

ALDERSLY PHASE 1-B GUIDELINES – RED Effective December 11, 2020

VISITORS - OUTSIDE FAMILY/FRIENDS

We understand the need to see your family and friends physically. Family and friends can visit residents in Independent Living only under the following guidelines:

- Per Marin County Order: All visits are only allowed outdoors.
- Each person must practice required physical distancing (6 feet or more).
- All visitors and residents must wear a mask (cover nose and mouth) and practice hand washing before/after the visit.
- Visiting groups are limited to two guests due to physical distancing.
- Visits should be limited to 30 minutes or less to prevent long exposure to each other.
- Assisted Living and Health Center will continue conduct visits in the Visitation Area Only.–Visitors are still not allowed indoors.
- Essential visitors will still be allowed as long as they are properly tested and enroll in the Aldersly Essential Visitor Program.

14-DAY QUARANTINE REMAINS

Quarantine remains for those people who go offsite and interact with the “general public” to include:

- Physically going into the grocery store
- Physically going with another person or to another person’s home

CURBSIDE PICK-UP

Independent Living residents can continue Curbside Pick-up for groceries/restaurants.

- We are asking Residents to stay in their cars and use touchless pick-up.
- No quarantine will be necessary if the Resident stays in their car.

TRANSPORTATION

- Transportation is only available for medical appointments.
- No LYFT, taxi or rideshare is available at this time.
- Residents who leave the campus for any reason other than medical appointments must follow quarantine guidelines upon return.

MEDICAL APPOINTMENTS

You will be asked to self-monitor for 14 days upon return from a medical appointment.

- Please report any unusual readings to AL Nursing and return the log to the Front Desk at the end of your self-monitoring period.
- Please remember, if you do not feel well or show signs/symptoms of COVID we are asking you to stay in your apartment and report your symptoms to AL Nursing or the Front Office.

COMMUNITY LIFE ACTIVITIES

Indoor activities will be scheduled for small gatherings (less than 8 residents) with appropriate physical distancing. Masks are required for activities.

Residents will still be able to conduct card games and Rummikub with masks.

Large events and exercise programs will still be held via ZOOM meetings.

OFF PREMISE WALKING/BIKING

Walking and biking will be permitted on/off the Aldersly campus.

Please check in/out of the Front Desk and observe social distancing if you encounter others during your walk or ride.

ALDERSLY PHASE 1-B GUIDELINES – RED (CONTINUED)

DINING SERVICES

Meal delivery to apartments will still be provided for Lunch and Dinner.

Breakfast is available for pick-up daily in the Main Dining Room.

No guests are allowed for meals at this time.

Dining Services will be limited during Christmas and New Year's Day, with one large lunch planned and take-home dinner.

For daily meals:

- Mark on your Order Sheet the prior day if you would like to pick up your meal and eat in the patio areas.
- Write in special notes or drinks you would like when meals are delivered.
- Drinks will be distributed before meals.

RESIDENT SERVICES

Maintenance is performing work orders as needed.

- Resident should leave or stay in an alternate room while staff are in the apartment.

Housekeeping is providing only essential linen service and bathroom cleaning as necessary.

- Resident should leave or stay in an alternate room while staff are in the apartment.

FITNESS STUDIO & SALON

- The Fitness Studio will remain closed. This is because residents may find it difficult to breathe wearing a mask and exercising.
- The Salon is closed for hair and massage services at this time.

SOCIAL INTERACTION

Face covering are mandated by the state for all people during person-to-person contact.

Residents must still follow appropriate physical distancing of 6 feet.

Wash your hands frequently.

ROSENBERG ASSISTED LIVING ACCESS

The Assisted Living will remain closed to indoor visitors and outside non-essential personnel.

Residents may still see visitors in the visitation area.

Assuming no positive cases are acquired, residents will have small group activities on the second floor.

Contractors on the first floor are following the same guidelines as staff at Aldersly.

Assisted Living will have their own Phased Guidelines published for each phase.

HEALTH CARE CENTER ACCESS

We continue to follow the California Department of Health mandate, restricting visitation and travel between Independent Living, Assisted Living, and the Health Center.

Residents may still see visitors in the visitation area. Visitors are NOT to enter by the Nurse's station, but at the Front Office and be escorted to the visitation area.

The Community Life team will continue virtual visits for residents and their families. Families can coordinate visits for residents in the Health Center with Valerie Davis-Rucker at 415-452-7425 Ext. 126.

The Health Care Center will have their own Phased Guidelines published for each phase.