



PATH FORWARD

Orchard Ridge Independent Living

March 22, 2021

As a community, we continue to plan for a soft, rolling expansion of programs and services **beginning the week of March 29**. Team members are excited to engage with residents in new and different ways over the next weeks and months, and grace and patience is necessary for all of us as together we learn and adjust to new daily rhythms.

The information contained on this sheet provides some very specific updates on the expansion of services and what residents can expect, however, before sharing those details, it is necessary to focus on some safety guidelines by which we all are required to adhere as we continue to mitigate risks that are associated with the virus, even post-vaccine.

Per the CDC, "Because information is currently lacking on vaccine effectiveness in the general population; the resultant reduction in disease, severity, or transmission; or the duration of protection, persons should continue to follow infection prevention and control recommendations to protect themselves and others from SARS-CoV-2 infection, regardless of their vaccination status. People who have been fully vaccinated can start to do some things that they stopped doing because of the pandemic, however, even after you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more."

In consideration and adherence of this expert recommended advice, the following routine infection and prevention control guidelines are set for our Orchard Ridge community and it is required that all residents adhere to these established guidelines while in our Orchard Ridge public common area:

- **Wear your mask.** A well-fitted mask, covering both the nose and the mouth, must be worn while in all public common areas throughout Orchard Ridge. The mask must be worn when entering and exiting the dining areas or any other locations where food is served, and should only be removed during those times while eating and drinking.
- **Watch your distance.** Physical distancing of at least 6 feet must be maintained throughout the public common areas of Orchard Ridge. In order to adhere to this standard, capacity limits will be determined by management and either posted where necessary or seating will be set to manage the flow of residents in the areas.
- **Wash or sanitize your hands.** Hand hygiene continues to be a best practice. Both mounted hand sanitizer stations and smaller bottles of hand sanitizer are located throughout Orchard Ridge. Residents are required to use hand sanitizer upon entry and when exiting from programs and services in all public common areas.

EXPANDED PROGRAMS & SERVICES:

- ConnectedLiving and Religious Programming: Programs, public activities, worship opportunities, social gatherings and the like, will also begin to expand during the soft reopening. Details will be communicated over Touchtown and by ConnectedLiving over the coming weeks. You are encouraged to keep yourselves informed by looking for these future announcements.

- Dining: Expanded menu offerings and seated service will begin Monday, March 29.
 - As communal dining reopens, capacity will be limited to the number of residents that can dine at one time while maintaining an appropriate physical distance. This means that not all tables and chairs in the dining areas will be available for residents who choose communal dining.
 - Because seating will be somewhat limited, seating is limited to residents only. At this time, visiting guests to the community will not be able to be seated in the dining areas until further notice.
 - Residents are able to coordinate to-go meal options from dining for themselves and their guests.
- Engage Center: Fitness Center and Aquatic Center hours are expanding. Lockers rooms will open for use beginning March 29, with the exception that showers will remain closed.
 - Fitness Center: Beginning Monday, March 29, the Fitness Center will open daily from 6 a.m.-11 p.m., by appointment only.
 - As we plan to enter this new phase of expansion, both fitness and therapy team members are working with EVS to make some shifts to the location of the fitness equipment in the room. If you need to be reoriented or reeducated on the use of the fitness equipment, please reach out to fitness specialists, Brittney Briscoe or Jenna Minichiello.
 - Aquatic Center: Aquatic Center offerings will expand as follows:
 - Aquatic Center hours will expand soon to include Saturday hours, 8:30 a.m.-1 p.m. We are working through the start date for these expanded Saturday hours and will communicate an update soon.
 - A reopening date for the spa in the Aquatic Center will be communicated as soon as the governor lifts the mandate that spas remain closed.
 - Aquatic equipment is available for resident use starting March 29.
- Salon & Massage Services: Both salon and massage services will resume the week of March 29 and are available by appointment only. Please remember that there are limited hours by which our service providers are able to provide these services, therefore, it's going to take a while for them to serve all those residents who have interest.
 - For the salon, our stylists will reach out to those residents who had appointments scheduled that had to be cancelled when the salon was closed. These residents will have first priority. It is anticipated that by mid-April the stylists will be responding to requests for new appointments.
 - Appointments for massage services can be scheduled by calling 540-535-5604.
- Transportation Services: Transportation will continue to be available to meet resident needs for scheduled medical appointments. Some shopping and special event type trips will resume to safe locations where protocols are followed. Details will be communicated through Touchtown and on the resource table.

PATH FORWARD FAQ:

- **If I am fully vaccinated, can I visit with other fully vaccinated people or those who have not been vaccinated?**
 - Fully vaccinated people can visit indoors with other fully vaccinated people without wearing masks or staying 6 feet apart.
 - Fully vaccinated people can visit with other unvaccinated people from one other household indoors without wearing masks or staying 6 feet apart if everyone in the other household is at low risk for severe disease.

- All public and private in-person gatherings of more than 10 individuals, regardless of vaccination status, who do not live in the same residence are prohibited. A “gathering” includes, but is not limited to, parties, celebrations, or other social events, whether they occur indoors or outdoors.
- **Are overnight stays permitted on campus?**
 - While updates have come out regarding visits in the homes of vaccinated or unvaccinated people, new updates from the CDC have not come out regarding overnight visits. The CDC does indicate that if you, someone you live with, or anyone you plan to visit is at increased risk for severe illness from COVID-19, delay travel and stay at home. If you must travel, stay in separate accommodations like a hotel, guest house, or short-stay rental. There are tips for staying overnight or hosting overnight guests and these will be available on the resource table.
- **Are overnight stays in the guest suites permitted?**
 - Yes. Reservations can now be placed to accommodate overnight guests.
- **Will I be required to self-quarantine or be quarantined under legal order? If so, for how long?**
 - No. Travelers are not required to quarantine and will not be quarantined under a legal order. However, the Virginia Department of Health (VDH) urges people to avoid non-essential travel to slow the spread of COVID-19. If you must travel, VDH recommends that travelers entering the state or returning home from travel outside of the state self-quarantine for at least 7 days. Since you are strongly urged to self-quarantine following travel, Orchard Ridge is prepared to assist with the delivery of food and other essential needs for residents who do quarantine.
- **Will Orchard Ridge be providing COVID-19 testing?**
 - No. We do not have the resources to test at this time. It is encouraged that you get tested at your local pharmacy.

Hopefully the above information is useful as we begin to plan for enhanced program and service offerings in the next weeks. As the Path Forward team continues to review and research the latest information available through the CDC, VDH and from the governor’s office, we are committed to communication and education. To stay informed, tune in each Friday to channel 977 through Touchtown to view weekly Town Hall presentations. Written information will also be communicated through Touchtown announcements and written memos and information sheets.

The above information and guidance is provided as together we make the best and safest decisions for our community. Within that guidance there is more responsibility for personal decisions about what happens in your cottages and apartments, as well as what you engage in off of campus. We will continue to educate you as to the best practices we recommend you follow to keep you and this community safe as you re-engage your family as well as activities away from Orchard Ridge. We celebrate with you these opportunities you now have to begin engage in life that begins to look a little more normal.

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