



COMMUNITY CONNECTION

June 15, 2021 • 2:00 p.m.

The COVID Briefing has now transitioned to a weekly **COMMUNITY CONNECTION** and will continue to provide information of interest to the Fowler Family. We hope you will prioritize Tuesday at 2pm and tune in to Channel 6 as a time of connection, community, and communication.

- **Good afternoon Fowler Family!**

- **COVID UPDATE:**

- Yesterday, Dallas County posted 107 new cases and 4 deaths
- Dallas County also lowered the risk level from orange to yellow for unvaccinated people; health experts continue to strongly encourage all people to be vaccinated
- It is believed that the COVID variant Delta which was first detected in India, will become the dominant strain in the US
 - It is more contagious than the original and believed to be more dangerous; large percentage of people move to critical stages of disease within 3-4 days
 - Symptoms of the variant are said to be more severe and include gastrointestinal issues such as nausea, diarrhea, abdominal pain and appetite loss as well as hearing loss and blood clotting
 - Experts say the Moderna and Pfizer vaccines offer significant protection against the variant
- We shared that Texas Health and Human Services sent us new updates to our regulations – there was very little difference in the new updates and what we are doing. Only one significant change to announce:
 - Children under 18 may now visit with an adult. They must follow all masking and screening rules. Children under 2 do not need to wear masks.
 - Children under 18 may not spend the night in Pearl Nordan Care Center

- **FOWLER UPDATES:**

- New Helpdesk instructions have been sent out to all team members. Of note:
 - For a 'work stoppage' issue, email Gentry or Valarie for help; all other non-urgent or non-work stoppage issues can be submitted to Caltech
 - Work stoppage means you cannot work;
 - If your computer will not turn on, that is work stoppage
 - If you cannot print to your normally assigned printer but you can still print to another printer, that is not work stoppage
 - For printer issues, contact DEX with the equipment ID# located on each machine. Toner replacements are located at the front desk of each building and do not require contacting DEX.
 - For a Teams/Audio Phone System issue, email:
jfc.onsitetechsupport@fowlercommunities.org

- Hiring Managers, remember to always turn in the necessary forms for computer access and personnel changes to Caltech so that we welcome our new team members with their equipment
- All maintenance requests must be submitted via our work order systems to your building front desk. This impacts residents and teammates.
 - It is the responsibility of all of us to turn in work orders immediately when we see something broken/unsafe or recognize the need for maintenance. To place a work order, contact one of the following:
 - Administration Center – 214-515-1300
 - Jackson Living Center – 214-515-1354
 - PNCC – 214-515-1301
 - FCA – 214-515-1361
- Reminder to all building managers, mail is to be picked up Monday through Friday in Administration Center in the mail room on the 2nd floor. We have returned to our pre-COVID system for mail delivery.
- Residents and families, when ordering online for items to be delivered either through UPS, USPS or any other ground carrier, be sure to check and make sure your address has been changed back to your building address. During the height of COVID, we asked that all packages be sent to the Administration Center at 1234 Abrams. This is no longer necessary and all packages should be delivered directly to the front desk of each building:
 - JLC, 1230 Abrams Road, Apt #
 - PNCC, 1260 Abrams Road, Apt #
 - FCA A/B, 109 Juliette Fowler Street, Apt #
 - FCA C/D, 105 Juliette Fowler Street, Apt #
 - FCA E, 1280 Abrams Road, Apt #
 - FCA F, 5810 Eastside, Apt #
- Update on our grounds:
 - We have contracted with an irrigation company to assess our needs, create a plan, and provide a bid for the work on our irrigation system
 - This does not mean we have contracted with an irrigation company to do the work. We hope that will be forthcoming!
 - Our irrigation system needs extensive repairs and does not provide adequate coverage in many areas
 - It has taken more than 2 months to get a company out here – the winter storm damage has impacted the work crews and the materials
 - We cannot plant until we have water so the irrigation system comes first
 - The plant materials are sparse and therefore the nurseries are charging a premium which may be cost prohibitive at this time
 - We are entering the hot summer months that are not conducive for planting

