

May 19, 2023

Dear Residents, Staff and Families,

The COVID-19 public health emergency ended on May 11, 2023. With that declaration also came new guidance from the Pennsylvania Department of Health, the Centers for Medicare and Medicaid and the CDC. As we have with each regulatory and public health change, Dunwoody will be adjusting our policies and procedures accordingly. The most notable change will likely be that masks are no longer required in skilled nursing, nor personal care. Masks are optional and there may be residents, staff and visitors who, for a variety of reasons, need to or choose to wear a mask. We support this need and this choice. There may be other circumstances that warrant a mask, including respiratory symptoms and close contact. There are some other policy and procedural changes that we be shared under separate cover.

I am struck that these changes came about during our celebration of National Skilled Nursing Care Week. Each year, this week celebrates the essential role that Skilled Nursing Care plays in providing high quality 24-hour nursing care to millions of Americans. This care is the result of an interdisciplinary team that includes, but is not limited to nursing, social work, recreation, dining, environmental, facilities, therapy, administrative, human resources, marketing, finance, security and grounds staff along with exceptional volunteers. And although all human kind was impacted by the pandemic, I can't help but believe that among those most impacted are our residents, staff and families, from Dunwoody Skilled Nursing, Personal Care and Health and Wellness.

To our staff, please know that you all have our admiration for your strength, determination and teamwork. We know the last 3 years have been so very difficult in so many ways. Thank you for the kindness and caring you have shown in your work and in your lives. Thank you for the joy you brought in a time of immense fear and sadness. Thank you for the kindness and care you gave despite being exhausted and overwhelmed. And thank you to your families for their willingness to share you with our Dunwoody family. We are eternally grateful to our amazing staff!

This year's theme – Cultivating Kindness – is inspired by the many acts of kindness that happen in Skilled Nursing Care (and Personal Care) centers every day. Research has found that practicing compassion and kindness can not only improve health and well-being, but can also strengthen human connections and bonds.

I am sure as we reflect back to March of 2020, we can recall the concern, the uncertainty, the fear and the sadness that we all experienced and continued to experience. But I am equally confident that we also recall the many acts of kindness that transformed us over the last 3 years. We supported each other, we laughed, we cried and we were kind to each other. Kindness helps to heal all hurts.

“Be kind whenever possible. It is always possible.” – The 14th Dalai Lama

“Kindness begins with the understanding that we all struggle.” – Charles Glassman

“The words of kindness are more healing to a drooping heart than balm or honey.” – Sarah Fielding

“Wherever there is a human being, there is an opportunity for kindness.” – Lucius Annaeus Seneca

“Kindness and politeness are not overrated at all. They're underused.” – Tommy Lee Jones

“When words are both true and kind, they can change the world.” – Buddha

“To kindness and love, the things we need most.” – The Grinch

“When I was young, I admired clever people.

Now that I am old, I admire kind people.” – Abraham Joshua Heschel

Open Call for Art!

LeadingAge PA Ageless Art & Timeless Treasures Exhibition

LeadingAge PA is celebrating members' resident artists by hosting a juried exhibition. This non-themed art competition provides the opportunity for resident artists of all levels to express themselves in all subjects and mediums and to share their work with a broader audience. Selected artwork will be featured at the Ageless Art and Timeless Treasures Exhibition and Gala which will be held at the LeadingAge PA Headquarters in the fall.

Entry Details:

- Entries are limited to 1 per artist
- Both 2D and 3D artwork are welcome
- The entry must have been created while the artist was living at Dunwoody Village.
- Submit artwork on Monday June 19th to Kayla McFadden or Carolyn Treadway.
- Please note, following the Gala, the artwork that is chosen will become property of LeadingAge PA and will be a traveling art show and then permanently displayed in the LeadingAge headquarters.

For additional details on media size, restrictions and details please contact Kayla McFadden at 610.723.4601 kmcfadden@dunwoody.org or Carolyn Treadway at 610-359-4459 ctreadway@dunwoody.org.

Wellness Wednesday

Please join us on May 24, at 2:00 pm in the auditorium for Wellness Wednesday.

Matthew Hepler (Bryn Mawr Hospital - Stroke Program Manager) will host a discussion regarding:

- The treatments that Main Line Health provide for stroke
- How blood clots cause stroke
- Recognizing stroke symptoms and hemorrhagic stroke

COVID-19 and Booster Clinic

Currently there are no residents nor staff who tested positive for COVID. Our **bivalent COVID vaccine clinic will be held on May 24, 2023** in the Arts & Crafts Room. Consent forms and a schedule of assigned times have been distributed in your mailboxes. Additional forms are available in our Marketing office.

Touchtown Training Session

A Touchtown Training Session for residents will be held on **Friday, May 26, 2023** in the **Auditorium** at **1:30**. If you are new to the system, need a review, or you have questions – you can sign up with Kayla in Marketing. Touchtown can be added to your devices at the end of the session. For the residents who have mobile apple devices (iPhones & iPads) without Touchtown, please bring your Apple ID password with you to the session.

Town Meeting

The next Town Meeting is scheduled for Thursday, June 8, 2023 in the Auditorium and on Channel 1970 at 3:30 p.m. Forms for advance comments and questions for the different departments have been distributed and are on Touchtown. Please submit your forms to either Marketing or Administration (G-205) no later than Thursday, June 1st by 12:00 noon.

Employee Appreciation Fund

Contributions to the Employee Appreciation Fund are due by June 1, 2023. Checks should be made payable to Dunwoody Village (Employee Appreciation Fund on the bottom check line), and can be placed in the lock box.

Testing of Smoke Detectors

Maintenance reported that smoke head testing will be going on for the next two weeks and during that time the yellow light on the indicators will be on. This does not affect the alarm system itself.

Have a great weekend!

Maureen