



Independent Living Re-Opening of Services & Programs – Phase I

Monday, June 22 – July 13, 2020

Orchard Ridge will resume services and programs for residents in a three-phase, gradual and deliberate manner as we cautiously, efficiently and safely reopen. The below info details the status of services and programs for independent living residents during the Phase I timeframe. Please note that the end date of Phase I is subject to change if our data suggests a need for Phase I to be extended. It is through strict adherence to the plan as well as the personal responsibility that each of us has in adhering to the established safety precautions that will ensure that we effectively mitigate risks so that we can move forward with subsequent phases rather than reinstated restrictions. Thank you for your part in caring for each other to keep everyone safe and well!

Throughout all phases, residents MUST:

- **Stay home if not feeling well**
- **Wear a mask in public or shared community spaces, covering nose and mouth**
- **Adhere to 6-ft social distancing**
- **Hand wash and sanitize frequently (before participation and following participation in any service or program)**

Common Spaces:

- **Gathering Spaces** (with closed doors) and **Glenview Lobby** (4th floor Orchard View) – closed
- **Outdoor Areas** (Trails, The Glen, Garden Plots, Village Green, Patios, Memorial Garden) – open for use with 6 ft. social distancing; **no more than 10 residents congregating together**
- **Sitting Areas** – open for use with masks and 6 ft. social distancing

ConnectedLiving:

- **Classes/Presentations/Productions** (Conversations With, Mind Stretchers, Author Series, All-Resident Events, etc.) – suspended; continue virtual presentations on Touchtown channel 977 _____
- **Room/Space Locations**
 - Art Studio – open for use with masks and 6 ft. social distancing; occupancy limit of **two** residents; residents responsible for cleaning after use
 - Billiard Room – closed

- Club Room – closed
- Sewing Room – open for use with masks and 6 ft. social distancing; occupancy limit of **one** resident; residents responsible for cleaning after use
- Woodworking Shop – open for use with masks and 6 ft. social distancing; occupancy limit of **two** residents; residents responsible for cleaning after use
- **Large Event Socials** – suspended
- **Movie Nights** – suspended; resident point of contact to coordinate DVDs shared among residents with proper cleaning and sanitization
- **Performances/Entertainment** – continue virtual performances on Touchtown channel 977
- **Recurring Games** (Bridge, Mexican Dominoes, Pinochle, Ping Pong, Shoot Pool, Scrabble, Poker, etc.) – suspended
- **Recurring Special Interest Groups and Support/Connection Groups** – in-person suspended; continue via Zoom/phone

Dining: no change; buffet meal service still served by dining team members to residents at assigned time blocks; all dining venues still closed and special event dining programs still suspended

DMV: slated to come to campus in August pending their protocols

Engage Center:

- **Aquatic Center** – closed
 - Spa – closed
 - Lap Pool – closed
 - Therapy Pool – closed
 - Aquatic Classes – suspended
 - Aquatic Training – suspended
- **Fitness Center** – closed
- **Fitness Classes** – continue virtual classes on Touchtown channel 977
- **Locker Rooms** – closed to residents
- **Personal Training** – resume outdoors with 6 ft. social distancing

FirstBank: opening July 1 with regular business hours; Monday/Tuesday/Thursday 11 a.m.–2 p.m. with masks and 6 ft. social distancing

Functional Pathways: open to IL residents; masks required; no aquatic therapy at this time

Guests for Apartment and Cottage Residents (Family & Friends): drive-by/window visits welcomed; 2 guests per resident meeting in outdoor areas only with masks and 6 ft. social distancing (outdoor public spaces, first floor apartment patios that open to the outside and cottages); apartment residents to meet visitors outside at main Lobby entrance under covered

portico (visitors do not have access to the inside spaces); sharing of food and drinks discouraged

Libraries:

- Main library open 10 a.m.-2 p.m. for use with masks and 6 ft. social distancing; occupancy limit of **two residents** and **one volunteer** in the space for the purpose of checking out books; returns from all libraries will be made to the main library with volunteers responsible for cleaning and disinfecting after use
- Remote libraries open for use with masks and 6 ft. social distancing; occupancy limit of **one resident**

Mail Depot: open Monday through Friday, 10 a.m.-6 p.m. and Saturday and Sunday, 11 a.m.-3 p.m. for resident package pick-up only (subject to change after a trial period); volunteers resume 2 hour shifts (limit 1 volunteer or couple per shift); delivery of packages on an as-needed (not convenience) basis with volunteer or staff help (twice per week)

Massage/Spa Services: opening July 6; Monday through Friday 9 a.m.-4 p.m.; limit of **one resident per appointment**; masks must be worn by resident and service provider; all services offered with the exception of facial services; each resident will need to complete a COVID-19 symptoms screening; by appointment only 540-431-2820

OWHC: continue with closed window visits and use of technology for virtual visits with families, friends and volunteers; exploration of creative celebration ideas for birthday and anniversaries with families; OWHC residents participating in less restrictive activities and services in their neighborhoods

