



March 20, 2020

A Message from our CEO

Dear Residents and Families of Bayview,

First, I wanted to reassure everyone that as of this writing, we continue to have no confirmed COVID-19 cases. We know some of the measures we have in place are stricter than what is required and stricter than what some other senior living communities have initiated, but we believe these measures are helping to keep our community safe.

We have been monitoring the nation-wide shortage of personal protective equipment (PPE) supplies such as masks and gowns and have been carefully keeping track of our own supplies at Bayview. Fortunately, we were able to source a limited supply of reusable filtered cotton masks and will be distributed to staff early next week who will be trained on proper usage. Each staff member will be required to don their mask before they enter the building and wear as long as they remain on site. As well, all vendors, contractors, and all other essential personnel will be required to wear a mask once they enter the building. This is another measure we are taking to reduce Bayview's risk of exposure and/or transmission.

For residents who would like to wear reusable masks, we are seeking additional sources, so stay tuned on that front. We will send out a notification when we have additional supplies.

In the last couple of years, we've learned from research what we've all known in our hearts to be true – that social connection is good for us. However, now we're asked to isolate and thereby sever the very connection that nurtures us. It's so hard. Whether experiencing moments of grief and loss, or moments of joy, the absence of hugs is perhaps the hardest to bear.

In spite of all the challenges we face right now, we are inspired and encouraged by the resilience, kindness, and encouragement of our residents and staff. Our gratitude has only grown in these days and weeks, and we are reminded of how blessed we all are to be part of the Bayview family.

We will continue to keep you updated as the situation unfolds. Until then, stay safe, and stay well.

In deep gratitude and appreciation,

Nancy Weinbeck, CEO



BAYVIEW

A POINT OF VIEW

COVID-19 Updates:

Deliveries and Packages

According to the Centers for Disease Control, it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is **not** thought to be the main way the virus spreads. In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated, or frozen temperatures.

In addition, according to studies, COVID-19 may live on cardboard for up to 24 hours and hard surfaces such as plastic and stainless steel for up to 72 hours. Most deliveries take longer than 24 hours to arrive to us from wherever they are coming from.

Therefore, for cardboard boxes or paper envelopes, there shouldn't be a concern. Plastics should be wiped down as the virus can last up to 72-hours or longer. After opening a plastic package, good hand hygiene should be used. Front desk staff will continue to disinfect the surface the package was left on after pickup.

A Gentle Reminder

As we have shared with you in prior memos, King County Public Health is continuing to advise and encourage self-isolation for everyone – of all ages. Terminology like self-distancing and self-isolation can be confusing. Self-distancing involves avoiding large crowds and minimizing physical contact (but still going to work or school). Precautionary self-isolation is stricter (no public places like work, school, etc.) and involves staying on your property indoors as much as possible to curb the increase in coronavirus transmission. Governor Inslee has advised people 60 years of age and older, who are most vulnerable to the virus, as well as to people younger than 60, who can carry it asymptotically to *self-isolate*. Although we are working together to employ self-isolation, we recognize the need to welcome some relief in low-risk ways— exercising in your apartment, walking by yourself along the private terrace patio, walking your dog around the block, reaching out to friends and family using telephone or social media, etc. Please reach out to Joel if you have questions on what is safe and considered low risk. The Governor has not issued a “shelter in place” order as of this writing but if he does so, then some of our recommendations may need to change. The team at Bayview is continually putting on our creative thinking caps to find ways to foster engagement amidst all of this!

Please reach out with any questions to Joel Smith, Health Services Administrator (ext. 3357) Office: 206.281.5747 | Cell: 425.890.8770 | jsmith@bayviewseattle.org

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