



LUTHER MANOR

A Life Plan Community

Luther Manor Continuing Precautions Related to COVID-19

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The safety of our residents and staff remains our top priority and we will continue with our protocols, precautions and screening of all staff and visitors upon arrival and all Health Care Center and Assisted Living Residents.

Thank you for your support, partnerships and commitment to our residents and staff as the pandemic continues to improve in our Country. Well before the COVID-19 pandemic started, the opportunity to engage our seniors has been a focus, especially for those who are short on family! Our Sharing God's Love team has been instrumental throughout COVID and remains here to help you share encouragement with residents and with our staff who continue to do a great job. Please email SharingGodsLove@LutherManor.org to get started. If you have any questions please let us know.

Campus Updates

- With lasting effects of COVID and noticeable changes in personal habits since COVID started, we are asking for your assistance in encouraging your loved ones to take advantage of the loosening of restrictions while continuing with appropriate precautions. Several studies have been done on the emotional scars from this pandemic that may last for months and years, often in the form of "post-traumatic stress disorder (PTSD)" or similar symptoms.

Even if someone never contracted the virus or once physically recovered from it, studies indicate that people may experience lingering effects such as:

- A fear of dying.
- Social isolation from the time spent hospitalized or in quarantine.
- Anxiety at the thought of getting sick.
- Guilt over infecting or harming others.
- PTSD, long associated with deployed members of the military or those who have endured extreme trauma and violence, is anticipated to be a challenging after effects of the lingering pandemic.

Signs that "PTSD" or like symptoms may be affecting someone can include:

- Overwhelming sadness, fear or anger.
- Having flashbacks or nightmares.
- Feeling detached from your life and loved ones.
- Avoiding memories of the illness.

All this to say, we ask for your continued support of your loved one. Encourage your loved ones to participate in the many activities we offer or go to the dining room when they can, if they are still eating in their apartments, etc. If they are still staying in, having you tell them it's ok for them to venture out with these examples would be a huge help.



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Think about others in your life as well. Continued precautions are important for anyone at risk, but getting back to life is important too.

Thank you as always for the partnership in your loved one's care!

Campus Happenings

- With near perfect weather this week, we got lucky with our outdoor concert yesterday. Polka Joel had our Terrace residents tapping toes, singing along and just happy! I think it helps to have this great weather and of course serve ice cream Sundaes!





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Interested in hearing more from us?

- Subscribe to receive email updates at COVIDUpdates@LutherManor.org
- Visit our website at www.luthermanor.org
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