

Mayflower Health & Wellness Infection Prevention and Management

Update #18: COVID-19 Information *August 5, 2020*

The State of Iowa has defined three “phases” of response to the pandemic for long-term care facilities. In order to move through the phases, a facility must remain essentially free of COVID-19 cases. Because we have done so, we are now in “Phase III.” That defines certain relaxation of restrictions in our Health Center and Beebe Assisted Living.

We have generally followed these same precautions for our recommendations to Mayflower’s independent living residents. With this update, we provide current guidance.

First, we continue our reminder that the pandemic has not subsided and is likely to exacerbate in the next few months as schools reopen and fall and winter factors add risk to the COVID-19 infection environment. In describing the impact on the state of Ohio, Gov Mike DeWine has stated, “We just have to assume the monster is everywhere!”

We ask for continued vigilance to the basics:

- Frequent handwashing
- Face masks in public
- Social-distancing
- Staying home when possible
- Avoidance of crowds
- Attentiveness to COVID-19 symptoms, specifically fever, cough, and sore throat.

With that as a backdrop, here are Mayflower’s guidelines for independent living residents to avoid COVID-19:

1. Wear face masks when around others.
2. Maintain social-distancing in all that you do.
3. Limit gatherings (in your home or elsewhere) to 10 or less people, preferably four or less. Continue to wear face masks when around visiting family members, especially if that includes youth who have returned to school.
4. If you must make trips outside of home, face-mask and sanitize hands after touching foreign surfaces.
5. If you travel away from Mayflower for an overnight visit, considering self-quarantining for 14 days upon return.

Mayflower campus venues now available to independent living residents include:

- The libraries – Return books and DVDs to the marked containers; do not refile them yourself.

- The Parlor Hair Salon – Now located on the first floor, south end of Buckley. See additional information below.
- The Buckley Dining Room – Seating and ordering information has been disseminated for reopening. Free home delivery is still available.
- Podiatrist and Audiologist Visits on Campus – They are now being scheduled in the Buckley Parlor when not in use as a hair salon.
- Exercise Equipment – The Obermiller Center will remain closed to all but Health Center and Beebe residents. The NuStep machines will remain in their current locations until another site can be developed on campus.
- All-Abilities Cycles – Training and check-out for the side-by-side and the “Chat” (rickshaw) are available. Contact Rita McVey (641-236-6151 x193 or rmcvey@mayflowerhomes.com).
- Kiesel Theatre – We are considering how to offer limited-seating movies.
- Mini-Gift Shop – No plan as of now
- Building Lock-down – We have now begun unlocking the door at the north end of Buckley from 7:00am to 8:30pm. No other changes are planned as of now.
- Wellness Classes – No resumption has been set.
- In-Person Chapel – No plans as of now. Pasha Buck Zoom worship will extend through August.
- SHIP Medication Plan Counseling with Kathy Szary – Will resume in October. Watch for a notice to schedule an appointment with her.


As there are additional developments, we will keep you apprised.

- **Podiatry** – Dr. Matthew McKnight, DPM will next see patients on campus the afternoon of September 21st. Please call Julie Roderick at 641-236-6151 x210 (Monday-Friday, 8:00am-4:00pm) to schedule an appointment.
- **Audiology** – Dean Kayser, AUD will next see patients on the afternoon of August 11th. Please call Dean’s office to set up an appointment at 515-264-8416.
- **Hair Care** – Lynette Harris’ Salon Parlor is now in use south end of 1st floor Buckley. By September 1st, she will have the capability to wash hair in that location. Lynette will offer full-service treatment at her offsite location if you prefer. Fee-based transportation is available. Please call or text Lynette directly for an appointment at 641-485-7727.

As always, you may continue using your current provider outside of Mayflower.



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