



September 8, 2020 Independent Living Community Update

Covid -19: As always, we stay current with guidelines provided by the CDC, AzDHS and Maricopa County Health Dept. We will continue to monitor and evaluate all of this information and adjust as appropriate. The good news is that Arizona numbers are continuing to show improvement in terms of new cases and hospital bed availability which allows us to expand some services.

As we implement the latest expansion, please know that we are progressing in cautious steps. This is uncharted territory for all of us and your patience will be very much appreciated by staff.

Always know that we remain committed to helping reduce the spread of COVID-19 within our senior living community. Residents, staff and visitors must wear a facemask or cloth face covering anytime social distancing is not possible. Staff and visitors are required to symptom screen each day upon arrival to our community. Residents are health screened each time they enter the office or use our transportation service. Staff are continually trained to follow infection control protocol. We cannot guarantee our efforts will keep residents from contracting the virus, however our number one priority continues to be the health and safety of our residents and staff.

FREQUENTLY ASKED QUESTIONS:

How many cases in our Fellowship Square Historic Mesa Community?

Currently we have NO known cases in our Independent Living, Assisted Living and Memory Care communities. We also have no known staff cases. Praise God! Any other previously reported cases have completed their quarantine period.

How can you get a test? We recommend you call your primary care provider if you are concerned and want to get a test. Testing is available locally at FastMed urgent care and CVS. Residents may call Life Enrichment for transportation information to testing sites.

In addition, Dispatch Health can come do Covid-19 testing in your home. They only do the nasal swab test with results expected in 2-6 days. They encourage you to check with your insurance company to verify coverage before you contact them.

What happens if a resident tests positive? Residents who test positive are asked to inform Security so that we can implement our quarantine protocols. It is the responsibility of the testing site to contact Maricopa County Department of Health and they will do contact tracing, however we also ask the resident who they may have been in close contact with so that we can inform them and request they get tested.

Self Quarantine: We continue to advise residents to stay home and self-quarantine for 14 days if any of the following apply:

- 1) they have a fever or respiratory symptoms
- 2) they are told to by their health care provider that they should self-quarantine
- 3) they test positive for Covid-19 or have been tested and are awaiting results
- 4) they go to a high risk location like a hospital (unless they come back with a negative test)

When can our community get back to normal? This week we are so pleased to be expanding our dining services and exercise programs. Again, we will progress with cautious steps as your safety is our top priority.

New this week!

- **Dining rooms reopen today, September 8th.** All residents should have received notices with details on your doors but here is a quick recap:
 - Center Dining Room
 - Lunch/Dinner
 - Mon-Sat 11:30am–5:30pm, Sunday 11:30am-2:30pm
 - Breakfast only available in Grand Dining room
 - Enter only through South community room door next to gym.
 - Capacity limited to 66 to ensure social distancing per Health Dept guidelines
 - Grand Dining Room
 - Breakfast - 7 days per week, 7am – 9 am
 - Lunch/Dinner
 - Mon-Sat 11:30am–5:30pm, Sunday 11:30am-2:30pm
 - Enter only through the community room door.
 - Exit only through double doors
 - Capacity limited to 52 to ensure social distancing per Health Dept guidelines

- Both Dining Rooms
 - While waiting, please observe social distancing.
 - Temperatures will be taken before admission to dining room.
 - Full menu with multiple entrée and side choices
 - All meals will be \$9.00 and include a choice of soup or salad, entrée, two sides, dessert and beverage.
 - Residents only - no guests allowed at this time.
- Dining and Take Out Service available
 - Limited menu – 2 choices of meals
 - Delivery charges waived until further notice.
 - Menus and order forms placed on doors and picked up
- **Senior Fit Gym reopens this week!** See participant safety guidelines and schedule that was distributed with your newsletter. Advance reservations are required for an individual workout, group class or education session. Social distancing and cleaning guidelines provided by the Health Dept and Symbria Health will be strictly adhered to. SeniorFit instructor, Matt Clark is excited to see everyone there and encourages you to call him with any questions or to reserve your spot at 480-290-7012.

Other measures remaining in place:

- East/West gates remain locked.
- Small group activities continue for up to 6 residents at a time. Please refer to the Activities calendar that was delivered to your door.
- Swimming pools – currently 3 time slots available M-F and Saturday for all pools.
 - Reservations for swimming and other activities are required through Life Enrichment.
- Nonessential visitors are welcome but are required to wear a face covering, conduct a brief health screening and only go to the apartment. Your visitors are encouraged to make deliveries of packages and groceries to you but try to limit the number of visitors to reduce exposure.
- Package service delivery from outside carriers to your door resumed on June 15th.
- Housekeeping is back to full service – twice per month.

What is not changing just yet:

- NO Guests in common areas (pool, dog parks...)
- No transportation except for individual essential medical appts and essential shopping. Bank trips on Fridays only.
- Limited spots available by reservation – health screening required.

- Community rooms and common areas open to scheduled activities only
- Enhanced cleaning and disinfecting of common areas
- No volunteer lead programs – only staff
- Resident communications will continue to be delivered to apartments.
- Grand beauty shop open by appointment only with precautions

Country Store: Deliveries are twice per week – Mondays & Thursdays for the Grand/west side and Tuesdays & Fridays for the Center/east side. Residents may continue to place their orders at any time and they will be fulfilled on the next scheduled delivery day.

We promise to be transparent and forthcoming, as situations develop and change. Updates will continue to be communicated in a timely manner via hand delivered notices and on Channel 1960.

Please ask your family members to continue to watch our website and Facebook page for these updates. Have a blessed week and stay well!