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## COVID-19 UPDATE

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**TO:** WESTMINSTER VILLAGE RESIDENTS AND STAFF  
**FROM:** BARB NATHAN  
**DATE:** DECEMBER 11, 2020

We were pleased to see the decision of the FDA yesterday approving the first vaccine to be used in this country to battle this pandemic. We have not received information yet on when the residents in Martin Health Center, Assisted Living and our staff will be provided this vaccine. While we advocated to be at the front of the line it, appears hospital workers are being provided the vaccine first and we will hopefully be next. As we get more information we will share that.

This week, testing continued. Over the weekend we received news that three residents had tested positive from last week's testing. These residents were moved to the COVID unit and all are doing very, very well. One was symptomatic and the other two were asymptomatic, but even the symptomatic person is anticipated to move out of isolation this weekend (or early next week). We also had three staff test positive. As we have noted before, we do the contact tracing now and we hold to the highest standard of quarantine for anyone that has had contact. This week's resident tests were collected yesterday and no news is available yet for this round of results.

The devotion that I read on Thursday this week spoke to me, and I thought it may speak to you, as to how we are dealing with this. The Scripture was from Isaiah 40, and the reflection was on the words "Comfort, oh comfort my people says your God." A list was provided of the ways that we could open our hearts to comfort, and I share that list with you.

1. Talk with God, and share a thought or two.
2. Take a deep breath in, filling your lungs, and slowly let it out. Add a word of intention for each inhale and exhale.
3. Keep a gratitude journal listing something you want to hold on to each day.
4. Keep a worry journal listing something you want to let go of each day.
5. Tell someone how thankful you are for them.
6. Take a walk and look for something beautiful.
7. Sit in silence.
8. Listen to music.
9. Water a plant and enable something to grow.
10. Read a book.

11. Do something new and explore a different experience. Be surprised.

I'm sure all of you have heard suggestions like these before. I liked how they were put together in one list, and hope that one or more of the suggestions will bring you comfort. Some may even help you to bring comfort and hope into someone else's life.

As always, together we will get through this. I give thanks for you particularly as I see the Resident Council Christmas checks being given to employees today. The residents make such a difference in the life of Westminster, and with all of us together, this is a phenomenal place.