

Landis Homes Update March 30, 2020

We begin today with sad news. The Landis Homes resident who tested positive for COVID-19 passed away this morning at the hospital.

This news bring a mix of emotions – sadness, fear, uncertainty and grief. Grief for the family as well as the entire Landis Homes campus. The truth is, we are facing many forms of grief right now.

An article last week by Scott Berinato indicates that **if we name our grief and the emotions we are feeling, we may be able to manage it better**. He says, “We feel the world has changed, and it has. We know this is temporary but it doesn’t feel that way... the loss of normalcy, the fear of economic change, the loss of connection. This is hitting us and we’re grieving. Collectively. We are not used to this kind of collective grief in the air.” He talks about anticipatory grief for the uncertain things in the future – it is confusing and produces a loss of the sense of safety.

Berinato applies the **stages of grief** in this way:

- Denial – this virus won’t affect us
- Anger – you’re making me stay home and taking away my activities
- Bargaining – okay, if I social distance for two weeks, everything will be better, right?
- Sadness – I don’t know when this will end
- Acceptance – This is happening; I have to figure out how to proceed

He adds some **steps to help with working through this grief**:

- **Find balance in the things you’re thinking** – along with the negative, what are the things to be grateful for
- **Come into the present** – see the things in front of us now
- **Let go of what you can’t control** – focus on what you can like washing your hands and physical distancing
- **Stock up on compassion** – be patient and know everyone deals with things differently

Friday afternoon Lancaster County was added to the list of Pennsylvania counties under the Stay at Home order from Governor Wolf. Yesterday, President Trump extended the social distancing precautions through the end of April and emphasized that **it is very important for older persons to stay at home**.



It is imperative that every resident follow these guidelines and stay home. At Landis Homes, we will continue to provide ways to support you in this effort. As always, **the health and safety of all residents and team members remain our highest priority.**

Dining

As we mentioned last week, some changes are happening in Dining Services. Beginning Tuesday, all dining will be through delivery only. Menus will be distributed today. **The new number to call to place orders is ext. 3569.** The Garden Room will deliver three meals a day, seven days a week. Owl Hill Bistro will deliver Monday – Saturday for lunch only.

Life Enrichment

Additional videos and workshops are being filmed and will air soon on SeniorTV. Watch WLH for details on time and channel.

Some reminders:

- Please interact with team members by phone, if possible.
- Remember to check the Landis Home website for regular COVID-19 updates. Family and friends have access to videos and written information at www.landishomes.org/COVID
- If you think you have COVID-19 or have been exposed:
 - Do not leave your residence
 - Call the residential nurse at 717.569.3271 and await further instruction

Residents and family members may contact Jenny Sheckells with questions or concerns at jsheckells@landis.org or 717.381.3573.