



***Update on COVID-19 (Corona) Precautions— Memo #4***

**STAY HOME.....STOP THE SPREAD.....SAVE LIVES!!**

Dear PGSC Residents:

Since our last communication, we were informed of two households with residents who have been exposed to and tested positive for COVID-19 (“Coronavirus”) in the 400 Building.

The residents are maintaining self-isolation in their apartments. We respectfully ask that all residents monitor themselves for signs or symptoms of Coronavirus. We will continue to follow best practices to minimize transmission until the virus passes and normalcy is returned.

Please contact Management if you are notified that you have tested positive for the Coronavirus so that the appropriate preventative measures can be taken to limit exposure to other residents and staff. Remember, this is a global pandemic, and we are all in this together.

**As a reminder, we are obligated to respect the privacy of our residents as well as the privacy of staff members. Accordingly, we are required to comply with Federal, State, and Local privacy laws and cannot under any circumstances disclose any specific resident’s medical condition nor can we disclose an employee’s medical condition or disclose any other information allowing anyone to identify any individual who has been diagnosed or may have been exposed with Coronavirus.**

As you know, we will continue to put the safety of our residents and staff first. We ask you to do your part in safeguarding the health and well-being of our community by following the protocols recommended by the Center for Disease Control, and the Chicago and Illinois Departments of Health, which includes the “Shelter in Place” order issued by the Illinois Governor, J. B. Pritzker. Please know that we will continue to put the safety of our residents and staff first.

## “What’s Happening Across the Campus”

Here is a list of updated actions that we have taken across the Campus:

- **Essential Visits:** The most meaningful way to protect the Campus from the Coronavirus is to limit our exposure. For the safety of our residents and staff we are suspending all non-essential visits on Campus until the ‘Shelter in Place’ has been lifted. **Essential Visits** are defined as absolutely necessary, which includes food delivery, mail deliveries, and all medical visits. Please cooperate and communicate with your loved ones.
- **Golden Diners:** The Golden Diners program in the 400 Building has been suspended until further notice by the City of Chicago.
- **Laundry Room Hours:** To further expand on the rule of “Social Distancing” and to minimize face-to-face interactions, we will be implementing a new schedule for the laundry rooms. The laundry room hours will be 9:00 a.m. to 9:00 p.m., 7 days/week until further notice. In addition, only two households at a time will be allowed in the laundry room for your protection. Once you have loaded your clothes please return to your unit until they are done.
- **Activities:** As a reminder, all activities across the Campus have been cancelled until further notice.
- **Extermination:** All extermination services have been suspended at this time. However, if you are experiencing any pest issues please leave a message for the office.

We will continue to communicate with you regularly. Please remember to comply with the “Shelter in Place” order for as long as it is in place and remain safe.

## How to Deal with Anxiety

If you’re noticing anxiety in yourself or those around you these days, you’re not alone. With mention of the Coronavirus filling radio and television news, social media feeds, and our email inboxes, it’s no wonder we’re all anxious. Between the uncertainty, the real health risks, and the hype, fear and anxiety are feelings that are both valid and common. We wanted to provide you with a few ideas for managing those feelings.

