

# COVID Weekly

Goal: To prevent an outbreak of the virus at Saint John's while continuing to support resident and staff wellbeing.

## DO YOUR BEST



**Mary Milliren, RN**  
VP of  
Health Services

### What Our Experts Say

It is exciting to see COVID-19 vaccine administrations well underway. While we are working hard to get vaccinations to everyone, it will take time. Until we have a substantial number of people vaccinated, we need to continue to follow COVID precautions: wear a mask, maintain six feet of social distancing and wash your hands frequently. Even the January 20 presidential inauguration plan has been adjusted so COVID precautions can be followed.

**We must all continue to do our part to end the pandemic.**

### What Our Residents Say

I confess. I was “out and about” without my mask. I went to the pool, stopping to say “hi” to the desk staff and to visit a bit (socially distant) with another resident. While swimming my laps, I suddenly remembered that I hadn't been wearing my mask! Why that thought suddenly came into my brain, I did not know, but quickly following it was embarrassment, guilt, and then massive problem solving. How was I going to get back to my apartment?

I don't usually forget my mask. In fact, I FIRMLY believe in masks and social distancing. I'm usually the one who catches people without masks or not wearing a mask properly. Goodness, what have I done?

For the next ten laps or so I worked on problem solving. Could I wear my pool robe backwards so I could pull it up over my face? An open back – not good – I don't have the “back” that I used to have. I knew I had Kleenex in my pocket – but wet Kleenex disintegrates. Again, not workable. A towel? Just what

I needed, another wet towel in my apartment. Hmmm... Then it came to me. I was wearing a mesh swim cap. Ah Hah! Workable.



**Sue Grosse, 9A**

So, there I went, back upstairs, using my swim cap for a mask. I didn't mean to forget. I'm SORRY I forgot. I really wish someone – anyone – had reminded me before I made it into the pool. I would have gone back and gotten my mask. It isn't rude to remind someone. We all forget sometimes, even after a year of “masking up”. So, next time you see me without a mask, REMIND ME, please!

### COPING STRATEGIES

Give others the benefit of the doubt. Everyone is affected by the pandemic in one way or another, and others' emotions may not be obvious. Be kind in any interaction with others. — **Sally Holt, Apt 508**



**Renée Anderson,**  
President & CEO

Will this ever end? I'm guilty of harboring negative thoughts, I'm human after all. And I'm just as exhausted with the current state of affairs as you are.

Yet, who, 10 months ago, would have contemplated what we've already endured? And while we're perhaps worse for the wear, we're getting by, actually quite well under the circumstances.

The end is, finally, conceivably within reach. Until then, do your best – stay safe, support one another, be kind.

Thank you.

### By the Numbers:

14-Day Average Positivity Rates for Milwaukee County 10.3% up from 10.1% last week.

New Cases at Saint John's January 14-20

Tower Residents: 0  
Staff: 2