How Protect Yourself and Others

Below is some very useful information for the Center for Disease Control and Prevention.

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

Wash your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
  - Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms’ length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

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How Protect Yourself and Others (continued)

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
  Everyone should wear a cloth face cover when they have to go out in public, for example to the
grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trou-
ble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without
assistance.

- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.

Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute
for social distancing.

Cover coughs and sneezes

- If you are around others and do not have on your cloth face covering, remember to always cov-
er your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
and do not spit.
- Throw used tissues in the trash.
Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are
not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light
switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.

Then, use a household disinfectant. Most common EPA-registered household disinfectants external
icon will work.

Monitor Your Health

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of
COVID-19.
- Especially important if you are running essential errands, going into the office or workplace, and
  in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.

- Don’t take your temperature within 30 minutes of exercising or after taking medications that
could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.

Administrator’s Corner

Happy July Everyone,

As we all are aware now, we have our first case of COVID-19. Usually I like to keep the newsletters happy and upbeat with information as needed. This month I think it is better if we revisit all of the COVID-19 information again. We have been very lucky up to this point that we have not had a case. Let’s all practice vigilance and do what we have to do to make this our first and last case at Wesley by the Bay. Please wear your masks when you leave your apartment even if it’s just to get your mail. We will also be limiting our notices and not delivering gifts for the time being.

It is just so much better for all of us if we stick to this for the time being. That being said, I still encourage everyone to get out in the sun, get some fresh air and exercise. Things are getting better and it is just taking sometime.

As many of you know, Keri is back and resuming all of her duties. We are certainly glad to have her back.

We are still looking for recipes for our Wesley by the Bay Cookbook. If you haven’t submitted one yet, there is still time. It would be nice if there is a story behind the recipe to include with your submission. I received a few calls concerning last months recipe for the French Onion Cheeseburgers. According to all who used the recipe, they were a real hit. If you are in the mood for a cheeseburger, you might want to test out that recipe.

Let’s all have a good summer!

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Hello Wesley by the Bay residents!

My, how things have changed since I’ve last seen and spoken with all of you. I am back from my maternity leave. I’m so grateful for the time I got to spend with my little boy, Greyson. He is now four and half months old! Many of you advised me before I had the baby to cherish the newborn and infant stage because it flies by. Well you were right! This time has flown by! He now has his own little personality. He is working on rolling over, sitting up on his own and just started eating rice cereal (and he loves it!).

I am very glad to be back working. I have missed you all and I’m looking forward to speaking with each of you. I am working on calling everyone to see how you are all doing, and what I can assist you with during this time. Kathy, Colleen, Beth, Mike and Scott have done an amazing job through the Corona Virus pandemic. They are working on getting me up to speed on the new policies and procedures, and the precautions we are taking to keep everyone safe and healthy. I know this is a scary, uncertain and frustrating time. Wesley by the Bay staff has let me know how great you have all been handled it and how responsible you have been with understanding the importance of safety precautions such as wearing masks and social distancing. Because of each and every one of you following these precautions, you are keeping yourself and your neighbor safe and stopping the spread of the virus.

I encourage you to reach out to your family, loved ones, friends and neighbors during this time. Some residents I have spoken to have regularly scheduled video calls with friends and family. If you don’t have video capability, you can just use good, old fashioned phone calls. It’s important to stay in touch and communicate with friends and loved ones. The social isolation we are all experiencing can really have a negative effect on your mood and outlook. **If you are feeling the mental or emotional toll of the Corona Virus, whether it be loneliness, fear, depression or you just need someone to talk to, please reach out for free and confidential support by calling one of the number listed below.**

As restrictions lessen and businesses begin to open up, I encourage you all to continue taking safety precautions. Continue social distancing, wearing a mask and make sure not to gather in large groups. I am sure you have heard this before, (and you’re probably tired of hearing it!) but try to hang in there a little longer! If we begin socializing too soon, we may cause the spread of the virus to increase. Diligence and persistence will be the key to defeating this virus. I am optimistic that many things will be returning to normal very soon. I look forward to being able to have gatherings and celebration with all of you in person again!

Above all, I’m so thankful that all of you are safe and healthy! Many residents I have spoken with have such a positive outlook and have taken this opportunity to reconnect with past passions and learn new hobbies. You are all inspiring and a great example of how to take a disaster and make the best of a situation. Lets all be optimistic about the future and look forward to a fun Summer!

Kerileigh Sherman
A Message from the Foundation
#UNITEDagainstCOVID19

From the moment COVID-19 was declared a pandemic, our strong donor community of family members, residents, business partners, and friends sprang into action. Handmade masks, meals, and notes of hope and encouragement have been delivered to residents and staff. With donor support, “blessing bags” of treats and activities were distributed to brighten residents’ days. This outpouring of love means so much to our residents and team members.