- **Start with yourself.** Before you help others with their feelings, make sure you are okay, that you are calm enough to validate, reassure, and support others. Practice your calming strategies, like breathing technique, exercise, and journaling. Practice self-care.
- **Be aware of your own emotions and accept how you feel.** With widespread illness, real uncertainty exists. We may be worried about our own health and safety, the well-being of our family members, or even childcare or workplace issues. Remind yourself that a certain level of anxiety is grounded and normal. Seek professional help if you feel your anxiety or fear is getting in the way.
- **Focus on the facts.** Consult reliable and up-to-date sources of information such as the Center for Disease Control website: [www.cdc.gov/coronavirus/2019-ncov/summary.html](http://www.cdc.gov/coronavirus/2019-ncov/summary.html) and your local news source for updates on closings, procedures, and guidelines.
- **Control the amount of information you take in.** In times like these, we may feel like we have no control. One thing we can control is how much information we seek out and how often we tune in. Take breaks as needed from the news, social media, and conversations that make you feel anxious.
- **Don't be afraid to say no.** If someone asks you to attend a social event or goes to hug you or shake your hand and you are not interested, this is not a time to push yourself past your comfort zone. Give yourself permission to say no, as your physical and mental health is the most important thing. At a loss for words? Try something like, "With all the germs going around, I'll take a raincheck."
- **Respect others' decisions but know what's right for you.** We all handle the news differently. You may know someone stocking up on masks and paper goods; others may be continuing to host parties. Let them go about their business, and think about what you need to do for you and your own physical and emotional well-being.
- **Be your best self when dealing with stigma and fears.** If you hear rumors or notice suspicion around certain groups of people being sick, question ungrounded assumptions and do your best to protect those who are stigmatized or judged. Have compassion for those who are ill and those whose lives have been disrupted by the virus or society's response to it, including having compassion for yourself.

• **Support others who are dealing with anxiety and uncertainty.** When helping others with their anxiety, particularly your colleagues, students, or children, we suggest you manage your own anxiety first and don't be afraid to discuss the situation, open communication sometimes is the best way to relieve unpleasant emotions. Don't assume you know how others, and particularly children, are feeling or why they're feeling that way. Ask questions and take your cues from them on what to discuss. Reassure children with facts. Remind them that adults, in particular capable scientists and health care workers, are working together to keep everyone safe. Discuss what you are doing and what they can do to stay safe and germ-free.

Dealing with the uncertainty of the current situation is difficult for everyone, and we want to support in any way we can. Please feel free to share the above with your friends and family, and do not hesitate to reach out to us if you have questions.

# Fighting Cabin Fever

Although remaining inside is a good way to protect yourself and others from the Coronavirus, and is an important measure to help "flatten the curve" of daily cases that put pressure on our health care system, it could lead to a lesser evil: boredom and stir craziness.

What's there to do while stuck indoors? We've compiled 70 suggestions to help make your time quarantined as interesting, and perhaps even as productive, as possible.

1. Complete a puzzle: The more pieces the better! Feeling extra saucy? Take on a Rubik's Cube. More of a word person? Crossword puzzle!
2. Start a journal or blog. Sure, it can be about the coronavirus, but it could also be about a specific interest from chess to cheese.
3. Write poetry. Perhaps you can craft a haiku for Mother's Day, or something without a specific structure. Just try it!
4. Watch all the really long movies you've avoided until now.
5. Teach yourself a foreign language.

6. Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting cross-legged and repeat a soothing word to yourself in your head. (The latter is more like transcendental meditation.)
7. Face masks, moisturizer, oh my! Treat yourself to a 10-step skin care routine you don't have time for during a normal work week.
8. Look at pictures of puppies.
9. Write actual letters to family and friends. After that? Write thank-you notes to service people who you remember went out of their way for you.
10. Learn calligraphy. YouTube can help.
11. Put on a soap opera. Mute the sound. Create your own dialogue.
12. Catch up on your reading. Consider audiobooks so you can keep moving while you listen!
13. Get some culture. Catch a Broadway show at [www.broadwayhd.com](http://www.broadwayhd.com) or take in an Metropolitan Opera by visiting [www.metopera.org](http://www.metopera.org). You can even take a penguin field trip by visiting [www.sheddaquarium.org](http://www.sheddaquarium.org).
14. Go on Safari! Visit the San Diego Zoo at [www.animals.sandiegozoo.org/live-cams](http://www.animals.sandiegozoo.org/live-cams).
15. Bake those goods.
16. Knit or crochet.
17. Use Skype, FaceTime, Google Hangouts or Marco Polo to video chat with your long-distance friends.
18. Try out at-home aerobics or yoga videos. Consider downloading a fitness app with curated workout playlists.
19. Look at yourself in the mirror. Attempt a self portrait with pencil and paper.
20. Take a bubble bath (bonus: Add a glass of wine).
21. Coloring books: They're not just for kids. Color or doodle the afternoon away!
22. Take time to reflect: What have you accomplished in the last year? What goals are you setting for yourself in the next year?
23. Write a short story or get started on that novel.

