

Date: September 4, 2020

To: Orchard Woods Health Center Residents and Families

From: Missy Sellers, NHA, Associate Administrator

Subject: Orchard Woods Update | Re-opening!



**THE VILLAGE AT  
ORCHARD RIDGE**

A National Lutheran Community

Great news! With continued success of remaining negative for COVID-19, the Virginia Department of Health approved our request to enter Phase 1 of our re-opening plan for Orchard Woods Health Center. Using the re-opening guidelines by the Virginia Department of Health, we have created a plan to meet the needs of residents and the dynamics of our community. With their approval, we are able to move forward with outdoor visitation, communal dining and small group ConnectedLiving programming opportunities.

**Outdoor visitation.** We are so excited to bring residents and families back together. However, there are a number of protocols that must be followed to best protect residents, team members and families. As we learn more about the flow of our visits, enhancements will likely occur, but we do thank you in advance for your patience.

- Outdoor visits are intended for social interactions between residents and loved ones and are scheduled through our ConnectedLiving team. Please contact Molly or Gretchen.
- Visits are limited to three visitors at a time per resident. (The maximum number of residents and visitors permitted in the outdoor space at one time has been established based on the size of the outdoor space.)
- Visitors must wear a face covering at all times.
- Visitors must remain at least 6 feet away from your loved one, other visitors and team members at all times. Visitors who do not comply with safety recommendations (masking and social distancing) will be asked to leave. To participate in the visit, each guest must bring a face mask to wear, agree to a temperature check and symptom screening and provide an acknowledgment to the community's visitation guidelines.
  - Worn properly, face masks should be attached to both ears and fully cover both the nose and mouth
  - If you are experiencing symptoms of COVID-19 or any other illness, please reschedule your visit to a different day

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# MEMORANDUM

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- Due to the visits being held outside, extreme weather may cause a change in the schedule for the day. Orchard Woods will make all efforts to cancel the visit with appropriate notice.
- A team member will be present for all visits to ensure that all participants are following appropriate social distancing and face mask protocol.
- Orchard Woods remains closed to guest entry and will not be accessible during outdoor visits.
- While the Virginia Department of Health has approved outdoor visitation, they can decide to pause outdoor visitation for our community, if deemed necessary. We will keep you informed of any changes.

**Communal Dining.** In March, communal dining was one of the very first adjustments that we made to our daily operations in order to protect residents. Now, residents are able to enjoy the company of one another while dining. Socially distanced dining is practiced throughout Orchard Woods, including two seatings for meals. It brightens our day to see their faces light up as they enjoy dining together again!

**Expanded ConnectedLiving opportunities.** Throughout our visitation restrictions, our ConnectedLiving team has continued to provide residents with opportunities to engage in body, mind and spirit. As restrictions are lifted in the neighborhoods, we are able to provide programming in small groups of three residents, still socially distanced and still with face masks, as appropriate. Small group exercise classes will also begin soon with Engage Center team members.

We continued our universal COVID-19 testing for residents and team members this week on September 1-2; results are anticipated early next week. Over the previous two weeks of testing, all COVID-19 test results have returned negative for both residents and team members.

Although we are beginning to move around the community in different ways, our care plan meetings will still occur by virtual meeting or by phone. We will continue to monitor our approach to assure we are continuing to take all necessary precautionary measures to keep residents and one another safe. Though we are easing some of our restrictions, we continue to stay mindful in following appropriate infection control practices and properly utilizing personal protective equipment.

We are extremely proud of the progress that the team continues to make to keep COVID-19 out of our building. We will definitely enjoy this current phase that allows outdoor visits, but we certainly look forward to the opportunity to expanding to the next phase.