



Steeple View Lofts Resident Update

March 31, 2020

Greetings,

Landis Communities has been providing regular updates to residents, clients and team members across the organization. Today, we are sending this directly to you. We appreciate the way you are all coming together as a community during this unprecedented time. We are also grateful for Melissa's steady, calm presence and leadership.

You may find other communications and videos on our website:

www.landiscommunities.org/COVID

Friday afternoon, March 27, 2020, Lancaster County was added to the list of Pennsylvania counties under the Stay at Home order from Governor Wolf. Yesterday, President Trump extended the country's social distancing precautions through the end of April. **It is very important that all non-essential workers stay at home.**

According to the Pennsylvania Department of Health, the intent of the Stay at Home order is to ensure that the maximum number of people self-isolate in their places of residence to the maximum extent feasible, while enabling life-sustaining services to continue. The guidelines indicate that individuals may leave their residence **ONLY** to perform any of the following allowable individual activities:

- Tasks essential to maintain health and safety, or the health and safety of their family or household members (including, but not limited to, pets), such as obtaining medicine or medical supplies, visiting a health care professional, or obtaining supplies they need to work from home.
- Getting necessary services or supplies for themselves or their family or household members, or to deliver those services or supplies to others, such as getting food and household consumer products, pet food, and supplies necessary to maintain the safety, sanitation, and essential operation of residences. This includes volunteer efforts to distribute meals and other life-sustaining services to those in need.
- Engaging in outdoor activity, such as walking, hiking or running if they maintain social distancing.
- To perform work providing essential products and services at a life-sustaining business.
- To care for a family member or pet in another household.

It is imperative that every Steeple View Lofts resident follow these guidelines. We will continue to provide ways to support you in this effort. As always, **the health and safety of all residents and team members remain our highest priority**. As a community, we are responsible to help each other save lives.

One way you will see this demonstrated is through Landis Communities team members wearing facemasks. Unless alone in an office or eating meals, all team members, including Melissa Ressler, are now taking this precaution. Additional cleaning of hard surfaces throughout the building is another step being taken at SVL.

It is wonderful to see you continuing to support one another. You are limiting the need to leave your homes by picking up groceries for neighbors, ordering MealMates from Landis Homes dining services and taking advantage of grocery delivery options. The website www.lanc.care is another source for local businesses and restaurants that are delivering locally.

If anyone has an unmet need, please call or email Melissa. There are many resources and volunteers in Lancaster ready to help. There are also other Landis Communities team members ready to assist Melissa in running critical errands.

We recognize that with more time spent at home, there are limited options for learning. Pathways Institute for Lifelong Learning®, a partner of Landis Communities, has compiled a list of free resources, such as online learning, virtual tours of museums and historic sites, streams of concerts, etc. We hope you enjoy these enriching and educational opportunities to experience the world from the comfort and safety of your home:

- Online Learning: more than 450 course from Ivy League Schools:
<https://www.classcentral.com/collection/ivy-league-moocs>
- A list of US Museums you can tour online:
<https://www.timeout.com/usa/news/tour-these-u-s-museums-from-the-comfort-of-your-couch-031620>
- Article about virtual tours of US National Parks:
<https://www.timeout.com/usa/news/you-can-take-virtual-tours-of-americas-greatest-national-parks-on-google-earth-031720>
- This article lists some great resources, including virtual tours of parks, zoos and historic places around the world, live opera streams from Metropolitan Opera and many more:
<https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#if-a-walk-through-disney-isnt-your-speed-try-going-for-a-virtual-rollercoaster-ride-7>
- More virtual tours here: <https://www.refinery29.com/en-us/2020/03/9576127/free-virtual-tours-online>
- Virtual Museum exhibits of the world famous masterpieces:
<https://www.pbs.org/newshour/arts/19-immersive-museum-exhibits-you-can-visit-from-your-couch>

- Virtual concerts here:
<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

A few other things to keep in mind:

- Interact with Melissa by phone, if possible.
- Remember to check the Landis Communities website for regular COVID-19 updates. Family and friends also have access to videos and written information at www.landiscommunities.org/COVID
- Landis Communities is committed to being as transparent as possible through ongoing communication while we honor lives and protect each person's privacy. Therefore, if we are aware of a COVID-19 positive situation at SVL, we will inform you and will respect confidentiality of names and unit numbers.

This new reality bring a mix of emotions – sadness, fear, uncertainty and grief. The truth is, we are facing many forms of grief right now.

An article last week by Scott Berinato indicates that **if we name our grief and the emotions we are feeling, we may be able to manage it better**. He says, “We feel the world has changed, and it has. We know this is temporary but it doesn't feel that way... the loss of normalcy, the fear of economic change, the loss of connection. This is hitting us and we're grieving. Collectively. We are not used to this kind of collective grief in the air.” He talks about anticipatory grief for the uncertain things in the future – it is confusing and produces a loss of the sense of safety.

Berinato applies the **stages of grief** in this way:

- Denial – this virus won't affect us
- Anger – you're making me stay home and taking away my activities
- Bargaining – okay, if I social distance for two weeks, everything will be better, right?
- Sadness – I don't know when this will end
- Acceptance – this is happening; I have to figure out how to proceed

He adds some **steps to help with working through this grief**:

- **Find balance in the things you're thinking** – along with the negative, what are the things to be grateful for
- **Come into the present** – see the things in front of us now
- **Let go of what you can't control** – focus on what you can like washing your hands and physical distancing
- **Stock up on compassion** – be patient and know everyone deals with things differently

Steeple View Lofts is a community. We will get through this, together!