



September 25, 2020

Message to Duncaster Residents and Families

Michael A. O'Brien, President and CEO

Every morning at 10:00 AM the Senior Leadership Team gathers to review the latest COVID-19 information and advisories. We analyze all information received from the Governor, Centers for Disease Control and Prevention (CDC), Center for Medicare and Medicaid Services (CMS), Connecticut Department of Public Health, LeadingAge (our state and national associations) and conversations with our peers from around the country. This information is then used to guide us as we continually evaluate and modify our COVID-19 related policies, procedures and community restrictions. Our one and only goal in all our deliberations is the health and safety of our residents and staff.

We thank you for your continued patience as we have gradually re-opened services and parts of the community. You will always be the best one to determine for yourself the level of risk you are willing to take during this prolonged pandemic. I want you to be aware that we have been developing plans and scenarios for Dining in both Independent Living and Assisted Living. In addition we have developed guidelines for indoor Independent Living, Assisted Living and Caleb Hitchcock Health Center visitation. As we consider these plans we must cautiously weigh the risks and benefits to our community.

Dining

The re-opening of the Dining Room is a complex process. Our Dining Leadership Team, Michael Cairns, Kadeen Blanchard, Frank Zimmer and the entire Dining Staff, have been hard at work to re-open the dining rooms safely. The team has been learning the new *ServSafe (food and beverage safety training and certification program)* requirements, protocols and procedures for everything from cooking to serving. In addition to *ServSafe* the Dining leadership team has participated in other education programs with Dining leaders in communities like Duncaster across the country. Our plans are well aligned with these communities. Recently a representative from the West-Hartford-Bloomfield Health District visited to review our plans for re-opening and they approved our plans. We are planning for a late October re-opening. Over the next several weeks the dining team will hold Resident Meetings to teach everyone “what to expect” when you return to the dining room. It will look different and we want you to be prepared for a safe and enjoyable experience.

Indoor Visitation

Plans and guidelines have been developed to allow for indoor visitation in Independent Living residents' apartments. We plan to implement the new indoor visitation guidelines in early October.

While it would be wonderful to lighten up on many of the restrictions that remain in place for Thistle Way/Talcott Notch, we are obligated to follow specific guidelines from the Center for Medicare and Medicaid Services and the State Department of Public Health as it relates to Assisted Living. Indoor visitation plans will be shared with Assisted Living residents and families.

The Caleb Hitchcock Health Center and Dogwood Assisted Living visitor restrictions remain in place as per the Governor's orders.

Testing Update

Resident Testing

All Caleb Hitchcock Health Center residents were tested on Tuesday, September 22nd. **All test results were negative.**

Staff Testing

As previously noted we are testing all our staff once a month at the rate of 25% per week. **So far this month, 75% of all staff have been tested. All staff who work in the Caleb Hitchcock Health Center that were tested this week have all tested negative. Staff who work in the Main Building were tested on Wednesday and as of this writing the test results are still pending.**

Future Testing

All residents will be tested once a month. All Duncaster staff and contractors will be tested once a month-25% each week. This will continue unless there is an outbreak (one case-resident or staff) at which time the frequency will increase.

Connecticut Travel Advisory Update

Pursuant to Governor Lamont's Executive Order No. 9C, anyone traveling into Connecticut from a state with a positive case rate higher than 10 per 100,000 residents, or higher than a 10% test positivity rate over a 7-day rolling average, or from a country for which the Centers for Disease Control and Prevention (CDC) has issued a Level 3 Travel Health Notice, are directed to self-quarantine for a 14-day period from the time of last contact within the identified state or country.

The list of impacted locations is updated on a weekly basis every Tuesday as the situation develops across the country. The states on the Connecticut travel advisory are:

Alabama, Alaska, Arizona, Arkansas, Delaware, Florida, Georgia, Guam, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, Puerto Rico, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia, Wisconsin and Wyoming.

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>. The FAQs in the advisory answer many of the questions that people have regarding the restrictions.

Program Notes

Fitness

Starting Monday, October 5, 2020 the Fitness Center (gym, pools and locker rooms) will be open to residents and employees from 7:00am - 7:00pm Monday – Friday and 8:00am – 5:00pm on Saturday and Sunday. The locker rooms will be closed daily from 12:00pm – 1:00pm for cleaning. Screening will be performed by the Front Desk staff and Fitness staff.

