



LASATA SENIOR LIVING CAMPUS

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To the Heights tenants:

First and foremost, thank you all for your patience, understanding and cooperation during this challenging time. This is new territory for all of us and as you know each day is different and we are constantly getting updated information on what's going on in the community around us and how to keep safe.

I would like to review a few things that we have discussed so we all do our best to keep safe. I ask that you share this information with your family as well so they can assist you in staying healthy! Let them know they can read this by visiting the Lasata campus website at Lasatacampus.com under the COVID-19 updates tab.

- Wash and sanitize your hands **frequently**. Wash your hands for at least 20 seconds with soap and warm water. Keep your apartment clean. Wipe and disinfect surfaces in your apartments to remove germs.
- Tenants should not go out of the building unless it is a medical emergency. Stay in your apartment as much as possible to avoid contact with others. If you have a Dr. appointment, call their office to see if it's necessary for you to come.
- Keep that social distance from others that we talked about – 6 feet is a good distance.
- Monitor your temperature every day. If you have a temperature of 100.0 or greater call your Doctor's office and ask for guidance. Other symptoms to watch for are cough, shortness of breath and sore throat.
- Our building is on restricted access. This means that **only visits** that are medically necessary should be done. The more we can keep the community out of our building the safer it is for everyone that lives here.
- Have extra supply of necessary meds and food on hand. It is suggested that you have 2-3 weeks' worth of food available to you. Your family and support system can deliver you food and medications. They need to meet you at the south entrance to "hand-

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off” the bags. Again, keep your social distance. I know it’s difficult, but do not hug or shake hands, etc. If you need assistance with food shopping, please let me know and we can arrange a volunteer shopper to assist you.

- We will continue with the noon meal here Monday – Friday. The meal will be delivered to you in your apartment between 12 (noon) and 1:00 p.m. At this time the noon meal will not be available on the weekends.
- Let your family or support system know how they may help you.

Here are some suggestions:

- Call you daily to check on you and provide social simulation
- Send cards through the mail – love getting mail!
- If you have availability of facetime, texting, emailing etc. please ask family and friends to keep in contact that way. We’ve ordered a few tablets to do facetime with families. Find out from your families who would like to do that with you and when the tablets come in we will set up times you will be able to use them.
- Bring you items you need. Make the most of delivers and only have them stop every week or two. We need to limit delivers to only those necessary. Again we need to limit contact with the outside community. This is the only way for all of us to stay safe!
- Keep yourself informed by watching the news, or go online to view updates at:
<https://www.cdc.gov/coronavirus/2019ncov/hcp/guidance-prevent-spread.html> OR
<https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html#2019coronavirus-summary>

Please help us keep you and your friends here safe. We want to get through this together! As always, if you have questions, please call or see me.