24. Actually try to reproduce something you see on Pinterest. Probably fail. Try again.
25. Clear out the family room and camp indoors with all blankets, popcorn and scary movies.
26. Interview your loved ones (over the phone, of course!) and save the audio. Can you create an audio story or book with that file?
27. Go through your camera roll, pick your favorite pics from the past year and make a photo book or order framed versions online.
28. Go on a health kick and learn how to cook new recipes with ingredients you may not be using already, from miso to tahini.
29. Create a Google document of shows or movies you're watching and share it among family and friends.
30. Make a list of things for which you are grateful.
31. Work on your financial planning, such as exploring whether to refinance your loan or ways to save more money.
32. Perfect a family recipe.
33. Buy gift cards from your favorite local businesses to help keep them in business while we quarantine.
34. Write a book with your family. Pick a character and each member writes a chapter about their adventures. Read aloud to each other.
35. No March Madness? Have a Scrabble tournament. Or Bananagrams. Pictionary, anyone?
36. Get into baking with "The Great British Baking Show," but your technical challenge is baking something with the ingredients you have on hand.
37. Three words: Indoor Scavenger Hunt!
38. Alternate reading the Harry Potter series with your kids and cap each one off with the movie.
39. Dye your hair a new color. No one else needs to see it if you don't like it.
40. Write a play starring your loved ones. Perform it via a video call app.
41. Go viral in the good way by making a quarantine-themed TikTok.

42. Rearrange your sock drawer. Really.
43. Stop procrastinating and do your income taxes.
44. Make lists of all the museums, sporting events and concerts you want to visit when they finally reopen.
45. Rearrange your furniture to make it seem like your home is a totally different space.
46. Practice shuffling playing cards like a Poker dealer. Be ready for employment opportunities once all casinos open back up.
47. Organize your spice rack alphabetically or get crazy and do it by cuisine.
48. Teach your dog to shake hands. Hand sanitizer optional.
49. Memorize the periodic table. You never know when that will come in handy.
50. Order and put together some IKEA furniture. Time yourself.
51. Get a free trial of a streaming service and binge-watch as much as you can before it expires.
52. Apply for a new job. You have remote work experience now!
53. Learn a new style of dance via YouTube, from bellydancing to breakdancing.
54. Update or write your will and organize your affairs. Yes, it sounds melodramatic and morbid but let's face it: This is a task many of us avoid because we never have the time. Now we do.
55. Been meaning to get some new glasses? Try on new frames virtually on sites like [GlassesUSA.com](https://www.glassesusa.com).
56. Attempt things with your non-dominant hand, from writing to brushing your teeth. Prepare to be frustrated.
57. How many words per minute can you type? See if you can get speedier by taking a typing course.
58. Learn origami. Make cranes for your loved ones.
59. Stretch. Work on your flexibility. It's possible to get the splits back, right?

60. Try to speak in pig Latin. Or, "ig-pay, atin-Lay."
61. Talk to your plants. How are they doing? Make sure they are getting the amount of sunlight they should be. Check their soil. Water if necessary.
62. Deep condition your hair and put paraffin wax on your hands. Enjoy your soft hair and nails.
63. Consider donating money to food banks to help families struggling to get meals.
64. Write a song. If you want to make it about your time inside and put it to the tune of "My Sharona" and replace "Sharona" with "Corona," do what you have to do.
65. Study the art of beatboxing.
66. Try moving in super-slow motion. It's OK to laugh at regular speed.
67. You know how there are dozens of ways to wear a scarf, but you only wear it the one way? Learn the other ways.
68. Learn Old English words. Pepper them into your conversation. Wherefore not?
69. Take deep breaths, in through your nose and out through your mouth.
70. Sleep. Get lots of it.





