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LandisCommunities.org

Landis Communities Update

May 27, 2020

In a special video update on Sunday, we shared that on May 23, 2020 we learned a team member in the Landis Homes Healthcare Center tested positive for COVID-19. The team member last worked on May 20, 2020 and was not symptomatic while working. The Department of Health validated that the precautions currently in place remain appropriate and the risk of transmission to others was low. The impacted team member is currently self-quarantined at home until s/he is cleared to return to work. Landis Homes will remain vigilant in monitoring Healthcare residents at a minimum of twice daily.

Across Landis Communities, the one pending test for a Residential Living resident at Landis Homes has come back negative. Two new tests have gone out at Landis Homes – one in Personal Care and one for an asymptomatic resident as part of pre-operative testing.

All team members continue to follow Department of Health guidelines, including screening and the use of personal protective equipment while working. The current supply of PPE is good. This week we received a shipment of gowns as well as 250 face shields from the Ford Motor Company. Orders we placed for goggles and face masks are on the way.

Your generosity in supporting the Coronavirus Emergency Fund has been very encouraging! To date, 746 gifts have been received for a total of \$191,302. That is 76% of the \$250,000 goal we hope to reach by the end of the fiscal year on June 30.

Governor Wolf has announced that Lancaster County will move to the Yellow Phase of reopening on June 5. This means the Stay at Home order will be lifted but restrictions on visitors will remain, particularly in Healthcare and Personal Care settings at Landis Homes and Welsh Mountain Home. We will share details of what moving to the Yellow Phase means for our various locations in our updates next week.

The unofficial start of the summer season began on Monday, but what does that mean when we are in the middle of a pandemic? Many of us have questions about what activities might be safe, once the Stay at Home order is lifted. NPR recently published an article that highlighted various summer activities and the risk level associated with each. You will find excerpts from the article at the end of this update.

Affiliate & Partner Updates

Landis Homes

The Landis Homes Campus is currently in the Orange Phase of the Residential Living Reopening Plan. This means that currently only essential visitors are able to come on campus. We understand that everyone is anxious to see family and friends, but please continue to adhere to these guidelines until we move to the Yellow Phase.



Cultivating
Life, Together

Landis Homes & Landis at Home

As a reminder, the Residential Living Survey distributed last week is due today. This two-part survey provides the opportunity to give feedback on future interest in engaging Landis at Home to deliver services as we move through the stages of reopening and invites questions for the June 3 Residents Association Meeting. The hard copy was placed in mailboxes and a link was provided to complete online.

Welsh Mountain Home

Welsh Mountain Home residents were getting antsy for activities that included movement. A generous donor contributed a Wii gaming system and now residents have been enjoying it (in small groups, socially distanced and controller sanitized between each use) to play tennis, bowling and golf! It is a hit! Small groups of residents are also enjoying socially distanced, masked, nature walks around campus. Team members are offering creative activities that help residents find joy during the quarantine. One special celebration occurred recently when team members decorated the door of resident for his 101st birthday! They sang "Happy Birthday" over the PA system and bought him a little cake.

Adult Day Services

Invitations went out to 24 clients from Eden West who expressed interest in participating in a Zoom call on May 28th with staff and peers. The Zoom call is part of assessing the interest of Adult Day Services clients in a Virtual ADS to be offered 2 days/week with (2) 1-hour sessions each day. It will be led by staff from Adult Day Services. We are excited about the interest clients are showing to reconnect with each other.

Steeple View Lofts

Steeple View Lofts continues to be COVID-19 free to the best of our knowledge. We are grateful for the precautions and care that residents, cleaning staff, and maintenance staff are taking to maintain health and safety in the building. Non-essential visitors are strongly discouraged. Residents continue to use Contact Tracing Activity Logs, which support a proactive notification response should there be a case of COVID-19.

Lancaster Downtowners

Lancaster Downtowners continues to provide virtual programming and modified support for deliveries, outdoor work, and essential transportation via our Just One Call volunteer program. As we welcome new volunteers and members, we are embracing creative ways we might interact in the world in the months ahead. Instead of meeting in person, one Downtowners Small Group is providing "Cookies from Grandma and Grandpa" as part of a free community meal in their neighborhood in June.

