



To: Sequoia Living Residents, Customers, and Staff
From: Sara McVey, President and CEO
Date: Monday, August 10, 2020

My morning ritual is to read blogs and articles to stay current, inspired, and energized. Sometimes, it is just a simple sentence that resonates—here's this week's winner:

We need enough pessimism to anticipate difficulties and enough optimism to keep moving forward.

It is with optimism that I share this week's updates with all of you.

Case Update: As of today, we have three Sequoias San Francisco employees who have tested positive for COVID-19 and are self-isolating. All are doing well. We are back to zero Resident cases!

Testing Update: Regular surveillance testing of residents and staff continues to take place at our continuing care communities. To date, 1,924 staff tests and 1,459 resident tests have been performed. (These numbers reflect the fact that some individuals have been tested more than once.)

High Tech Safety Tools Are Here: Sequoia Living now has Skytron ultraviolet disinfection robots and electrostatic sprayers to help safeguard residents and employees against infections of all kinds, including COVID-19, norovirus, and influenza.

A New Way to Stay Informed: Thanks to our new Everbridge mass notification system, residents and staff members are now able to receive emergency alerts and monthly updates from Sequoia Living by email, text message, or even via landline telephone.

Take a Virtual Tour: Our marketing team has been coming up with creative ways to keep prospective residents engaged and excited about living in our communities. Check out two of our latest virtual video tours:

The Sequoias San Francisco Virtual Tour:

<https://www.youtube.com/watch?v=v6UicCQydZk>

The Tamalpais Virtual Tour:

<https://www.youtube.com/watch?v=1nsx1uGfAe0>

BOSS Magazine Features Sequoia Living and Viamonte: This month's issue of BOSS Magazine includes an exclusive feature about Viamonte and Sequoia Living. Last month, Viamonte had four new sales—no small feat during these times. Good things are ahead!

Read a PDF of the BOSS Magazine article here:
<https://tinyurl.com/sequoia-living-boss>

What's Your Superpower? I am part of a group of CEOs who meet monthly to discuss critical business topics and share next practices. Ironically, a question was posed at the July meeting about what is our "superpower"?

Right now, my superpower is seeing the invisible. I am certain that Sequoia Living is going to come out the other side of COVID-19 an even better organization. I can see it so clearly...even though we are not there yet.

Put another way, it's optimism. I have an incredible amount of confidence about the future. It doesn't mean I am oblivious to the challenges we face; it simply means I focus my energy on seeing the abundance of solutions that are before us.

Speaking of superpowers, "President Austin" Perine, a six-year-old who dons a superhero cape to feed homeless people in his community, recorded this special shout-out for Sequoia Superheroes:

https://www.youtube.com/watch?v=3wXTK5_OuQs

One of the best parts of being here at Sequoia Living is that even during the most challenging times, people's superpowers continue to shine. Thank you for continuing to share your gifts. That's what makes us Sequoia Strong.



Sara McVey
President & CEO