



November 25, 2020

Message to Duncaster Residents and Families

Michael A. O'Brien, President and CEO

As we celebrate Thanksgiving I wanted to express my deepest appreciation to all residents, families and staff for your continued resilience in the face of so many challenges and uncertainty. Together, over the past eight months, we have navigated the realities of COVID-19 and the mental, emotional and physical exhaustion. We have come together as a team, we have supported each other, and we have risen to the challenge. And while the news of promising vaccines is encouraging we are seeing a surge in the virus. We know we are not at the finish line and we cannot let our guard down.

We all know that Thanksgiving will be different this year. The coronavirus has disrupted our lives, the wonderful traditions and time with families and friends. As we think about Thanksgiving plans, the medical experts have told us that small family gatherings have been identified as a key source of COVID-19 transmission. We tend to let our guard down around people we love, and dealing with COVID-19 is no different. The risk increases further when people from different households gather.

With that said, here are a few basic tips for a safe and healthy Thanksgiving. Move Thanksgiving celebrations outside if possible, keep the guest list small, wear a mask, physically distance, wash your hands frequently, use hand sanitizer, avoid self-serve or buffets, reduce the time you spend together and celebrate virtually if possible in order to reduce the risk of spreading COVID-19. Also please remember the Connecticut travel advisory that states that anyone traveling into Connecticut from a state, other than New York, New Jersey, or Rhode Island is directed to self-quarantine for a 14-day period from the time of last contact within the identified state or country. Duncaster is taking added precautions and requiring employees to quarantine for 14 days if they have house guests or family members staying more than 24 hours with them from an identified state per the Connecticut travel advisory.

So despite a year of chaos and despair I still believe there is much to be thankful for. We are all so fortunate to part of the Duncaster community-a community that truly cares for each other. Throughout the pandemic our residents have inspired us with their wisdom, words of encouragement and appreciation. And our amazing

residents, for the second time this year, showed how grateful and indebted they are to our staff with their wallet and their heart. Thank you-what a true reflection of community and gratefulness.

So as you decide how to celebrate Thanksgiving this year please remember to have a plan in place to keep yourself, your family and your friends safe. All of us at Duncaster know full well the ramifications of the virus and the added responsibility we have to be safe and stay healthy. None of us wants to get sick and no one wants to get anyone else sick. Thanksgiving won't be the same this year, we don't like it but we do understand. Please be careful, use good judgment and follow the familiar infection guidelines.

With gratitude I wish everyone a safe and very Happy Thanksgiving,