Residents, clients and family members may contact Jenny Sheckells with questions or concerns at jsheckells@landis.org or 717.381.3573. You may find other communications and videos on our website: www.landiscommunities.org/COVID

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Excerpts are below. To read the entire article, visit <https://www.npr.org/sections/health-shots/2020/05/23/861325631/from-camping-to-dining-out-heres-how-experts-rate-the-risks-of-14-summer-activit>

From Camping To Dining Out: Here's How Experts Rate The Risks Of 14 Summer Activities

By Allison Aubrey, Laurel Wamsley, Carmel Wroth

It has been around two months of quarantine for many of us. The urge to get out and enjoy the summer is real. But what's safe? We asked a panel of infectious disease and public health experts to rate the risk of summer activities, from backyard gatherings to a day at the pool to sharing a vacation house with another household.

One big warning: Your personal risk depends on your age and health, the prevalence of the virus in your area and the precautions you take during any of these activities. Also, many areas continue to restrict the activities described here, so check your local laws.

And there's no such thing as a zero-risk outing right now. As states begin allowing businesses and public areas to reopen, decisions about what's safe will be up to individuals. It can help to think through the risks the way the experts do. "We can think of transmission risk with a simple phrase: time, space, people, place," explains Dr. William Miller, an epidemiologist at Ohio State University.

Here's his rule of thumb: The more time you spend and the closer in space you are to any infected people, the higher your risk. Interacting with more people raises your risk, and indoor places are riskier than outdoors.

Dr. Emily Landon, a hospital epidemiologist and infectious diseases specialist at University of Chicago Medicine, has her own shorthand: "Always choose outdoors over indoor, always choose masking over not masking and always choose more space for fewer people over a smaller space."

- 1. A BYOB backyard gathering with one other household: low to medium risk
What alters risk? To lower risk, avoid sharing food, drinks or utensils — make it a BYO-everything party. Dr. Andrew Janowski, a pediatric infectious diseases expert at Washington University in St. Louis, notes that the food itself isn't the risk but touching shared dishes or utensils could be.*
- 2. Eating indoors at a restaurant: medium to high risk
What alters risk? Janowski says the risk level depends on how well the restaurant has adapted for the pandemic. Eateries should reduce and space out seating, require servers to wear masks and offer easy access to hand-washing stations.*
- 3. Attending a religious service indoors: high risk
Worship services involve people from different households coming together indoors for an extended time. "All of the ingredients are there for the potential for a lot of people becoming infected in the short amount of time," says Kimberly Powers, an epidemiologist at the University of North Carolina at Chapel Hill.*
- 4. Spending the day at a popular beach or pool: low risk
What alters risk? The key question is how close are you to others?*

5. *An outdoor celebration such as a wedding with more than 10 guests: medium to high risk*
What alters risk? The danger varies greatly depending on the size of the gathering and how closely people gather. If you are considering hosting a celebration, make it a small one with mostly local guests. "Bringing people from other communities" is high risk, says Landon, of the University of Chicago. "If people have to travel by car, by plane, from other places, you're really asking for it."
6. *Using a public restroom: low to medium risk*
The risk depends on the number of local COVID-19 cases and how clean the bathroom is, says Janowski of Washington University, noting that a bathroom involves multiple high-touch surfaces.
7. *Letting a friend use your bathroom: low risk*
What alters risk? It's possible that your friend is infected but asymptomatic, says Janowski. "It would be reasonable to decontaminate the bathroom after a friend uses it, including cleaning the high-touch surfaces of the door, toilet and sink."
8. *Going to a vacation house with another family: low risk*
What alters risk? Landon suggests talking with the other family beforehand to make sure you share the same expectations for the precautions everyone will take in the two weeks before arrival and while you're there. Ensure that no one has signs of illness — if they do, they need to stay home. Miller recommends cleaning the major surfaces in the house on arrival.
9. *Staying at a hotel: low to medium risk*
What alters risk? Bring disinfecting wipes to wipe down the TV remote control and other common surfaces. You might also want to remove the bedspread since it may not be cleaned after every guest, suggests Miller. "Beware of the elevators! Use the knuckle of your little or ring finger to press the buttons," says Miller.
10. *Getting a haircut: medium to high risk*
A haircut involves "close contact and breathing that is extended for several minutes," Karan notes. "This is the primary mode of transmission that we know happens. And cloth masks certainly are not perfect for this." Janowski says this is one of the highest-risk scenarios on this list, because there's no way to keep 6 feet from someone cutting your hair.
11. *Going shopping at a mall: risk varies*
What alters risk? Outdoor malls are preferable to indoor ones. And empty malls are better than crowded ones. Avoid the food court and go with purpose, not leisure.
12. *Going to a nightclub: high risk*
13. *Going camping: low risk*
14. *Exercising outdoors: low risk*
What alters risk? The more people involved in the activity, the higher the risk. It's possible to spread the virus when you're in close proximity to others — even if you're asymptomatic — so it's best to wear a mask if you can't stay socially distanced.