

Dear Residents and Families,

Today, we welcome in the month of September! After a mostly warm and sunny summer, it's time to prepare for fall. With fall comes cooler weather, more time spent indoors and the onset of winter months. This also means flu season is around the corner, and we'd like to take a few preemptive steps in discussing how to stay healthy and well during this time.

Where able, our communities are preparing to hold flu-vaccination clinics inside the community - offering the vaccination to all residents and team members who are able to receive it. There is no change in the CDC's recommendation on timing of vaccinations this flu season. Getting vaccinated in July or August is too early, especially for older individuals, because of the likelihood of reduced protection against flu infection later in the season. The experts recommend September and October as the ideal months to get vaccinated.

Flu prevention looks very similar to COVID prevention:

- Handwashing for at least 20 seconds.
- Covering your nose and mouth when coughing or sneezing.
- Team members staying home if they are not feeling well, and residents remaining in their suites if they have flu symptoms.
- Team members and residents screening/reporting any symptoms of the flu or COVID.

Below are helpful links to understand and prevent the flu:

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

<https://www.cdc.gov/flu/pdf/freeresources/seniors/seniors-vaccination-factsheet-final.pdf>

Should you have any questions, please reach out to your community president. Here's to a happy and healthy fall season!

In Good Health,  
Tammy L. Marshall  
Chief Experience Officer  
Thrive Senior Living

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**Thrive Senior Living**

3280 Peachtree Road NE, Suite 750  
Atlanta, GA 30305

404.890.7988

Hello@ThriveSL.com

ThriveSL.com