



At home in Camden

May 15, 2020

TO: Residents and Family Members

FROM: Loriman Looke, Executive Director and Administrator

In view of Governor Mills's recent announcements about the gradual resumption of business activity across the state of Maine, some of you have asked what, if any, changes lie ahead in the near term here at Quarry Hill.

The answer is that, in spite of the incremental easing of restrictions at the state level, it's too soon for any relaxation of the protections we've implemented on our campus. Like other senior-care communities nationwide, we continue to follow the directives of the U.S. Centers for Disease Control (CDC), the Maine Center for Disease Control and the Centers for Medicare and Medicaid Services (CMS) specific to older-adult communities. For the time being, those authorities are urging senior-care communities to maintain the most stringent defenses.

Thus, Quarry Hill's main building, the Anderson Inn, will remain closed to all but staff members, residents of the building and vendors and caregivers deemed essential. Screening and masking rules will remain in effect, as will the numerous other measures (delivery of meals and other essentials, bans on gatherings, etc.) outlined in my April 14 memo.

Indeed, it's likely that restrictions will remain in force at Quarry Hill and other older-adult settings longer than they will elsewhere, because residents of such communities are particularly prone to infection, reside in close quarters and often have underlying conditions that increase their vulnerability. According to Rick Erb, president of the Maine Health Care Association, the statistics bear this out. "A high percentage of Maine's deaths due to COVID-19," he commented recently, "have been among people aged 60 and older."

I know that, for many of you, this will not come as good news. All of us—myself included—long to resume life at Quarry Hill as we knew it, before COVID-19 darkened the world. But what is good news is that, as of this writing, Quarry Hill still has had no diagnosed cases of COVID-19. Keeping the virus at bay has required, on top of a measure of good luck, the combined efforts of staff, residents and families. And as our nation's history with epidemics—from the devastation of the Spanish flu in 1918, to the polio outbreaks of the

'40s and '50s, to the ongoing tragedy of HIV—proves, the worst thing we could do now would be to let down our guard.

We know how difficult this time has been for everyone—residents and families alike. We promise to stay in touch, with regular updates such as this as well as our dedicated COVID-19 phone line. The latter is now updated at least weekly, and is there for you 24/7, whenever you want to know the latest developments at Quarry Hill. The number is **207-301-6300**.

Alternatively, if you have a specific question or concern, please don't hesitate to contact me on my direct line, 207-301-6275, or via email, [llooke@pbmc.org](mailto:llooke@pbmc.org).