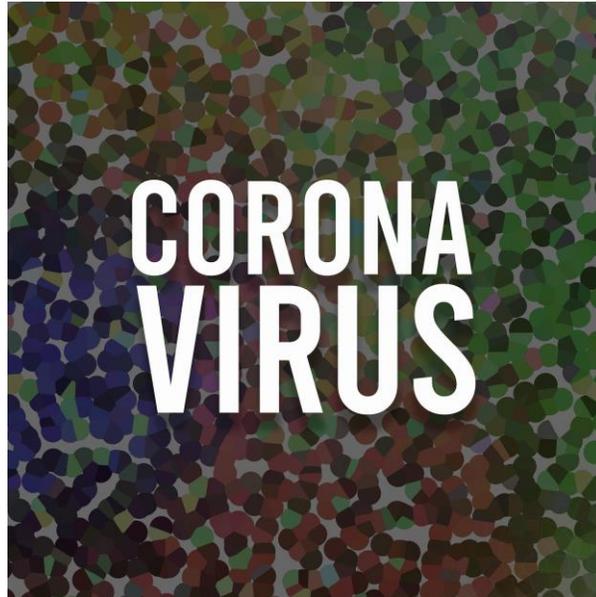


AGING CARE CONNECTIONS
CLOSELY MONITORING CORONAVIRUS (COVID-19)
Caregiver Support and Congregate Meals Programs Impacted by
Outbreak



As an organization that serves older adults, Aging Care Connections is committed to the well-being and safety of the older adult community. Since the coronavirus disease (also known as COVID-19) outbreak, we have been closely monitoring the rapidly changing information to determine if any necessary steps or actions need to be taken to ensure the welfare of our staff and everyone we serve.

Older adults and people who have serious chronic medical conditions, such as heart disease, diabetes, and lung disease, have been identified at higher risk for more serious COVID-19 illness. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take precautions to reduce your risk of getting sick with the disease.

We are reviewing information daily from various sources to guide us on whether the constantly evolving COVID-19 disease may affect any part of our daily business. **As of today, the Illinois Department on Aging (IDOA) has directed that our Congregate Meals program stop meeting effective tomorrow.** We are working with IDOA on finding a way to still provide the older adults in that program with a meal. **IDOA has also directed that all gatherings through our Caregiver Support program be cancelled until further notice. This includes all of the program's support groups and memory cafes.**

Also, as of today, the Aging Well Neighborhood program's Brain Health class on Thursday, March 12 and the Fitness Fridays class on Friday, March 13 have been

cancelled.

The Aging Well Month Kick-Off Luncheon on April 30 is the only upcoming gathering of over 50 people that we have scheduled in the near future. We plan to evaluate the COVID-19 situation on March 30 and notify everyone involved if any changes to this luncheon or to the month-long series of Aging Well Month programs will be affected in any capacity.

We will begin posting updates about any programs impacted by COVID-19 on our [website](#), starting tomorrow.

Below are the actions we are taking and the precautions the [Centers for Disease Control and Prevention](#) suggests you take to protect yourself and your loved ones.

What actions are we taking?

- We are reviewing information daily to stay abreast of COVID-19 developments and to help us guide any changes to our normal work activities.
- Signs are being posted throughout the Aging Care Connections office to remind staff and visitors to wash their hands, cover their mouths and noses with the inside of the arm or with a tissue when coughing or sneezing. Throw the tissue away immediately. Wash hands as soon as possible afterward.
- Hand sanitizers, tissues and masks are available throughout the office. Note: We are making every effort to remain stocked amid the product shortages.
- Staff are being urged to stay home or work from home if they are sick.
- Our daily cleaning crew has assured us they are taking measures above routine cleaning to address the COVID-19 situation. They are using a broad-spectrum disinfectant and wiping down all common areas/surfaces, door handles, bathrooms, etc.

What you should do:

1. Stay informed about COVID-19. Information about COVID-19 is rapidly evolving. There are several websites from national organizations providing up to date information, such as the [Centers for Disease Control and Prevention](#) (CDC) and the [National Council on Aging](#) (NCOA).

- The NCOA provides an easy to read format on their website. [Click this link to visit their website.](#)
- The CDC is the leading national public health institute of the United States. [Click this link to visit their website.](#)

2. Follow basic tips and precautions to protect yourself and those around you:
(Source: [Centers for Disease Control and Prevention](#))

- Avoid close contact with people who are sick.
- Clean your hands often.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.

If there are any changes to our normal course of business, we will let you know via email, social media and our website. If you are not yet signed up for our email list, please [click here](#) to ensure you do not miss any news from Aging Care Connections.

We appreciate your patience and understanding as we work to ensure the welfare of our employees and the older adults we serve.

Debra Vershelde
Executive Director