Many families and friends who are new to the UMC Foundation have asked how they can help. **Right now, the best way to honor our residents is to support the superhero staff that care for them with such compassion and creativity.** The UMC Foundation launched a #UNITEDagainstCOVID19 appeal to fund special appreciation bonuses for all full-time and part-time staff serving in our Communities. We’re blessed to share that just over $106k has been raised towards our $200k goal.

If your family would like to join our #UNITEDagainstCOVID19 effort, please visit foundation.umcommunities.org/donate or send a check made out to United Methodist Communities Foundation to 3311 State Route 33, Neptune, NJ 07753.

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**BE ALERT**

Law enforcement officials are seeing increased efforts by scammers looking to take advantage of the coronavirus pandemic to prey on U.S. consumers, in particular.

The Federal Communications Commission has sought to raise awareness by providing information on examples of spam calls. And one example is "If you want to receive free masks or a testing kit delivered overnight to your home, please provide your Medicare Id number," a voice on one of the calls says. And pushes by saying "Protect your loved ones from the coronavirus."

And other callers say that they have a COVID 19 incentive check for you and they need your bank account number so it can be deposited into your account.

**NEVER GIVE OUT ANY PERSONAL INFORMATION WHICH INCLUDES YOUR ADDRESS, SOCIAL SECURITY NUMBER, MEDICARE NUMBER AND BANK ACCOUNT INFORMATION.**
For Your Summer Time Sweet Tooth

It just wouldn’t be summertime at my house or any picnic in our family without a huge dish of Banana Pudding. If you never tried Banana Pudding, you have no idea what you are missing! Bananas, vanilla wafers and vanilla pudding and whipped cream. What’s not to love?

Ingredients

1-1/3 cup of whole milk
1-5.1-oz package of instant vanilla pudding
1-14oz of can sweetened condensed milk
3 cups of heavy cream
1 tsp of vanilla
1-12 oz box of vanilla wafer cookies
4 bananas sliced into coins
2 tsp of granulated sugar

Directions

1. In a large mixing bowl, combine milk, vanilla pudding mix and sweetened condensed milk. Whisk thoroughly, breaking up any lumps, and refrigerate for at least 5 minutes, or until set.

2. In another large bowl, combine heavy cream and vanilla. Beat until stiff peaks form, 2 to 3 minutes. Set aside half of the mixture for topping the dish. Fold remaining half into the pudding mixture.

3. Cover the bottom of a 3-quart trifle dish with vanilla wafers. Top with one-third of the pudding mixture. Cover with another layer of the wafer cookies—you may want to also stand some cookies up vertically, so you see the full circle along the edge of the trifle dish. Top with an even layer of banana slices. Continue layering the pudding, wafer cookies and banana slices until you reach the top, ending with a final layer of banana pudding.

4. Refrigerate for at least 3 hours, or up to overnight.

Sweeten the remaining whipped cream: Add sugar to whipped cream, stirring to combine. Just before serving, dollop on top of the banana pudding, then sprinkle crumbled wafer cookies on top.
Maintenance Memo

**PLEASE REMEMBER: NO WIPES** – baby wipes, cleaning wipes & cleansing bathroom may be flushed down the toilet. They are not flushable even if they say so on the packaging – they clog up our plumbing system. Recently, we have had numerous clogs in our plumbing system that we needed to hire a plumber to clear out the clog. The bills for these clean outs are very expensive. It costs us $450.00 each time. In the future if there is clog and wipes are found to be the source of the clog – we will charge the resident $450.00. We certainly do not want to charge a resident for something that is very easily avoidable.

Colleen’s Corner

Summer is here! The heat will arrive soon and on a hot day a popsicle is a prefect treat. Here is an easy recipe for fruit juice ice pops to make at home:

- Fruit juice of your choice such as OJ, pineapple, apple or mango.
- Put juice into an ice cube tray.
- When cubes start to form put a few (4 or 5) tooth pics into each cube.
- Freeze overnight until completely solid.

And voila you have some mini popsicles to enjoy!

Don’t Forget

Hurricane Updates-If you still have not handed in your hurricane update form, please fill it in and we will come pick it up from you.

As a reminder the COVID situation makes a hurricane evacuation extremely difficult. We are asking anyone with family or friends inland to please make arrangements to shelter with them. If that isn’t possible, perhaps buddy up with a friend or neighbor at a hotel inland as roommates. Not only is the shelter difficult for the COVID, so is the transportation. It is best just to avoid it all together.