



CDC Recommendations for Protecting Yourself from COVID-19

There is currently no vaccine to prevent COVID-19. It is thought to be spread mainly person-to-person by those in close proximity to each other through respiratory droplets produced when an infected person coughs or sneezes. **The best way to prevent illness is to avoid being exposed.**

Clean your hands often per the CDC guidelines provided on Page 2 of this publication. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Avoid close contact with people who are sick. This is especially important for people at higher risk of getting sick.

Stay at home if you are sick, except to get medical care. Cover your mouth and nose when you cough or sneeze with a tissue or the inside of your elbow. Throw used tissues in the trash and follow the CDC's hand cleaning protocol immediately. Wear a facemask when you are around other people. *If you are not sick, you do not need to wear a facemask unless caring for someone who is sick and they are unable to wear a face mask. Face masks are in short supply and should be saved for caregivers.*

Clean and disinfect frequently touched surfaces often. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. Clean dirty surfaces prior to disinfection.

Smiles From Across Campus

With no visitors allowed for the time being, residents of Taylor Home and Ledgeview are finding another way to stay connected to their loved ones. Taylor Community staff have stepped up to the plate with an 'all hands on deck' approach and are all working hard to keep residents both safe and engaged.



Tablets are now being provided for use by our assisted living and nursing residents so they have opportunity to video chat with their families. *At left, Taylor Home resident Carlene Crowley enjoys a video-chat with her sister*

Marion Crowley, a resident at Ledgeview. Thank you to all Taylor staff, each doing everything possible to keep us safe as we navigate this crisis together.

Respect All and Fear None

~ Tom Coughlin

There are a range of emotions and opinions that we are all experiencing and hearing during this emergency crisis. It is a frightening ordeal for many of us, so what is an individual to do?

Something that an old coach used to preach to me – his words of wisdom that always provided guidance to me in my life and career — is the same guidance that I can give to all of you today. That advice is to "Respect All and Fear None." What that means to me during this emergency is to respect each person's situation, respect each person's opinion, and respect that they may be scared. However, fearing none means to take in all that information and not fear the situation, but act on it.

We need to take each day as it comes, make a plan for the day, get through the day, get a good night's sleep, and do it again the next day.

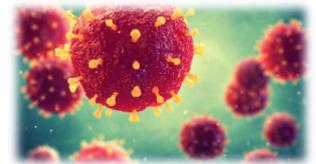
I am personally very proud of Taylor's team of staff and volunteers that have stepped up to serve Taylor Community. These folks are providing services and taking care of our residents while dealing with the same crisis in their home life. We should all be so very thankful for each one of them – I know I am.

Remember, take things day by day, respect each other, and do not fear the situation. We will get thru this together and be stronger for it.

~ Michael Flaherty, President and CEO

Important Note from Administration Regarding Campus Activities and Events

All activities and events, including town hall meetings, are suspended due to the current national health crisis. Updates will be provided via The Taylor Daily, The Taylor Gazette, and Touchtown TV (Ch. 98) as they become available.



Laconia City Hall

Please process all transactions online, including vehicle registrations, dog license renewals, water/sewer payments, tax payments and vital records requests. To process

online transactions please visit the City's website: <https://www.laconianh.gov/> and click on "Online Bill Pay." The Clerk's Office can be reached at 527-1265. They will be happy to assist you with this process, answer questions, or provide additional information.



Laconia Libraries

Library buildings (including the Goss Reading Room) are closed until further notice. The Library will be operating a "take-out" service. Visit the Library's

website, <https://www.laconianh.gov/336/Library>, to access the catalog of various items available. For questions and information, including updates, please call 524-4775, or visit their website or Facebook page.

Happy Birthday!