Two additional in-person classes will be offered starting in October:

1. Gentle Yoga with Maureen Dagon on Wednesdays at 10:00am in the Meeting Room.
2. Qi Gong with Mary Ellen Mullins on Thursdays at 1:00pm in the Meeting Room.

(Both of these instructors are returning and well-known to the residents).

We have expanded class sizes. Reservations are required for all areas with only one person per hour in the gym, two people per hour in the lap pool and one person per hour in the therapy spa pool. Reservations may be made up to one week in advance for multiple times. Reservations may be made in person at the Fitness Center or by calling x5024. At the time of reservation, residents will be informed where to check in for screening (either the Front Desk or Fitness Center)

Sunday Afternoon Music On the Town Green-September 27th at 2:00pm

Eclectica is a Connecticut-based band of women musicians that arranges and performs music spanning centuries, continents, styles, and cultures using voice and an eclectic variety of instruments including hammered dulcimer, viola da

gamba, violin, accordion, harp and recorders. Number of participants is limited and reservations are required. Call x5116

A Ride to Somewhere! Tuesday, September 29th. Depart from the Fitness Center at 1:30pm.

Does anyone feel like taking a ride to Somewhere.... Anywhere.... Nowhere? The leaves are beginning to turn, ice cream shops may still be open, Wintonbury Hills Golf course is filled with Duncaster players, Simsbury's Art Trail Sculptures are on display. A perfect day to sit back and enjoy a ride to somewhere... anywhere... nowhere...EVERYWHERE! Reserve your seat today by calling x5116.

The White Memorial Conservation Center presents The Sound of (Nature's) Music. Tuesday, September 29th ~ 3:00pm ~ TV 96/918

The Litchfield Hills are alive with the sound of music...birds singing, toads trilling, coyotes howling! Join Education Director Carrie Szwed for a program about the "music" of animals. Identifying animals by sound is a great way to get to know the creatures that call CT home. Audiences will learn just "who-who-whoooo" is making those common noises we hear in nature. A live barred owl will make an appearance too!

“KENNEDY” WEDNESDAY MATINEE ~SEPT. 30TH 2:00pm ~ Meeting Room

This is a film of the play. This play was originally scheduled to be produced by Playhouse Theatre Group, Inc. live at Playhouse on Park. As a result of guidelines put forth by both Governor Ned Lamont and Actors Equity Association the play could not be produced in front of a live audience nor could it be filmed in CT. The play was filmed for Playhouse on Park audiences at the Theatre of St Clements in NYC. This is the same place it had its world premiere in 2018.

This solo play portrays Kennedy during his short, electrifying campaign for President of the United States. Told from Kennedy's perspective, the play follows Bobby from his announcement to enter the race on March 16, 1968, to his last speech on June 4 at the Ambassador Hotel in Los Angeles. You will see Kennedy's most famous and impactful speeches, his private apprehensions, and well as the more personal events during those four exhilarating months of his ill-fated campaign. Call x5116 to reserve a seat.

Golf Tournament

The 12th Annual Golf Tournament will be held on September 29th at the Wintonbury Hills Golf Club. This year, our Charitable Golf Tournament has moved its silent auction ONLINE. If you would like to bid on any of the items, please visit: **Duncaster.org/bid** to register your credit card and access the site on either your desktop or handheld device. THE AUCTION IS NOW LIVE. You may bid now up until 6pm the night of September 29th. We encourage you to register your credit card in advance so that you may bid with ease. If you see something you like, we encourage you to bid early and bid often! Payment for the online auction will be done online. Thank you for your support and happy bidding!

Community Support

Janet Lamenzo, Director of Resident Services, was recently approached by Bloomfield Meals on Wheels about helping out in their time of need. Janet connected with Michael Cairns, Culinary Director, and he has made arrangements to help Meals on Wheels for the next few weeks. Duncaster is always happy to support the Bloomfield community and especially needy not-for-profit organizations. Thank you Janet and Michael!

In closing, while we all are suffering from some “pandemic fatigue”, we are still in a world-wide pandemic and we need to make decisions with caution as it relates to the many needs of our residents and staff. As always, if you have any questions or concerns, please do not hesitate to reach out to any member of the leadership team. As a community we know what we need to do to protect ourselves and others and all of us have a part to play in that continued effort.

Be well. Be safe.