

TO: PMMA Residents, Family Members and Visitors
FROM: Bruce H. Shogren, President/CEO
CC: PMMA Board of Trustees, PMMA Senior Leadership
RE: COVID-19 Update – “**STAY THE COURSE**” – *Upcoming Holiday Season*
DATE: November 16, 2020

We understand that 2020 has been a difficult year for everyone. Separation from loved ones is never easy, and as we approach the Thanksgiving and holiday seasons, the desire to spend time with our families becomes even stronger. Even in a difficult year, we have much to be thankful for and it is understandable that we would want to celebrate with our families.

On behalf of the members of the PMMA Board of Trustees and Senior Leadership, I would like to thank you for continuing to entrust us with your care or the care of your family member during these uncertain times. We continue to follow all local, state, and federal guidelines related to preventing and reducing the spread of COVID-19 within our communities. All implemented safety measures, protocols, and recommendations are intended to protect our residents and employees.

Yet, the COVID-19 positivity and death rates continue to climb in Kansas and Missouri and across the nation. Despite all our preventative measures, we have seen a significant increase in our very own communities. Infectious disease experts across the country believe **the nation is beginning to experience the long-feared second wave of COVID-19**. Here are the COVID-19 statistics, **as of November 13, 2020**, that support that fear:

- 10,614,420 known cases in the United States
- 180,257 newly reported COVID-19 cases
- 241,331 deaths, with 1,430 newly reported deaths on November 13

These statistics underscore the message that now is not the time for us to forget what sadly occurred in long-term care this past March, April and May. This has been a long battle, with too many casualties. We must not and cannot let our guard down now. It will take all of us to ensure our seniors are being protected against this second wave.

With all that being said, PMMA is strongly urging residents to shelter in place and remain on campus. It will be difficult to forgo Thanksgiving and holiday gatherings this year, but it is the safe and right thing to do.

According to the Centers for Disease Control and Prevention (CDC), small inside gatherings of people who are not wearing masks and socially distancing has been a factor in recent COVID-19 outbreaks. Additionally, the CDC is warning all of us that even small holiday gatherings could be a potential source for spreading the COVID-19 virus. The CDC has issued guidance stating “**the safest way to celebrate Thanksgiving this year is to celebrate only with people living in your household.**” For our residents, this means remaining on your PMMA community campus.

We appreciate that physical separation is not an easy decision especially over the holiday season. As you discuss your upcoming holiday plans, we encourage you to follow the advice of health officials, infectious disease experts, and the CDC. If you make the decision to attend an in-person gathering, please follow the CDC guidelines for small gatherings. These guidelines are available at the following websites:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

You should regularly check the CDC website as well as local and state health departments for the most current guidance. It is likely to be updated as we get closer to Thanksgiving.

For those residents who make the decision to leave the community, you are at an increased risk for contracting COVID-19, and you may put our other PMMA residents, friends and employees at risk of infection when you return to your PMMA community. For these reasons, you will be asked to do the following before you will be permitted to return to your PMMA community:

- Undergo a rapid COVID-19 test
- Receive a screening for signs and symptoms of COVID-19 (including a check of your temperature), and answer certain questions related to your potential exposure to COVID-19 while off campus
- Quarantine within their room in the community for up to 14 days

If a resident does test positive upon return or during the quarantine period after returning to the community, the resident would be required to move to the community’s appropriate COVID-19 unit and remain there until discharge is appropriate in accordance with the resident’s treating provider and CDC and state guidelines.

Unfortunately, these precautions are necessary to reduce the threat of a potential outbreak in any of our PMMA communities during the upcoming holiday season.

Please, do not forget that for each resident or employee that tests positive, this becomes a setback in our reopening and visitation plans. Your decisions may adversely impact others within our PMMA communities. Therefore, we ask you to carefully weigh the impact of your decision before deciding to leave your PMMA campus for Thanksgiving.

We are most thankful for your continued understanding and cooperation in our efforts to protect all residents and employees and wish you the best this holiday season.

*Oh give thanks to the Lord, for he is good,
for his steadfast love endures forever!*

Psalm 107:1

God’s Blessings,



Bruce H. Shogren
President/CEO