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RESIDENT MEMO

TO: Valley Manor Residents
FROM: Michelle Scipioni, Executive Director
RE: Gym, Pool and Shopping
DATE: March 27, 2020

As we continue to work diligently to abide by the recommendations of the Center for Disease Control (CDC), the gym and pool will be closed effective Saturday, March 28, 2020 until further notice.

We will continue to offer transportation to all medical appointments and to Wegmans on Mondays at 9:30am and Fridays at 1:30pm. For those who are following the recommendation of staying home, effective Monday, March 30, the Valley Manor gift shop hours are being extended to Monday-Saturday from 10:00am to 1:30pm. The Valley Manor gift shop has many essential items such as milk, juice, eggs, bread, toilet paper, etc.

As a reminder, to limit the spread of all respiratory illnesses, please stay in your apartment if you are feeling ill (cough, cold, fever of 100.0 or higher, sore throat, shortness of breath, any other respiratory symptoms). Also:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, throw it in the trash.
- Routinely clean and disinfect frequently touched objects and surfaces.

If you are in common areas, we ask that you practice social distancing recommendations which means limiting close contact with others as much as possible (a minimum of 6 feet apart).

Please let me know if you have any questions or concerns. Thank you for your cooperation and understanding.