

March 12, 2020



Dear Residents and Families,

We are incredibly thankful to each one of you for your efforts to help as we all weather the storm of COVID-19. We are writing regarding the continued plans we at MJ Senior Housing (**Richmont Village, Richmont Terrace, FallBrook, Oxbow Living Center, Providence Place Fremont and Providence Place Hastings**) have and are putting in place to deal with COVID-19. As you know, the situation is fluid. All information we are receiving indicates the next few months will require hypervigilance from every single one of us in order to keep our residents and team members safe. As such, we are putting additional measures in place to minimize potential exposure to our team and residents. Since our first letter to you on February 27, 2020, the number of countries with active cases of Coronavirus has gone from 30 to over 113. As a result, on March 11, 2020, the World Health Organization (WHO) officially declared COVID-19 a pandemic.

In addition to COVID-19, Nebraska is reporting widespread flu activity to the CDC this week, indicating geographic spread of both Influenza A and B.

We want to reiterate to each of you that we continue to take all essential precautions and are following the protocols we have in place to respond to any outbreak of communicable diseases within our MJ Communities.

Our Communicable Disease Task Force continues to meet formally via Skype at least one time per week in addition to our daily task force team communications. This past Saturday, March 7, 2020 a confirmed case of COVID-19 was announced here in Nebraska. We convened an emergency meeting that evening to discern if and how this event affected any of our communities. It was determined that we had a possible exposure. A cherished team member from Richmont Senior Living in Bellevue was at the Fremont YMCA on February 29, 2020.

Erring on the side of caution, we took immediate action and put in place quarantine measures for Richmont Village Independent Living and Richmont Terrace Assisted Living and Memory Care in Bellevue. The team member in question was placed on medical leave and self-quarantined. Thankfully, our beloved teammate, as well as all our residents and staff in Bellevue remain asymptomatic.

Two other MJ communities, Providence Place in Fremont and Fallbrook Assisted Living and Memory Care in Lincoln, immediately implemented "Community Quarantine." This means they are only allowing necessary/essential team members and medical personnel in and residents are not going out except for necessary medical purposes. Neither community has any known exposure risk. These precautions were put in place due to proximity of the Fremont event. All staff and residents at both communities remain asymptomatic.

Our final two communities, Oxbow Assisted Living and Memory Care in Ashland as well as Providence Place in Hastings, have been limiting visitors at this time and have eliminated large events and outside entertainers as a general precaution.

Just this week the American Health Care Association released "Guidance" protocol based upon the information they received from CMS. We are pleased to inform you we here at MJ were ahead of the curve and had already put in place by the end of February all measures they recommend be put in place now.

This is uncharted territory for all of us. We thank you for all your support as we determine what is best given the current circumstances. We promise you we will continue to do our best in leading the way.

Our Task Force has determined that for the continued safety of our residents we will take the following precautionary measures in all our communities:

Daily Temperatures of Residents – We have been doing this in all our communities for the past week. We will continue this process until further notice.

All MJ Senior Housing Communities are now under "Limited Entry". What is "Limited"?

- **Necessary and Essential Staff** - to include outside services such as physical therapy, hospice, home health, etc.
- **Immediate Family Members Only** - spouse and adult children. If a resident does not have family but has a close friend who routinely visits, we would make the exception in this case for the close friend to visit.

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We're all about **YOU!**



When you enter the community:

- **Wash Your Hands:** We will have a sanitizing station for you to use as soon as you come through the entrance. Please use the alcohol-based sanitizer OR wash your hands thoroughly before you visit your loved one.
- **Take your Temperature:** Yes, we are doing it. We will have a scanning thermometer at the entrance for you to take your temperature. Should you have a fever of 99.5 or greater OR if you have other symptoms of cold or cough, we will ask that you postpone your visit until you are symptom free. Please do not be offended if a team member inquires with you about proper hand washing/sanitizing and temperature taking. Out of love for our residents and with their greatest safety in mind, our team has been instructed to ensure these measures are followed.
- **Apartment Visit Only:** We request that while you visit, you take a direct path from the entrance to your loved one's apartment and directly back to the exit when you leave. Avoiding the common areas will eliminate further exposure to you and our residents. If you would like to join your loved one for lunch as so many of you do, we will provide a private lunch for you in your loved one's apartment.

We would further request you DO NOT ENTER our community for a full 14 days if any of the following are true for you:

- **You have traveled outside of the United States in the last 30 days.**
- **You have traveled domestically to a place with known exposure.**
- **You have attended a large event with possible exposure.**

We know how difficult this can be for you. It is difficult for us as well. For your peace of mind, please know we want to connect you with your loved one as often as possible:

- We have iPad's in house. You may call or request a facetime at any point. To arrange this, please contact your Executive Director or your Life Enrichment Coordinator.
- You may also provide your loved one with an iPad or other device of their own so you can reach them immediately at any time you wish.

Just know this, no matter what it takes, we will make every effort and we are more than happy to connect you with your loved one.

TEAM PRECAUTIONS:

- **We have included, in this letter for you, the letter we are sending to our team members. We believe it's important you understand what we are asking of the team during this time.**

In addition to the steps we have outlined above, we will continue to follow all instructions provided by our local and state health departments and follow our internal protocols. We will also communicate with you regarding any changes or increased concerns. We continue to monitor each report issued from the CDC. We've been in frequent contact and are working with our state and local health department. We will remain proactive in our process and use all the resources available to us to guide our coordinated actions.

We ask that even when you are not visiting our community, please use good infection control measures to protect yourself. These include:

- **Frequent hand washing. Wash thoroughly and often.**
- **Cover coughs and sneezes followed by proper handwashing.**
- **Stay home if you aren't feeling well.**
 - **If you have been running a low-grade temp, please be sure you are "fever free" for at least 24 hours before entering the community.**

You are welcome to reach out to your Executive Director with any questions you may have. Please follow our MJ Senior Housing LLC Facebook page for any updates related to our communities. You can also visit the Centers for Disease Control website at www.cdc.gov for more information about COVID-19.

Finally, we once again want to take a moment to thank you. Honestly, we didn't know what to expect when we began to put more stringent measures in place at the end of February. We are so grateful for your understanding and cooperation as we move through this uncertain time. We said it before and we'll say it again...Whether you live in one of our communities or have a loved one living in our care, we thank you for trusting us. We promise our vigilance during this time. You have provided us with an honor we take very seriously. We will continue to keep you updated with any additional information as needed.

Sincerely,

The MJ Senior Housing Team

Jason Lange – MaryLynne Bolden – Linda Dexter – David Schmidt – Tracey Curry