



March 27, 2020

CC Young has received several questions regarding the CC Young Shelter in Place Policy. We will answer some of them as follows.

Q: Do all residents need to sign the shelter in place acknowledgment even if we don't plan on leaving?

A: Yes, CCY needs everyone to sign the form and as quickly as possible and get that to your administrator.

Q: If I leave to go to the Doctor do I have to self-quarantine?

A: Yes, if you go to the Doctor (of any kind) residents are required to self-quarantine for 7 days.

Q: What if I go to the grocery store or pharmacy?

A: Yes, you are required to self-quarantine for 7 days if you leave for any reason.

Q: What if I have a spouse but they do not leave with me, do they have to quarantine?

A: Yes, because if you have been exposed and you return to your spouse there is a chance you have exposed them also.

Q: What if I have multiple off campus appointments?

A: You must self-quarantine for 7 days. If you go to the Doctor and you begin your self quarantine when you return and then on day 5 of quarantine you go back out to a second Doctor, your quarantine starts all over again.

Q: What if my spouse and I both have Doctor appointments and they are a couple of days apart?

A: You both self-quarantine from the original Doctor's appointment and an additional seven days from the last Doctor's appointment.

Q: Can I have housekeeping during quarantine?

A: No, this is to protect the other residents that our housekeeping team serve.

Q: Can I walk outside during quarantine?

A: Unfortunately No. You may resume campus walks with appropriate social distancing at the conclusion of your quarantine period.

Q: Can I go to the dining room during quarantine?

A: No, but you can have your food delivered to your apartment at no charge.

Q: Can my friends come into my apartment during quarantine?

A: Not unless they all agree to sign a 7 day quarantine agreement when they leave your apartment.



Q: Will the nursing team still be checking my temperature daily?

A: We are asking residents in quarantine to check temperature daily and call your Administrator with the reading.

Q: How can I get groceries and medicines if I can't leave?

A: Here are ideas and suggestions:

- Place an online order – most grocery stores are about a week out before they can deliver your items. CCY's life enrichment team can help you place an online order.
- Call your family and friends and ask them to purchase and drop off at our front gate.
- Call the dining room for delivery.
- Utilize the essential item list from Morrison (see attached). This service will be available beginning Monday, March 30th. Extra order forms will be available next to the return box.

CCY is working on being able to provide additional household items (detergent, toilet paper, paper towels) next week. We will keep you updated.

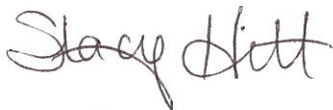
While we understand the shelter in place policy is extremely inconvenient, we have had unbelievable support for our attempt to keep our residents safe. We love all of you and need everyone to understand we are taking these measures to protect all of you. Some of you have asked why we implemented a quarantine policy. It was not an easy decision, but a quarantine policy is one of the most effective methods to mitigate the spread of COVID – 19 on our campus. If you were living in your own home and you went out during the shelter in place executive order, you would be returning to that home by yourself or with just a spouse. When you leave CC Young you return and interact with potentially 400 other residents who call this place home. CC Young has an obligation to try and protect all of its family.

Please read the attached communication from our campus physician, Dr. Grady Goodwin, in full support of all the precautions we have implemented to protect our residents.

Should you have any additional questions please feel free to reach out to Missy Civello, your Independent Living Administrator, or myself.

Thank you!

We will get through this together,



Stacy Hitt
Vice President, Resident Operations



March 27, 2020

CC Young Residents, Families, and Staff

Re: Coronavirus (COVID-19) Precautions

Dear Friends,

As medical director of The Clinic at CC Young, I would like to make a few comments about the campus response to the Coronavirus pandemic.

The spread of this disease has sadly become an historic event, the likes of which we've not seen in over a century. I've seen many reports comparing Coronavirus to Influenza, but I hope everyone realizes that what we're now facing is an infinitely bigger problem than the flu. Coronavirus is more contagious than the flu, and current data suggests it is more deadly. Mortality rates are highest for those over 65 and particularly alarming for those over 80, which is why there is so much concern for those living in senior communities like CC Young.