Pastoral Care:

- **Bible Study** – in-person suspended; continue via Zoom
- **Chapel** – continue virtual worship on Touchtown channel 977
- **Funerals** – suspended
- **Groups** (Bereavement, Prayer, etc.) – suspended
- **In-person Pastoral Care** – available by appointment 540-431-2799

Philanthropy:

- **Dog Park** – open to **two residents** at a time with 6 ft. social distancing
- **Fireside Gallery** – art displayed with virtual interview of artist
- **Hallway Cabinet** – open for resident exhibitors (one exhibitor in hallway at a time to place items in cabinet); residents to view contents with masks and 6 ft. social distancing
- **Hallway Gallery** (Chapel area) – resident art displayed in July with virtual reception and interview of resident artist
- **Philanthropy Workshops** – via Zoom with one topic per month and limit of 10 residents

- **Resale Store** – limit of **four residents** to arrange floor plan with masks and 6 ft. social distancing

Resident Business Center: open for use with masks and 6 ft. social distancing; occupancy limit of **one** resident

Sales:

- **In-Person Sales/Visits** – strictly limited visits resume with no more than two people per visit with masks and 6 ft. social distancing
- **Resident Ambassadors** – welcome new residents via virtual calls and engagement
- **OWHC** – accept outside admissions for Skilled Rehabilitation Neighborhood; other neighborhoods on a case-by-case basis
- **Tours** – no visits or tours involving occupied residences; only virtual tours
- **Turnovers and Move-Outs/Move-Ins** – continue to be managed according to COVID screening, PPE, social distancing and strict adherence to visitation and moving protocols; **in special circumstances**, new residents may walk for 1 hour each day (preferably outside) during quarantine provided they wear masks and maintain 6 ft. social distancing so as not to come into contact with other residents or persons

Salon: opening July 1; Wednesday through Friday 9 a.m.-4 p.m.; masks must be worn by resident and service provider throughout the appointment; **four residents** permitted in the space (two in salon chairs; two in waiting area); each resident will need to complete a COVID-19 symptoms screening; by appointment only 540-431-2820

Social Services: services to continue via telephone or in-person/in-home for more urgent needs with masks and 6 ft. social distancing

Specialty Shoppe: closed to customers and volunteer clerks; managers (limit of three) able to access the area with masks and 6 ft. social distancing

Transportation Services:

- **Circuits** – suspended
- **Custom Transports** – resume with capacity limitations; no transports to large retail establishments
- **Medical Transports**
 - Essential – continue with restrictions
 - Non-essential – resume with restrictions
- **Online Grocery Ordering & Delivery** – continue with current processes
- **Special Event Trips** – suspended

Travel: residents reminded to stay within the Orchard Ridge community, but we understand residents may have needs in the larger community; residents encouraged to practice safety precautions at all times; 14-day quarantine is required as follows:

Quarantine is defined as staying in your place of residence with services coming to you.

IL Quarantine Guidelines

- Post hospital and emergency visit
- Post travel within state of Virginia to a 'Hot Spot' as identified by the Virginia Department of Health website
- Post travel out of state, unless to an adjoining state and travel was not to an identified 'Hot Spot' by the state's Department of Health website

OWHC Quarantine Guidelines

- Post hospital and emergency visit
- Post doctor visit
- Post travel within state of Virginia to a 'Hot Spot' as identified by the Virginia Department of Health website
- Post travel out of state, unless to an adjoining state and travel was not to an identified 'Hot Spot' by the state's Department of Health website

If Questions remain, one can contact Melissa Fortner mfortner@thevillageatorchardridge.com or Missy Sellers msellers@thevillageatorchardridge.com

- Virginia Department of Health website
 - <https://www.vdh.virginia.gov/coronavirus/>
- Maryland Department of Health website
 - <https://coronavirus.maryland.gov/>
- West Virginia Department of Health website
 - <https://dhhr.wv.gov/COVID-19/Pages/default.aspx>
 - Select the "County Summary" tab under the "West Virginia COVID-19" header
- Kentucky Department of Health website
 - <https://govstatus.egov.com/kycovid19>
- Tennessee Department of Health website
 - <https://www.tn.gov/health/cedep/ncov.html>
- North Carolina Department of Health website
 - <https://covid19.ncdhhs.gov/dashboard>

How can residents help?

- ***Residents are encouraged to self-monitor daily for any COVID symptoms. A temperature check station is located in the Lobby where residents may use a temporal thermometer.***
- ***Hand sanitization stations are located throughout the community and especially at entrances to communal areas. Residents are encouraged to use hand sanitizer when entering a space and again when exiting the space.***

- *Cleaning and disinfectant supplies are in rooms where residents will be participating in activities and programs, i.e., Sewing Room, Art Studio, Woodworking Shop, etc. Residents are asked to use the cleaning supplies to disinfect surfaces following use. Orchard Ridge team members will be cleaning areas on a regular schedule; however, frequent cleaning and disinfecting is advantageous as a safety precaution.*

Updated 6/19/2020