



INDEPENDENT LIVING RE-OPENING – **PHASE 2B**

EFFECTIVE AUGUST 31, 2020

*As communicated through Town Hall, we will move forward in our reopening plans with Phase 2B beginning Monday, August 31. Phase 2 plans that were initiated on July 13 remain current EXCEPT in regard to the below updates. The most notable shift for Phase 2B is the **welcoming of visitors inside of apartments and cottages**, adhering to the established protocols as outlined below. Please be reminded that everyone must continue to practice the **3W's: Wash Hands, Wear Masks and Watch Your Distance (at least 6 feet).***

ConnectedLiving:

- Small group indoor and outdoor classes led by Orchard Ridge team members or residents permitted; social distancing and wearing of masks required
- Visiting presenters and entertainers (individuals or groups of no more than four) are permitted in the Chapel area; these visitors will be coordinated by ConnectedLiving, adhering strictly to visitor protocol

Libraries: Main Library open without restricted hours; social distancing, wearing of masks and use of hand sanitizer when entering and exiting the space required; Main Library continues to be the only library location to accept library returns; daily Orchard Ridge newspaper subscriptions will be placed in the Main Library for resident use at tables

Specialty Shoppe: Resident managers and resident volunteers permitted in the shop; capacity limit of no more than three with social distancing and masks required; Specialty Shoppe to begin catalog shopping soon; catalogs and order forms located in the Resident Business Center; completed orders distributed through the Mail Depot for resident pick up

Therapy Pool: Capacity limit moved from one resident to two residents in the pool with 10 feet of social distancing maintained

Welcoming Visitors to the Orchard Ridge Community (Independent Living):

As we begin to welcome non-essential visitors to the community, the risk to COVID-19 exposure is greater for everyone. While the below protocols will help mitigate these risks, there is still concern. It is imperative that residents read and understand the following information and that residents take responsibility for their own visitors, making sure that everyone understands the protocols for our community. We are in this together!

Visitors: Family/Guests (important/necessary persons that support the mental, physical and spiritual well-being of residents)

- Limit of two visitors per household per day; daily visitation hours, 7:30 a.m.-6:30 p.m.; visitor limit also includes children; outdoor spaces are available and conducive for groups of visitors greater than two and less than four

- Visitors are required to enter and exit through the main lobby and participate in the established COVID-19 screening and check-in/check-out protocols; visitors should not enter and exit through remote door locations or through patio doors of residences on the first floor
- Following check in and screening, visitors should travel directly to the apartment or cottage of the resident they are visiting
 - Visitors are not permitted to visit and linger in communal spaces
 - Visitors are not to use Orchard Ridge restrooms, but instead use a restroom in the residence they are visiting
- Visitors are not permitted to enter the residences where residents are on quarantine or isolation, unless for end-of-life and emergency care; special circumstance decisions will be made by the Care Coordination Team
- Visitors may ride the elevator with the resident or resident couple with whom they are visiting, however, other residents are not to ride with them
- Visitors are required to wear masks and adhere to social distancing while inside the building and while in the residence of the resident they are visiting; residents should communicate to their visitors ahead of time that they will be required to wear a mask and that Orchard Ridge will not supply the mask; children two years and older should also wear masks
- To prevent the possible chain of exposure, it is recommended that residents don't visit other residents in their apartments or cottages because this increases the risk of exposure; for residents who participate in visitations with family, guests and in-home service and repair providers, the increased exposure from these visits would increase exposure to other residents if these same residents then also participated in visiting other resident households

Visitors: In-Home Service and Repair Providers (contacted and coordinate by residents)

- If resident invites an in-home service and repair provider, the visit counts towards the daily per resident visitor limit (two visitors per household per day)
- Service and repair providers invited by resident should be escorted by the resident directly to and from the residence and must adhere to all established check-in/check-out, COVID-19 screening and Orchard Ridge visitor protocols; if a resident is unable to escort the vendor, the resident is responsible for coordinating an escort on their own
- Residents should adhere to the following when welcoming a service or repair provider into their residence:
 - Require that the service provider wear a mask at all times during the visit
 - Resident should wear a mask at all times during the visit
 - Service provider and resident should stay at least 6 feet from each other and interactions between the service provider and any other residents, household members or pets of the resident should be limited
 - After the service is completed, resident should clean and disinfect any surfaces that were touched by the service or repair provider

Important note: The CDC standards for retirement communities has identified three risk setting categories when welcoming visitors to communities:

- 1.) Lower Risk Setting: non-essential visitors are not permitted in the building

2.) More Risk Setting: non-essential volunteers and visitors are permitted, but limited

3.) Higher Risk Setting: non-essential volunteers and visitors are not restricted

Prior to Phase 2B, Orchard Ridge was identified as a 'lower risk setting.' With the shift to Phase 2B, Orchard Ridge moves to the 'more risk setting.' This requires that all residents understand and adhere to the protocols for welcoming visitors to our community.

