

BROOKHAVEN AT LEXINGTON

1010 Waltham Street, Suite 600
Lexington, MA 02421-8052
781-863-9660 • 800-283-1114
Fax: 781-863-9944

To: All Residents
From: Administration
Date: March 9, 2020
Re: COVID-19 Update (2)

Brookhaven Administration and Clinical Staff continue to monitor the COVID-19 situation. We have access to information from CMS, CDC, and the Department of Public Health. Linda Robillard, GNP is in contact with the Town of Lexington's Public Health Staff and Dr. Noe, Brookhaven's Medical Director.

Every Flu Season, we ramp up our cleaning and disinfecting of the Common Areas. This year we have increased this service due to the COVID-19 situation. We have also placed hand sanitizers throughout the Commons. As a reminder all of the Public Restrooms have hand sanitizers and, of course, soap and water. Staff is also disinfecting Fitness Equipment and the arms of chairs.

Washing your hands is easy, and it is one of the most effective ways to prevent the spread of this virus. We encourage all Staff, Residents and Visitors to wash their hands with soap for at least 20 seconds. The guidelines are:

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- After visiting the bathroom
- After blowing your nose, coughing, or sneezing
- After touching a pet or pet waste
- After touching trash
- Before and after attending a public event



This is a public health event and all members of the Brookhaven Community need to work together to minimize the impact of this virus on our Community Members. Seniors, especially those with underlying illnesses need to be particularly careful. The CDC is recommending that seniors consider limiting air and boat travel and large public events during this situation. Anyone who still decides to travel should be in contact with Linda Robillard upon returning to the Community.

We are carefully monitoring and staying in touch with the local health officials regarding cancelling public gatherings. As of today the town and state have not suggested mass closings of schools or other public events. They do suggest that individuals decide based on their own medical conditions what they feel comfortable participating in.

Staff have been meeting and will continue to meet on programs both here at Brookhaven and outside of the Community. We have postponed or temporarily stopped the following programs or services:

- Girl Scouts Meetings and Pinewood Derby
- Lexington Chorale
- Bentley Service Learning
- Common Area food displays such as cookies, muffins, hors d' oeuvres, and snacks at the movies.

Residents should call Resident Health if they are not feeling well and a Nurse will visit you in your unit. Residents should stay in their units and self-isolate. Services will be brought to you.

If you have any suggestions please feel free to contact me directly at 781-863-9660, x2205 or email me at jfreehling@brookhavenatlexington.org

The safety and health of all of our Community Members are our top priority.