



TO: All Residents and Family Members of Sarasota Bay Club and Jacaranda Trace
FROM: Gail Chase, Steve Roskamp and Greg Patterson
DATE: March 25, 2020
RE: Coronavirus Update # 12 –Governor’s Order

This memo today will only be highlighting the new mandated changes regarding Coronavirus. Procedures implemented in previous memos are not being repeated in this memo but are still in place. These memos can be reviewed at any time on our websites, <https://www.sarasotabayclub.net> and <https://www.jacarandatrace.com>.

The Governor’s latest order mandates anyone entering Florida from the Tristate area (New York, New Jersey and Connecticut) will have to isolate or quarantine themselves for a 21-day period. We are implementing this order at Sarasota Bay Club and Jacaranda Trace effective as of yesterday, Tuesday, March 24th.

Independent Living Community:

Therefore, based on the new order, the following questions will be asked upon entry:

Entry Questions:

All people entering will have their temperature taken.

1. Are you coughing, sneezing or have any flu-like symptoms?
2. Have you traveled outside the United States or taken a cruise in the last 14 days?
3. Have you encountered anyone who has COVID-19?
4. **Have you come from the Tristate area, New York, New Jersey or Connecticut?**

If their temperature is 99.6 degrees or greater and/or the answer is yes to questions 1 to 3, they will be denied entry for 14 days. If the answer is yes to question 4, they will be denied entry for 21 days. All those approved for entry will be issued a wrist band and the wrist band color will change daily.

Temperature Checks:

Effective Thursday, March 26th at Sarasota Bay Club and Friday, March 27th at Jacaranda Trace, a nurse and an assistant will begin taking all residents’ temperatures on a floor-by-floor basis with the expectation everyone will be covered in one day. Sarasota Bay Club will check temperatures on Mondays and Thursdays and Jacaranda Trace will check temperatures on Tuesdays and Fridays. You will receive a detailed schedule via a separate memo. If you feel sick or you have a temperature on a day when temperatures are not being checked, please call us immediately so we can assess your health as soon as possible.

Fitness Center:

Effective, Thursday, March 26th the Fitness Center at both Sarasota Bay Club and Jacaranda Trace will be shut down twice daily to allow housekeeping to perform a disinfecting of the equipment. Sarasota Bay Club will close at 9:00 a.m. to 9:30 a.m. and again at 1:30 p.m. to 2:00 p.m. Jacaranda Trace will close at 9:00 a.m. to 9:30 a.m. and again at 2:00 p.m. to 2:30 p.m. We request and strongly advise that



before and after use of the equipment, you wipe it down with the disinfectant supplied in the Fitness Rooms. Out of courtesy to the next resident, please return the spray bottles to the designated table. Please close the lid on the wipes to prevent them from drying out.

Your cooperation is greatly appreciated. This is a trying time for everyone and one that tests everyone's character and strength. We thank you for your understanding as we move forward through these changing times.

GC:ljm



TO: All Residents and Family Members of Sarasota Bay Club and Jacaranda Trace
FROM: Gail Chase
DATE: March 25, 2020
RE: Coping in the Time of the Virus

Sarasota Bay Club Resident Nancy Schlossberg, retired college professor, lecturer and author of eight books on life's transitions and how to navigate through life's ups and downs, shared the following words of wisdom with me. Since the advice was both timely and applicable, with her permission, I wanted to share the words with everyone. It is entitled "Advice in the Time of the Virus." Please visit her website at www.transitionsthroughlife.com, if you would like more information.

Advice in the Time of the Virus

As a psychologist, I am co-leader of the Aging Rebels--an informal group of men and women at the Senior Friendship Centers who meet weekly to discuss issues such as loneliness, intimacy, coping, relationships, grief, friendship and more.

By definition of age, they—and I—are all at high-risk for the corona virus. Many of them have lost their closest attachments—friends, family and neighbors on whom they depend for the social contact needed to maintain a positive spirit as they confront the challenges of aging. Now, isolated in their homes by Covid-19, many of the Rebels face an even greater threat of loneliness and depression.

In an effort to offer positivity in a very negative situation, I wrote them a letter with suggestions on how to get through this very challenging time. Here, I offer an expanded version of that letter, in the hope that it will help not just older people, but also the broader community, to find ways to maintain their mental and physical health as we all confront the virus.

Dear Friends,

Social distancing is clearly a transition over which we have no control; it is ambiguous and has no clear timeline. We need to remember that even though we cannot control the virus, we can try to control our reactions and strategies for dealing with it. That is easier said than done, but not impossible.

There are three questions to ask when coping with any challenging transition:

Can I change the situation?

Can I change the way I see the situation?

And can I use relaxing strategies?

The answer to the first question is: "No, we cannot change the situation." We must live with restrictions on our daily life until we know that it's safe to give them up.

Since we can't change the situation, we need to ask ourselves the second question: "Can we change the way we view it?" The answer is yes. In my most recent book, "Too Young to be Old," I



suggested one way to stay young and vibrant is to “keep your dance card full” of activities and social life. Ironically, due to social distancing, we cannot do this now. But there are other things we can do.

For example, we can use this time to learn something new. If you have Internet you can look at Ted Talks, search for a YouTube video on almost any subject you can dream up; watch your favorite movies or ones you have been meaning to watch. If you don’t have Internet, check the television schedule for your favorite shows and learn to cook a new recipe or make a home repair you’ve been needing. To learn or enjoy something new, go back to your bookshelf and select a book that provides new insights into art or gardening, or how to prepare nutritious meals.

Another way to change your view of the situation is to find ways to connect with others without touching or attending gatherings. Internet users can do this through messaging or chatting, doing FaceTime or Skype. You can even create and attend Internet “meetings.” One book club whose members are isolated in several states and Canada used meeting software to discuss their “book of the month.” Some of the women attended the “meeting” wearing funny hats or sitting next to bouquets of flowers from their gardens. For those without Internet access or experience, phone connections can substitute. Don’t just worry about your friends and family. Call them regularly to see how they are doing.

The final question is: “How can I relax and de-stress?” This answer is the easiest: One of the best answers is to exercise daily, preferably outside. Walking can do wonders for the body and the psyche. Find a way to do so that will avoid close contact with others. Maybe it’s just a few blocks’ walk from home, or a few turns around a local park. If that is not possible look on the Internet for exercise videos you can follow. Other ways you can de-stress are to meditate or listen to music.

You may miss your coffee klatches or bridge game or exercise class or going to church or synagogue, but you can benefit by searching for other ways to build structure into your day. My daughter Karen has school-aged children at home. Her plan requires the kids to do at least one thing in each category every day:

- Education/self-improvement - a challenge.
- Immediate good for the community. (Household, family, farm -in our case, or even a friend on the phone.)
- De-stress by promoting personal joy, creative endeavor, or otherwise enriching your own spirit.

These suggestions can apply to members of any age group. You can be your own best medicine. Being alone does not mean you have to be lonely or depressed. All you need to do is make the conscious decision that you will not allow it to happen.