

June 12, 2020

Dear Splendido Residents,

We appreciate the vigilance that residents and team members have demonstrated in practicing strong infection control practices, including hand hygiene, maintaining physical distance of 6 feet or more, and wearing a cloth face mask in public.

**Splendido continues to have no known cases of COVID-19 among Splendido residents or employees.** Sonora completed testing for direct care nursing professionals in Sonora and all test results were negative.

An interdisciplinary task force of Mather senior leadership meets regularly to implement proactive steps to prevent the spread of COVID-19 within our community and make decisions regarding tightening or easing of restrictions. This group closely monitors the Centers for Disease Control's (CDC's) and Pima County Department of Health guidelines for Life Plan Communities like Splendido. The decisions made to keep residents and employees safe are consistent with actions taken at Life Plan Communities across the country. **Additionally, we have been monitoring the rapid increase of cases in Pima Country, and it is of concern. We will continue to monitor the impact it may have on our area and future decisions.**

As mentioned in last week's communication, Mather developed a monitoring tool that helps track key internal and external factors such as

- resident and employee compliance with protocols like wearing masks, handwashing, and physical distancing
- resident and employee COVID-19 symptoms or positive cases
- availability of personal protective equipment and availability of Sonora suites
- infection rates for the State of Arizona and surrounding area
- infection rates at other senior living communities in surrounding areas
- other internal and external factors

Based on our review, and continuation of strong infection control and safe practices by both residents and employees, we are moving slowly into the next phase, **which includes easing some restrictions for residents of Splendido. Restrictions remain in place for residents of Sonora based on regulations from local and state health agencies.**

### **GET FIT WILL OPEN BY APPOINTMENT ONLY**

We know how important physical fitness is to many of you. We are pleased to reopen our Get Fit and pools, with some restrictions in effort to support physical distancing and sanitization of these spaces.

**Get Fit will reopen Wednesday, June 17. Get Fit hours: 7:00 a.m. to 4:00 p.m.**

Residents can make **a one-hour appointment once per week** in one of the following areas:

1. the Keiser weight machines
2. the treadmills and elliptical machines



3. the bikes and arm bike
4. the indoor pool
5. the outdoor pool

### **Reservation System and Important Reminders:**

- Make an appointment at least one day in advance using the reservation book located on the buffet in the main lobby, across from the Living Room.
  - No walk-ins or same-day appointments will be accepted.
- Only 3 residents will be allotted to use an area at the same time.
- Please show up on time to ensure you can use your entire allotted time.
- Come dressed in your workout attire or coverup and swimsuit; locker rooms are closed.
- Bring your own towel and filled water container.
- Upon entering Get Fit, you'll have your temperature checked and be asked to sanitize your hands.
- Please wear a mask, and keep physically distant from others, during your entire visit (except while swimming).
- **Please wipe down equipment before and after use.**

### **SALUTÈ SPA SET TO OPEN**

- We are pleased to be reopening the Salutè Spa for nail and hair appointments **starting Wednesday, June 17.**
- Appointments are required and times will be staggered to facilitate necessary physical distancing and sanitation. Please call (520) 878.2633 for an appointment. **You can begin scheduling your appointment Monday, June 15.**
- The stylists and nail technicians will be health screened including a temperature check, will be wearing face masks and gloves during the appointments, and will be diligent with handwashing and sanitizing between residents.
- Residents must wear masks, wash hands before and after appointments, and avoid touching their face.
- The salon is open to help ensure your safety. Please take advantage of this resource, rather than using a salon outside Splendido at this time. While the local salons are open, there have been some reports that their adherence to infection control protocols is inconsistent.

### **CURRENT OPPORTUNITIES**

- **When walking or biking**, please stay distant (6 feet away) from others and have your mask with you. If you are near others, please wear your mask. These activities are for fresh air and exercise; do not go into stores or other places of business.
- **When golfing or playing tennis**, please follow guidelines posted by the golf course or tennis court. Follow safe distancing rules and stay out of the clubhouse (except to pay).



Keep in mind that you can ride a golf cart with your spouse, but otherwise do not share a cart.

- **Driving your vehicle to essential medical appointments** or taking a drive alone or with a spouse only. Please do not drive others around in your car, visit family, or enter any type of businesses.
  - **Essential medical appointments:** With the rise in COVID-19 cases in Pima County, and CDC guidance, we request you use telemedicine whenever possible and only keep essential medical appointments. Routine medical appointments should be postponed until cases in Pima County flatten and decline.
- **Gather indoors or outdoors in the following areas, in groups of no more than four residents**, using proper physical distancing and wearing a mask:
  - **Indoor community space: Living Room**
  - **Outdoor spaces: Living Room Terrace, Ramada (Gazebo), Bella Vista Terrace, and Catalina Patio**

For your protection, please don't eat or drink while together, as this interferes with the safe practice of mask wearing continuously throughout your visit.

We ask you to avoid visiting residents inside homes to protect one another. At this time, our no-visitor policy remains in place for both Independent Living and, per regulation by Pima County Department of Health, for Sonora.

**All other community spaces, including Michelangelo's Art Studio and the restaurants, will remain closed. Plans are underway to open additional amenities in the near future, providing our monitoring tool indicates it is appropriate to do so.** We will continue to use our monitoring tool to further evaluate further ease of restrictions and/or tightening based on information available to us.

Mather continues to practice strong infection control to minimize the spread of the virus. Our practices and protocols allow us to control our environment within Splendido and help to protect both residents and team members from being exposed to the virus. When you leave the community or have visitors, you put yourself at risk and, in turn the health of others, as asymptomatic people can unknowingly spread the virus.

While easing these restrictions, this is still unsettling time for all of us. We appreciate your support and your commitment to safety. Please continue to practice physical distancing, proper hand hygiene, and wearing a mask while in public.

The health and well-being of residents and staff continues to be our top priority. We're grateful for your partnership in following current protocols to help keep us safe. Thank you!

**Questions? Please call (520) 878.2601 or email [bewell@splendidotucson.com](mailto:bewell@splendidotucson.com).**



Take care and stay well.

Sincerely,

James C. Edwartoski  
Executive Director

### **COVID-19 SYMPTOMS**

If you are experiencing any of the following symptoms, you should contact your physician for guidance, stay in your home, and notify the Concierge at (520) 878.2600. Symptoms include a loss of taste or smell, cough, fever, sore throat, shortness of breath, and gastrointestinal issues such as diarrhea, nausea, or vomiting. **Newer symptoms include headache, chills, and muscle pain.** Please note that pink eye, eye pain, or vertigo, as well as discoloration of the toes may also be COVID-19 symptoms.

