

# ALDERSLY PHASE 3-B GUIDELINES – ORANGE Effective March 18, 2021

## VISITORS - OUTSIDE FAMILY/FRIENDS

Family and friends are allowed to visit in your apartments with proof of vaccinations.

- Visitors MUST sign in at the Front Desk and provide proof of vaccination; sign out when visit is over.
- Visitors are not allowed to visit any common areas i.e dining room, outside sitting areas, Bocci Ball court, and/or Hendrix Hall etc.
- 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.
- Any family or friends coming on campus without following protocol will be considered in violation of the residential contract.

## OFF-CAMPUS TRAVEL

Though we do not recommend going off campus, Independent Living residents can now resume outside activities and self-monitor when they return. We do require each resident to sign an 'Assumption of Covid Risk and Waiver Form' before you leave. If you are not sure that you have signed one, please contact the Front Office.

- Residents MUST sign out using the Aldersly kiosk for EVERY trip off-campus.
- We are asking Residents to keep your mask up at all times while you are away and keep proper physical distance. KN-95 masks are available for protection.
- Aldersly discourages eating indoors or in close public areas at this time but approves all outdoor dining.
- Avoid prolonged exposure with any one unknown person for greater than 15 minutes.

## TRANSPORTATION

Transportation is available for medical appointments/essential trips.

Quick trips to the Montecito Shopping will begin again, but at a different time to accommodate smaller crowds.

No LYFT, taxi or rideshare is available at this time.

## MEDICAL APPOINTMENTS & ESSENTIAL TRIPS

We understand the need for routine medical appointments or essential trips.

- You must sign out of the community every time you leave the campus. Sign back in when you return.
- 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.

## OFF PREMISE WALKING/BIKING

Walking and biking will be permitted off the Aldersly campus. Observe social distancing and mask wearing.

## COMMUNITY LIFE ACTIVITIES

Masks are required for activities.

Indoor activities will begin for small gatherings (less than 25 residents) with appropriate physical distancing.

Large events and exercise programs will still be held via ZOOM meetings or outside, depending on the nature of the activity.

## DINING SERVICES

Breakfast, Lunch and Dinner will be provided in the Main Dining Room. No more than 25 residents during each meal service.

No guests are allowed for meals at this time.

No self-service is allowed at this time.

Dining Services will be offering 1 seating for breakfast and 2 meal seatings for lunch and dinner.

## **ALDERSLY PHASE 3-B GUIDELINES – ORANGE (CONTINUED)**

- Breakfast will begin at 8:00am
- Lunch will have service at 11:30am and 12:30pm
- Dinner service will be at 5:00pm and 6:00pm
- Daily menu will resume with 3 entrée options and a robust always available menu.

Meal delivery will still be available for residents who do not wish to do community dining.

Residents who are quarantined will have meals delivered after the first meal service.

### **FITNESS STUDIO & SALON**

- The Fitness Studio will be open by appointment only. Appointment times available are 7:00am, 9am, 11am and 1pm. Please sign up at the front desk to use the studio. This allows housekeeping to clean between each appointment.
- The Salon is open by appointment only. Please contact the stylist directly for booking. Only one person at a time.
- No Massage services at this time.

### **RESIDENT SERVICES**

Housekeeping will continue to schedule an intensive cleaning of each apartment in March. Housekeeping services will begin standard cleaning every other week. This will include general cleaning, light dusting, and vacuuming. Maintenance services will complete work orders as available.

Resident should leave the apartment while staff perform deep clean or are in the apartment for longer than 30 minutes.

### **ROSENBERG ASSISTED LIVING ACCESS**

The Assisted Living will remain closed to visitors and outside non-essential personnel. Residents may still see visitors in the visitation area.

Assuming no positive cases are acquired, residents will begin having small group activities within each floor.

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

### **HEALTH CARE CENTER ACCESS**

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

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

Visitation occurs directly in the Health Center building using the Lobby Area. Please sign-in at the Front Office first.

The Community Life team will continue to facilitate virtual visits for residents and their families. Families can coordinate visits for residents by contacting the Front Office.

### **ALDERSLY STAFF MEMBERS**

Due to HIPPA regulations, residents are not allowed to ask about the vaccine status of any staff member. To be safe, you must assume that any staff member is not vaccinated.