*Residents have requested clarification on the Orchard Ridge protocols with isolation and quarantine.
Please note the following:*

Isolation:

- **Definition:** Isolation keeps people who are already sick and infected with a contagious illness away from those who are not infected to keep the disease from spreading
- **Orchard Ridge Isolation Guidelines:**
 - Residents who have the COVID-19 virus are required to self-isolate in their apartment or cottage
 - Residents who tested positive and never developed symptoms can return to personal activity after 10 days
 - Residents who tested positive with mild to moderate symptoms can return to personal activity if:
 - At least 10 days have passed since symptom onset **and**
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
 - Other symptoms have improved
 - During isolation, residents **are not to come out of their apartment or cottage**; meal and mail delivery, as well as garbage removal will be coordinated through the various departments that provide these services; detailed information about how to access these services will be provided to the resident at the beginning of the isolation period
 - Transportation Services of Orchard Ridge will not provide any transports to residents in isolation; if there is a medical emergency during the isolation period and need for a transport, an outside transportation service must be used
 - Caregiver agencies are permitted to provide services for residents in isolation using proper personal protective equipment (PPE)
 - Team members will only enter apartments or cottages for emergency-related services while resident is in isolation; proper PPE required
 - Family members are permitted entry into an apartment or cottage during resident isolation only in end-of-life situations or in rare occasions when deemed medically necessary by the Care Coordination Team; proper PPE required
 - Walking or outdoor activity is not permitted
 - Following CDC guidelines, spouses, partners or housemates of residents who are on isolation are required to remain in their apartment or cottage for the 10-day isolation period of the isolated resident, and then either for an additional 14-day quarantine period (if the uninfected

resident did not contract the virus), or for an additional 10 days from the onset of symptoms (if the resident did contract the virus)

Quarantine:

- Definition: Quarantine separates and limits movement of people who may have or have been exposed to the disease to see if they become ill; this can help prevent the spread of illness from people with COVID-19 before they feel ill or have symptoms
- Orchard Ridge Quarantine Guidelines:
 - Residents will be required to quarantine for the following reasons:
 - Spouse/partner/housemate in the same apartment or cottage is on isolation or quarantine
 - Winchester Medical Center, any hospital, urgent care facilities and emergency room visits or stays
 - Post travel within the state of Virginia to an identified 'hot spot' by the Virginia Department of Health
 - Post travel out of state, unless to an adjoining state and travel was not to an identified 'hot spot'
 - Quarantine will last for 14 days and will be calculated from the last contact date with the potential virus; residents in quarantine should stay home, separate themselves from others, monitor their health and follow Orchard Ridge quarantine guidelines
 - During quarantine, residents **are not to come out of their apartment or cottage**; meal and mail delivery, as well as garbage removal will be coordinated through the various departments that provide these services; detailed information about how to access these services will be provided to the resident at the beginning of the isolation period
 - Orchard Ridge Transportation Services might be able to provide a non-emergency medically necessary transport, however, whether a transport occurs remains at the sole discretion of Transportation Services, and residents participating in a transport while on quarantine will need to follow additional precautionary measures as directed by the driver
 - Caregiver agencies are permitted to provide services for residents in isolation using proper personal protective equipment (PPE)
 - Team members will only enter apartments or cottages for emergency- related services while resident is in isolation; proper PPE required
 - Family members are permitted entry into an apartment or cottage during resident isolation only in end-of-life situations or in rare occasions when deemed medically necessary by the Care Coordination Team; proper PPE required
 - Walking or outdoor activity is not permitted

The Reopening Team continues to recognize that we are all challenged by the crisis that we are experiencing and that there are many different views as to how we need to continue to function as an Orchard Ridge community, accepting that COVID-19 still remains a real threat to us now and in the coming months. Many thoughtful hours of consideration continue to guide our actions as we make decisions focused on safety, caution, data and efficiency. The team appreciates your support as we work together to stay safe!