



## + Stepping Forward Together

### WORKING OUR WAY BACK TO COMMUNITY

August 4, 2020

At LifeStream, the importance of personal connection is foundational to who we are — a driving force behind our core values. Our focus on deep knowing relationships and authentic connectedness throughout our communities has always been important to us, and to you. We were all made to be in community with one another. Because of this, the safety measures required by the [Arizona Department of Health Services](#) and the [Center for Disease Control](#) to protect and keep our Residents as safe as possible over the past few months, while extremely important and necessary, have challenged us all.

As the world continues to move forward through this pandemic, it is apparent that it is not simply going to “disappear” and that we are going to need to learn how to live, or coexist, with the coronavirus. Isolation, no family visitation, and lack of group activities is not healthy for anyone, and most especially the Senior adults we serve. This is a fact that LifeStream inherently understands, and something that the public health agencies are keenly aware of as well.

To this end, Governor Doug Ducey recently created the [Task Force on Long Term Care](#) to focus on many of these Senior adult care challenges. Among other topics, the *Task Force*, which includes LifeStream’s Chief Operating Officer, Donna Taylor, will be making recommendations about [how and when in-person visitation can safely resume at long-term care facilities and assisted living facilities](#). We are very pleased that LifeStream will have a voice on this *Task Force* as we continue molding the future, and taking steps forward together – back to community.

LifeStream’s Leadership Team has been meeting and discussing how we can begin to take measured, careful steps to move our services forward, and find ways to bring together our Residents. We’re being creative and trying to stretch the boundaries where we can – thoughtfully observing all existing mask, social

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distance, hand sanitizing and other agency guidance – employing an abundance of caution.

Beginning in August, your Executive Directors will be sharing more details of what they are planning for our Independent Living Residents. For example, at our Youngtown Independent Living community, we are working to modify our dining services experience. At our Northeast Phoenix and Thunderbird communities we're planning safe and socially distant Chapel services. We want to take steps forward together – back to community

You are not required to participate in any of the planned activities. Every Resident will have the sole ability to participate to their and their family's comfort level. It is our desire, as your trusted community provider, to provide you and your family with the latest guidance from Public Health. Our goal is to continue to help you and your loved ones to remain safe, as well as to help you make informed decisions about your health and wellbeing.

For our Residents living in our long-term care and assisted living communities, we continue to closely monitor and abide by regulations issued by the Arizona Department of Health Services and the Center for Disease Control. For now, visitation and congregant activities continue to be limited. We look forward to the day, hopefully in the not-too-distant future, that there will be new guidance that allows us to take steps forward – back to community.

We continue to advise:

- ***Stay socially distant.*** Remain at least 6 feet from those with whom you come into contact. If you choose to visit with neighbors, ensure there is a 'comfort zone' between you. If weather permits, visiting outdoors is best.
- ***Wear a mask/cloth face covering.*** Wearing a mask helps reduce your chances of catching the virus. Remember – Door Open? Mask on!
- ***Wash your hands.*** This is one of the most effective ways to help guard yourself from the virus. We advise washing your hands for at least 20 seconds to help ensure you kill any germs or virus with which you may have come into contact. If you cannot wash your hands, carry and use hand sanitizer to help protect against the virus.

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- ***If you don't feel well, stay home.*** *Regardless of whether or not you think you have coronavirus, if you feel ill, please stay home. Please notify our Front Desk/Resident Services Office if you are not feeling well.*

As we continue navigating life with the coronavirus, we want to take small steps with you, as we slowly and cautiously step forward together – back to Community with one another.

If you have feedback for us as we begin these steps forward, please do share your thoughts with us. Should questions or concerns come up, you are welcome to call our hotline at 623-933-8753 or send an email to us at [info@LifeStreamLiving.com](mailto:info@LifeStreamLiving.com).

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*P.S. – If you haven't already, consider signing up to be updated regularly on our most recent COVID-19 communications. You can subscribe to our email distribution list at: [www.LifeStreamLiving.com/covid-19-updates](http://www.LifeStreamLiving.com/covid-19-updates)*