- We too are anxious for our grounds to be in prime condition – we all want well-maintained gardens and grounds – its what we love about Fowler!
 - Please be patient with us as we methodically move through all the right steps so that do not waste money and we end up with a landscaping plan we can sustain
- A NOTE OF THANKS:
 - To all of the staff at Juliette Fowler Communities, thank you all for taking care of me at my lowest point and bringing me back so I can take care of myself. You are the best staff ever! From the nurses and therapist and the people that clean the rooms to the people that cook and serve the food to the driver that made sure I got to my appointment; what you all do is truly a calling from the Lord! Thank you for taking good care of me!
- A NOTE OF CONGRATULATIONS:
 - Congratulations to you and all the other team leaders for getting Fowler named a finalist in the COVID Resiliency category for D CEO Magazine – that really makes me proud of Fowler. In the midst of the pandemic last year around June-July '20, my medical connections were proud of Fowler. I kept them up to date. My church buddy who handles the biggest lab at Parkland and my main doctors at Presbyterian and Baylor – I made sure our stats were out there. Love, Annie Jones
 - Thank you, Annie for being an advocate for Fowler wherever you go!
- I know you have all noticed it is HOT outside – today's temperature is expected to hit 97 and the heat index is estimated at 107!
 - Please limit your outdoor time
 - Keep hydrated – drink lots of water
 - If you become overheated, contact your front desk immediately
 - Attached are symptoms of heat related illnesses; please review and be prepared:

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



- **RESIDENT BIRTHDAYS**

- 6/16 – Bess (FCA)
- 6/21- Joan (JLC)
- No PNCC Bdays

- **RESIDENT MOVE-IN ANNIVERSARIES:**

- 1 Year – Carol (FCA)
- 2 years- Barbara (JLC)
- 6 Years – Vivian (FCA)
- 9 Years – Josephine (FCA)
- 18 Years – Bess (FCA)
- No PNCC Move-In Anniversaries

- **TEAMMATE TUESDAY!**

- Dora Lara celebrated her birthday yesterday, June 14. Happy birthday, Dora!
- Today is Twilikki Brice’s birthday! Woohoo! Happy birthday, T!
- Wishing a happy birthday to Donna Crossover! Donna’s birthday is on June 17.
- William Deiterman’s birthday is on June 18. Happy birthday, William!
- Joanie Granberry’s one-year anniversary is on the June 17. Happy anniversary Joanie!
- Congratulations to Raquel Harper for her promotion to the FCA Administrative Assistant position. Raquel has been a Universal Teammate with us since July 2019. Raq just graduated from Poteet High School. She has played softball during her high school career and was/is an amazing player. Join me in sending congrats to Raquel for a sure to be exciting career!
- A shout out to Joanie Granberry! Joanie made a tremendous difference at Jackson this Sunday night. Our courtesy patrol teammate had to go home early and Joanie took the cell phone that would alert her if someone in JLC had an emergency and was prepared to check on any residents if necessary. At 2:45 am, our newspapers were delivered and the Abrams gate would not open. Joanie went to the gate and used her clicker and made sure the papers were delivered.
- Patty Hegarty received a shout out for her pursuit of excellence. It read, “I would like to lift up Patty Hegarty. She was so helpful to me in processing my recertification and was kind, thorough and efficient. Big, big shout out!”
- Linda Solis received a shout out for loving people. Linda stepped in to help move tables and chairs in the Chapel and help get it set up for worship on Sunday. Linda thank you for seeing the need and quickly helping and doing all you could.
- Pursuing excellence= Janet, Jackie, Kierra, and Angie all chipped in to make up for Tinas absence while on vac on Worth.
- Love people= Linda from environmental services helping in a sing along.
- Love people= Tammy made a daughter who was touring for her mother and father feel so comfortable the daughter said she felt like a sister.

- **JUNETEENTH:**

- Just outside the Oval Office hangs a painting depicting the night of December 31, 1862. In it, African-American men, women, and children crowd around a single pocket watch, waiting for the clock to strike midnight and the Emancipation Proclamation to take

effect. As the slaves huddle anxiously in the dimly lit room, we can sense how even two more minutes seems like an eternity to wait for one's freedom. However, the slaves of Galveston, Texas, had to wait more than two years after Lincoln's decree and two months after Appomattox to receive word that they were free at last. Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.

- Today, Juneteenth commemorates African American freedom and emphasizes education and achievement. It is a day, a week, and in some areas a month marked with celebrations, guest speakers, picnics and family gatherings. It is a time for reflection and rejoicing. It is a time for assessment, self-improvement and for planning the future. Its growing popularity signifies a level of maturity and dignity in America long overdue. In cities across the country, people of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continues to influence our society today. Sensitized to the conditions and experiences of others, only then can we make significant and lasting improvements in our society.

- **Make it a great day on purpose!**

All COVID Updates are posted on our website – www.fowlercommunities.org/covid19/

COVID Hotline: Phone: 214-515-7184 • Spanish Speaking Line: 214-515-1385

Email: Covid19info@fowlercommunities.org

COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919