| | | | |
|------|----------|------------|-------------------|
| 4/1 | Barbara | Madden | Ledges |
| 4/1 | Don | Chapman | Ledges |
| 4/2 | Jane | Smith | Taylor Home |
| 4/3 | Harriett | Morse | Ledgeview |
| 4/3 | Carole | Plaisted | Woodside |
| 4/4 | Bert | Thompson | Ledgeview |
| 4/6 | Dave | Bogar | Ledges |
| 4/6 | John | Davies | Ledges |
| 4/7 | Rod | Dyer | Ledges |
| 4/9 | Sandy | Seywert | Ledges |
| 4/10 | Linda | Roeder | Ledgeview |
| 4/10 | Sharon | Skelley | Woodside |
| 4/12 | Peggy | MacArthur | Taylor Connection |
| 4/13 | Ann | Jordan | Woodside |
| 4/13 | Mary | Godbout | Taylor Home |
| 4/13 | Ellen | McNutt | Ledgeview |
| 4/15 | Joan | Denne | Woodside |
| 4/15 | Joan | Bell | Ledges |
| 4/17 | Elaine | Gumpp | Ledges |
| 4/21 | Nancy | Castellon | Taylor Connection |
| 4/22 | Richard | Sanderson | Ledges |
| 4/22 | Brenda | Haunfelner | Taylor Connection |
| 4/22 | Shirley | Kronbach | Ledges |
| 4/22 | Carol | Houle | Ledges |
| 4/23 | Alida | Millham | Ledges |
| 4/23 | Nan | Baker | Ledges |
| 4/24 | Fr. Dick | Thompson | Woodside |
| 4/25 | Nancy | King | Ledges |
| 4/25 | Jane | Ross | Ledgeview |
| 4/26 | Dawn | Lemay | Woodside |
| 4/26 | Howard | Bacon | Ledgeview |
| 4/27 | Win | Wood | Ledgeview |
| 4/29 | Gene | Perry | Taylor Home |



Although at this time no celebration is planned, we sincerely wish each of our residents with April Birthdays a Happy and Healthy Birthday.



Welcome, New Residents:

Kenneth & Merle Sciacca

3/18 Back Bay

Frederick & Susan Bowden

3/23 Ledges

We're Happy You're Here!



www.cdc.gov/HandHygiene

Wash Your Hands to Stay Healthy

Handwashing is one of the best ways to protect yourself and your family from getting sick.

Wash your hands often to stay healthy.

Learn when and how you should wash your hands:

WHEN? Wash your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone who is sick
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

HOW? Follow these five steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

For more details on handwashing, visit CDC's Handwashing Website at www.cdc.gov/handwashing

Need **SOMETHING** to Do?

Here's several things to entertain you on your computer:

Virtual Museum Tours are offered by the British Museum, London; Guggenheim Museum, New York; National Gallery of Art, Washington D.C.; and the Musée d'Orsay, Paris.

Music is therapeutic. The Boston Symphony Orchestra, Metropolitan Opera, Paris Opera, and Handel and Haydn Society are all offering free music on their websites.

Maybe an Aquarium tour? Enjoy a virtual visit at New England Aquarium or the Georgia Aquarium.

How about the Zoo? The Cincinnati Zoo will bring the Zoo to you! They're offering Home Safari Facebook Lives 7 days a week at 3pm. They'll also be posted on their website and YouTube.

Do you like to color? Visit <https://mymodernmet.com/free-coloring-pages-color-our-collections/> for links to over 100 museums' free adult coloring books.

Visit Google's Arts and Culture Collection here: <https://artsandculture.google.com/>.

Something **WITHOUT** the Computer?

Plant something. Start some seeds!

Try a new recipe. What can you make that's delicious from what you have on hand?

Call or text a friend! Let them know you're thinking of them. Staying connected is important. Please reach out!

Here's some ideas from USA Today:

- **Make a puzzle.**
- **Start a journal.**
- **Practice an instrument.**
- **Meditate.**
- **Read.**
- **Organize your Tupperware!**
- **Cull your wardrobe.**
- **Buy gift cards from local businesses.**
- **Try a new hairstyle or deep condition your hair!**
- **Teach your dog a new trick.**
- **Stretch.**
- **Pamper your houseplants.**
- **Learn new ways to tie a scarf.**
- **Write poetry.**
- **Put together the most attractive charcuterie board possible, but you can only use foods you already have in your fridge or cupboard.**
- **Write that letter you've been meaning to write.**
- **Draw.**



Welcome New Staff

Verlean Donisi, Franklin, joins us as LNA, earning her certification via MyCNANow.

She loves helping others, making them smile, and learning new things. Verlean likes to hunt and fish and believes in trying to live her best life.

Welcome to Taylor Community!



TaylorCare Shopping Service for Laconia Residents

TaylorCare is providing shopping service at no charge to Laconia residents during the coronavirus crisis, and will be offering this service Monday, Wednesday and Friday. A copy of the Shopping Service form and instructions are provided as an insert to this Gazette. Additional forms may be obtained at the Woodside desk or at the nursing stations of Taylor Home and Ledgeview.

You may also have the form emailed by contacting Maureen: mballester@taylorcommunity.org.

