

# COVID Weekly

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

## THANK YOU



**Mike Lingle,**  
VP of Facilities  
Management

### What Our Experts Say

Our buildings and systems are designed, built, and maintained in compliance with American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) standards. City and State building inspections demonstrate compliance.

We have assessed the risk of airborne transmission of the COVID-19 virus through Saint John's heating and air conditioning systems and determined it to be low however as a further precaution, plasma air purifiers have been installed in large capacity rooms. Additional purifiers are planned for future installation. The results demonstrate our decision making is sound.

### What Our Residents Say



My cousin died last month of COVID in Los Angeles; his wife and two children tested positive. They followed precautions and thought they were safe.

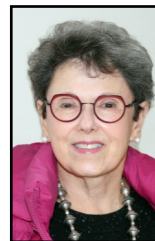
Many people do not know they have the virus because they have no symptoms. With the new variants, the virus is even more contagious. This is why we still need to be vigilant even after receiving our vaccine. As an immune compromised person, I worry every time I leave my apartment. Please be considerate of your neighbors and wear your mask every time you exit your apartment even when walking on your floor to the trash chute.

— Alice Kuramoto, 922

### COPING STRATEGIES

Make self-care a priority. Physical and mental health are closely intertwined. In difficult times, it is important to get enough sleep, eat a healthy diet and exercise. Avoid using alcohol, tobacco, or other drugs to cope with negative emotions; they can make sadness, depression, and anxiety worse.

— Carol Pohl, MD, 13N



**Renée Anderson,**  
President & CEO

The last year has been consumed by news of and response to the COVID-19 pandemic. Each one of us has been impacted, some much more dramatically than others. Nationwide infection rates are improving. Saint John's results demonstrate our strategies are effective. This week, 500 doses of the vaccine will be administered to residents and staff. The progress means next week we can return outside housekeepers and increase room capacities modestly. It does not mean we can relax screening, mask use, social distancing, or handwashing – basic precautions must continue. Thank you, your efforts make a difference.

#### **By the Numbers:**

14-Day Average Positivity Rates for Milwaukee County 6.9% down from 7.6% last week.

New Cases at Saint John's February 4 –10

Tower Residents: 2 (a couple)  
Staff: 0