

In this unprecedented time, I want to assure you that we are doing our very best to keep all of you healthy, safe and happy. We have an **INCREDIBLE TEAM** here supporting you, each other, and are working diligently to try and meet everyone's needs. There have been so many disruptions to your daily routine (ours as well!); I can't thank you enough for your patience with my team members, with each other, and your cooperation in abiding by the guidelines we have had to put in place, to help us keep all of us healthy, safe and happy. I do not know the length of time the guidelines will be in place.

Here is some of what is happening here at Ecumen Meadows. Now please understand, by the time this newsletter is printed and distributed, things may have changed.

**DINING:** Memory Care dining has distanced the tables to abide by staying 6 feet apart. In the rest of our community, we are serving all meals to each apartment. We have limited the number of special options, but you will note on the slip you receive to complete for your meal choices, we are changing up the options every couple weeks. We are serving most meals with our usual dining plates, along with a plate cover. Here is what my team needs from YOU: If you are able, please place your plates outside your door. Also, remember to complete your meal slip and place it on your shelf or give it to an employee, so we can be sure to serve you with what you are choosing. I ask for your continued patience, as it takes a lot of time and teamwork to get all meals delivered – we serve around 7,000 meals a month!!

**MAIL:** The USPS drops off the mail in our entryway. We are sorting and delivering to your apartment.

**PERSONAL SHOPPING and Meadows Mart Store:** **We really want to encourage you to reach out to Family and Friends to help you with any shopping needs you have.** I also want to direct you to the Ecumen Store which can ship directly to you your incontinent products and they also offer many personal care items. See Mary or Jean for any initial assistance you may need with the Ecumen Store. We are increasing our internal store from one day a week, to two. Meadows Mart in the Club Lounge is open Tuesdays and Thursdays from 10am to 11am. Cheryl heads up our personal shopping, but we also want to limit her exposure in public stores. She will shop Tuesday afternoon at HYVEE only, with your gift card (she can accept a check to purchase a gift card for you, No Cash). **We really want to encourage you to reach out to Family and Friends to help you with any shopping needs you have.** 😊

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## **This and That**

### **Stay in the know!**

Follow us on Facebook: [www.facebook.com/EcumenMeadows](http://www.facebook.com/EcumenMeadows),

Check out our website: [www.ecumenmeadows.org](http://www.ecumenmeadows.org)

For Ecumen's up to date COVID-19 information visit [www.ecumen.org](http://www.ecumen.org)



### **Update your information**

If you have changed your address or your phone number in recent months, please provide us with the updated information. Please call Caryn Harrington at 507-372-7838 or email at [CarynHarrington@ecumen.org](mailto:CarynHarrington@ecumen.org) so we may update our records accordingly. Share your email for quicker delivery of important info!

**PERSONAL DELIVERIES:** Families and friends may drop off groceries, packages, laundry at the front main entrance only, and try to keep deliveries between the hours of 9am-6pm 7 days a week. Please avoid meal times (11:30am-12:30pm and 4:30pm-5:30pm) as we have “all hands on deck” to assist with delivering meals.

Be Kind. To each other, to my awesome team, and to yourself. Team members have families and loved ones they are caring for, in addition to caring for you.

Personal recommendation – turn off the TV news stations, watch Hallmark movies, or sit in your doorway and visit with your neighbors! Go for a walk – inside or out! Keep a minimum distance of 6 feet from others when walking. For outside walks, you need to use the North Front Entrance, and be sure to sign out and back in – we’ll need to screen you upon your return as well.

THANK YOU for entrusting us with your safety and well being. We are proud of Ecumen Meadows, and are really thankful you are here with us.

Blessings,

Nancy Garvin

Executive Director

### COVID-19 Pandemic

Hello all!

I just wanted to update you on one of the things we are doing for the residents during this COVID-19 pandemic. We are checking every resident’s temperature, pulse, and oxygen level daily. We record these readings and review them to see if there are any significant changes from day to day.

I also wanted to remind you that we have many services available here at The Meadows to help you out if you need, such as helping with laundry, taking out the garbage, doing dishes, making beds, making breakfast or taking the third meal plan. There are many other services available, please reach out to one of the nurses with any questions you might have. We are here for you during this difficult time.

Mary Lubben,  
RN Clinical Director

### Sales & Marketing

While we are in this new world of social distancing, you will find me wearing many hats; filling in and helping out wherever I am needed most. Several of my co-workers and I completed basic skills training that will enable us to help with RA tasks. The safety and well being of you, our residents, is always our top priority and cross-training is one thing we can do to best serve your needs.

On a personal note, I've only been with Ecumen for about a year and a half but it's almost hard to remember what life was like before the Meadows. That is because of all of you! Every single one of you has impacted my life in such a positive way. Your smiles and friendly conversation make my days brighter and your friendship has brought more fulfillment to my life. Each day when I come to work, I walk through the door with a smile on my face, excited for what the day will bring and at the end of the day, I walk out with an even bigger smile and a heart that is full. I thank you for that!

Denise Erwin  
Sales & Marketing Manager

### Business Office

April billing deadlines have been extended at this time, so your monthly statement from the Meadows may be out later than usual. Payment upon receipt is still requested.

Laurie Nichols will be covering Marriah's maternity leave which is anticipated to start sometime around May 4th. You may see Laurie in the building weekly on Fridays and potentially other times as well as she trains with Marriah.

Our weekend Receptionists will be covering the front desk from 9 am-3 pm both Saturday and Sunday until further notice to accommodate any needs you may have.

A reminder that auto-pay is always an option for your monthly payments to the Meadows. Enrollment takes place by completing a simple form and providing a voided check to the Business Office.

### Human Resources

We are still actively hiring for our team! We have three new employees that will have started with us at the end of this month. Our Lead Housekeeper will be full-time starting in April as well. Thank you for supporting them as they learn their new roles and join the Meadows family!

Marriah Aggen  
HR & Business Manager