

****ENJOYING FALL AROUND HILLSIDE****

September 24, 2020

Hello all residents and families:

I am once again blessed in this beautiful month of September to be the bearer of TWO great news announcements! 😊

As of Monday, September 28, 2020; our Hillside Beauty Salon will once again reopen on our first floor with our Beautician: Sharron Hotchkiss! I know you all are smiling reading this news caption! 😊 Please call Sharron on her cell at **517-914-2314** to make all appointments! Hillside is *not able* to schedule any beauty shop appointments so please call Sharron on her cell! The Beauty Salon will be open M-W-FRI 10am-5pm.

As of NOW, you will be able to leave our Community and go out with your family and your close friends! We do ask that you all adhere to the below Governors and MDHHS and local health department guidelines: (any resident going out must be free in the past 14 days of having any respiratory symptoms!)

- Always wear your mask when outside of Hillside to protect yourself and others that live here as well as those that you are with. It is in good habit that you keep your mask on at all times while you are out of Hillside, exceptions for when you are dining out/eating/drinking.
- Always wash hands for AT LEAST 20secs + before leaving Hillside and while you are out in public areas that have bathrooms. When there is no hand washing available, apply hand sanitizer each time you touch surfaces used by others.
- Always maintain at least 6ft social distancing from others! Good rule of thumb is when you are inside or outside, just keep your distance from others!
- Only go out in cars with family and close friends to ensure the vehicles are disinfected before and after you ride. This also ensures that you know whom has been in that vehicle if any of you were to have Covid19 symptoms; this aides in our ‘contact tracing’ requirements. NO public transport rides unless absolutely needed for medical appts.
- Only sit in the back of the vehicles away from passengers and should limit the # of passengers to ensure each of you can maintain 6ft social distancing while inside a vehicle.
- Upon your return back to Hillside each time that you have went out, you will be required to have the Receptionist check you for all Covid symptoms.
- Do not go out in public areas that are ***known to be*** ‘Covid hot spots’ nor in areas that ‘Covid #'s are increasing; but are not yet a hot spot’. Each of you are already in the Covid “high risk” category so you and your family/friends must do all that you can to eliminate all potential risk factors for being around Covid areas! This is ***crucial for yourself and all of us here*** inside of Hillside to make all attempts to reduce our community from having a second wave of Covid-19!
- Limit your number of outings during the week so that you are not always out in the public risking your health as well as your neighbors here in Hillside.
- If you desire to go and stay nights away with your family, please always adhere to these guidelines while away. If you desire to be away from Hillside for an extended length of time then please contact myself or Amanda, the Chief Nursing Officer to decide if you will need to get another Covid test before returning to ensure that you are negative.

- As of this memo, the Governor and the MDHHS still recommends that you limit your outings in public and that you make all attempts to have any of your non-urgent medical appointments completed by tele med/phone methods to decrease your health risks out in medical offices. **Especially now that fall and winter will be upon us;* please talk with Treshia and or Amanda to schedule any appts. that you have coming up so that we can assist you in having these medical appts changed to a tele med/phone method appt. with us assisting you.
- Our Phase 4 Reopening of Family Visits September guidelines remain in place as outlined in that policy. We still are NOT allowed to have visitors inside our Community unless otherwise stated in those guidelines.
- All residents and families **must at all times immediately** inform Hillside of any Covid19 symptoms that may begin any time after you have been out in public together and or have known Covid19 exposure while you were out. This is required by the county health department for use in ‘contact tracing’ monitoring that will occur for monitoring for symptoms for contracting the Covid 19 virus.
- Hillside reserves the right at any time to require a resident to be on self-isolation quarantine in their apartment for a number of days depending on the issue that may arise upon your return from being out in the public.

Please fully understand that as much as you want to be able to now enjoy living a true quality of life again in this pandemic, we must all **adhere to these simple guidelines** while opening ourselves up to more vulnerability of Covid19! We are all wise adults and wearing our masks at all times, handwashing &/or using hand sanitizer per the CDC guidelines, remaining alert and cognizant to the public risks of Covid as all mentioned above; we all can do our part in reducing the risks of this virus getting back inside our Community!

Please also know that we at any time may have to stop any outside visitations, going outside in the public and etc. based off the demands of the Governor’s office, the MDHHS Director and or the local county health department as we all know living these past six months in this pandemic Covid19 is a rapidly changing fluid virus! We have truly appreciated everyone’s patience and understanding with us throughout all of this!

ENJOY! getting pampered in our beauty shop and more beautiful than you already are and most certainly enjoy going out in the Community with your loved ones once again!

Stay healthy and wise in all that you do,

Much love and in good health,

Nanya Litz, RN/LNHA

COO