towels are available.

Reservations are made by calling the Fitness Center at x5024. Residents can sign up for up to three time slots per week.

Fitness Classes

Due to the new CT State guidelines we are limiting the class size to 10 (down from 15). Residents must call the Fitness Center x5024 to register for classes. If the class limit is reached, residents can select to be on a wait list for that class. Residents can now register for as many classes as they wish per week but can reserve only one week in advance.

All class participants must wear their mask during class. Chairs/stations have been set at a minimum of 6' apart and participants are reminded to stay in their space throughout the class.

Monday & Wednesday – 9:00am Power Balance class and 11:30am Sit & Be Fit in the Meeting Room taught by John Hoadley.

Tuesday & Thursday – 9:00am Power Balance class and 11:30am Sit & Be Fit in the Meeting Room taught by Mary Root.

Starting next week:

Friday – 9:00am Power Balance and 11:30am Sit & Be Fit class taught by John Hoadley

Saturday – 11:30am Sit & Be Fit class in the Meeting Room taught by John Hoadley.

Testing

A staff member who works in the Main Building has recently tested positive for the COVID-19 virus and is at home on quarantine and doing well. This employee has no direct contact with residents and has had relatively minimal contact with other employees. I want to assure you that our team is doing all the right things and taking the appropriate steps to prevent the further spread of the virus and to keep you, our staff and our community safe. All staff members continue to be screened prior to entering either the Caleb Hitchcock Health Center or the Main Building. In addition, we will continue to follow public health recommendations as well as guidance from our medical staff to help protect our staff, residents and our community.

Connecticut Travel Advisory Update

As of August 4th there are now a total of 35 states that meet the criteria and are included in Connecticut's travel advisory. Rhode Island has been added and Washington DC and Delaware have been removed. The states are:

Alaska, Alabama, Arkansas, Arizona, California, Florida, Georgia, Iowa, Idaho, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, New Mexico, Nevada, Ohio, Oklahoma, Puerto Rico, Rhode Island, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, Wisconsin.

This list is updated on a regular basis as the situation develops across the country and can be found at:

<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT>.

It is important to note that for anyone traveling into Connecticut from these states is directed to self-quarantine for a 14-day period from the time of last contact within the identified state. This travel advisory applies to all travelers whose travel originates from the impacted states, and also applies to Connecticut residents who are returning from a visit to the impacted states. Quarantine does not apply to travelers who only have a layover in an impacted state or who go to an impacted state for less than 24 hours. Duncaster residents and staff are urged to avoid non-essential travel particularly to the impacted states whenever possible.

Be well. Be safe.