The worst part about the Coronavirus is it's "incubation period". When patients contract influenza, they develop symptoms in 2 days on average – at which time they either get tested or just quarantine themselves to keep others from getting sick. With Coronavirus, however, symptoms usually take at least 5 days to develop but can occur up to 14 days after exposure. The result is that many people are walking around and transmitting the virus to others before they even realize they have it themselves. This is why the disease has spread so quickly.

Like you, I am frustrated by the inability to continue carrying on with life as usual. This situation is not something any of us have ever experienced. Please also know that the leadership team and staff at CC Young hate these precautions as much as anyone. But the campus' current policies on isolation, distancing, and quarantine are by far the best way to protect you, and I fully support them. They are important for both residents, and employees who are at particular risk for bringing the disease in from the community. Information on this disease is changing daily, but CC Young's policies are based on current



government guidelines and have been made in consultation with the campus medical staff. In some ways they may be slightly stricter than at other facilities. But I believe they are absolutely prudent, and I would not want my loved ones at a facility less restrictive.

America was surprisingly unprepared for this in terms of protective equipment and testing capacity. As such, our primary weapon in this fight is prevention. Evidence from around the world has proven that distancing, and isolating those with symptoms or possible exposure, are the only way to curb the Coronavirus spread. So despite the frustration and boredom, we should all resolve to abide by the current policies and the federal, state, and local mandates with regard to social distancing. Even if you aren't worried about yourselves, failure to make an effort here could very easily end up hurting your neighbors. And if there is one thing I've always admired about the CC Young community, it's the strong sense of caring you all have for one another. This commitment to each other is needed now more than ever.

Now for the good news. We live in the greatest country on earth, and I believe we will see the best of it in the next few months. Things will likely continue to escalate in the short-term, but I have no doubt that we will all get through this together, and I remain very grateful to be part of an organization as committed, caring, and proactive as CC Young.

Wishing you the best of health,

A handwritten signature in black ink, appearing to read 'Grady Goodwin'.

Grady Goodwin, MD

Order Date _____ Resident Name _____ Apt. # _____

COVID-19 Resident Shopping Staples (Based on Availability)

<u>Item</u>	<u>Pack Size</u>	<u>Resident Cost</u>	<u>Quantity Ordered</u>	<u>Order Filled</u>
Bacon	Pound	\$ 4.00	_____	_____
Bananas	Each	\$ 0.50	_____	_____
Beef-Ground	Pound	\$ 4.00	_____	_____
Bread-Wheat	Loaf	\$ 3.00	_____	_____
Bread-White	Loaf	\$ 3.00	_____	_____
Butter	Pound	\$ 3.00	_____	_____
Carrots	Each	\$ 0.50	_____	_____
Celery	Bunch	\$ 1.00	_____	_____
Cereal-Assorted Bowls	Each	\$ 1.00	_____	_____
Chicken Breast, 4-5oz	Each	\$ 2.00	_____	_____
Chocolate, Assorted	Each	\$ 1.00	_____	_____
Eggs	Dozen	\$ 3.00	_____	_____
Milk	1/2 Gallon	\$ 2.00	_____	_____
Mushrooms	Pound	\$ 1.00	_____	_____
Onions	Each	\$ 0.50	_____	_____
Rice	Pound	\$ 1.00	_____	_____
Soup-Chicken Noodle	Each	\$ 1.00	_____	_____
Soup-Tomato	Each	\$ 1.00	_____	_____
Sugar	Pound	\$ 1.00	_____	_____

Please submit your order by placing completed forms at the following locations.

Thomas	----->	Under Bulletin Board
Asbury	----->	Host Stand
Overlook	----->	Front Desk

Orders collected by 10:00am will be delivered by 4:00pm the following day.
Deliveries will only be made Monday through Friday.

All orders will be billed to resident accounts.

No cash, credit cards, or monthly dining allowance accepted.