Fitness News

Our Pool is currently closed, and our Fitness Center closed to the public. Residents may still use the Fitness Center, but advised to utilize the disinfecting products provided both before and after using the machines. No Group Fitness Classes will be held until further notice.

Fitness Director Heather Joubert is currently working on **exercise videos** to help you stay fit at home. When the videos are completed and uploaded, a robocall will be made explaining how to access the videos from home. Balls, weights, and bands will be made available for resident use at home, with a sign-out sheet located on the volunteer bulletin board just outside the Wellness Center.

Additionally, Heather is once again hosting a **Resident Walking Challenge**, encouraging all residents to get outside and to keep moving. Residents are invited to track the minutes they walk on a daily basis for six weeks and report their results to Heather.

If you have questions, wish to join the walking challenge, or just want to say hello, call Heather at 366-1206.

Woodside Access



Residents are reminded to bring their key cards when they need access to the Woodside building.



TaylorCare Shopping Service for Back Bay Residents

TaylorCare will provide weekly grocery shopping service on Tuesdays for residents of the Back Bay campus during the coronavirus crisis. A notification of this service and the shopping form have been distributed to residents. If you have questions, please call Hank Offinger at 366-1207.

You may also have the form emailed by contacting Maureen: mballester@taylorcommunity.org.

Glendale.

Community Bistro

Monday to Friday 11:30am—2pm

Hot Lunch Specials, "From the Grill" entrees, Deli Bar

Due to current concerns there will be no evening dinners, no Saturday Hot Breakfast at Ledgerview, and no Sunday Brunch at this time. Additionally, the March Community Social and Easter Brunch have been canceled.

Jennifer Lutzen, General Manager, 366-1231
jlutzen@taylorcommunity.org

Jason Seavey, Chef de Cuisine, 366-1481
woodside@glendalediningservices.com

Daily Lunch Specials

Monday 3/30: Chicken Broccoli Alfredo with pasta du jour and garlic breadstick **\$7.95**

Tuesday 3/31: Pork, Chicken or Veggie Potsticker Dumplings served with regionally-inspired sides, sauces and vegetables **\$8.95**

Wednesday 4/1: Chicken Cordon Bleu Roulade — A twist on a classic, filled with ham, caramelized onions and cheese, served with a mustard pan sauce, Chef's choice starch and vegetables **\$8.95**

Thursday 4/2: Classic Beef Sloppy Joe served on an Everything Brioche bun with potato salad **\$7.95**

Friday 4/3: Seafood Newburg — Market-available local seafood in a rich lobster sherry cream sauce topped with a pastry puff, with a side salad **\$9.95**

Monday 4/6: Grill n' Greens — local crisp vegetables and greens topped with steak, chicken or salmon, served with warm bread **\$9.95**

Tuesday 4/7: Pulled Chicken or Beef Burritos built to order and served with pico de gallo, guacamole and sour cream **\$8.95**

Wednesday 4/8: Hot Roast Beef French Dip Sandwich (sliced to order) served with pasta salad, house made kettle chips and a pickle **\$8.95**

Thursday 4/9: Eggplant Parmesan with pasta du jour, side salad and garlic bread **\$7.95**

Friday 4/10: Baked Market-Available White Fish with lemon and tartar sauce, served with French fries and creamy slaw **\$9.95**

Glendale.
DINING SERVICES

Local. Innovative. Compassionate.

The health and wellness of our clients and staff is at the forefront of our thinking. As the Covid-19 environment changes rapidly, so will our menu and services.

At this time:

The Bistro is open for takeout or delivery:
Monday thru Friday 11:30am — 2:00pm

Grab and Go & Grocery Store
also available on Saturdays: 11:00am — 1:00pm

Our Grab & Go selections include:

Salads
Soups
Sandwiches
Entrees
Snack boxes
Desserts

Our Grocery Store selections have been expanded and include:

Loaves of bread
Eggs
Canned tuna
Mayonnaise
Sliced deli meats/cheeses
Milk
Orange juice

We are grateful for the opportunity to be of service to you.
Please call with any questions.

366-1481

Grab & Go and Grocery Hours

Monday — Friday
11:30am — 2pm

Saturdays
11am — 1pm

GRAB
& GO
MEALS



**Don't Miss Lou's
Feature of the Month!**

Pineapple Upside Down Cake

10-inch round cake \$16

Individual 4-oz. cake \$4

No advance notice is required —
pick up one of Lou's delicious cakes
any time during business hours.