



FELLOWSHIP SQUARE HISTORIC MESA

The Next Normal for Independent Living

Plan June 1, 2020

Older adults are at high risk for complications from the Coronavirus (COVID-19). Fellowship Square Historic Mesa will implement a phased re-opening of our campus amenities. The safeguards that have been implemented will remain until the phase where lifted. Timing changes, additional precautions and restrictions are at the discretion of the Executive Director. Fellowship Square Historic Mesa will continue to adhere to the Coronavirus guidelines from the Centers of Disease Control and Prevention (CDC), AzDHS and Maricopa County Department of Public Health. Residents may continue to self-quarantine as they determine safely, even with all the precautions there is risk.

Precautions that will remain in place until further notice **through all phases:**

- Staff will continue to wear mask or cloth face covering when they are within 6 feet of residents or other staff. They will have a brief health screening that includes temperature check at the beginning of each shift. Staff will continue infection control protocols and receive proper training.
- Proper social distancing will be implemented where practical. Maximum number of occupants on elevators should be no more than two persons at any time.
- Enhanced cleaning and disinfecting of common areas will continue including high touch areas.
- Visitors, Staff and Residents are reminded by signage at entrances to stay home if they have symptoms of respiratory illness.
- Self-Quarantine for 14 days is required if your doctor has requested residents self-quarantine **OR** tested positive for COVID19 **OR** have been to a high risk location (i.e. hospital, nursing home, emergency room or rehab). Residents are required to notify staff so extra precautions can be taken for the safety of staff and residents.
- East and West gates will remain locked.

The following phased in approach will be implemented and are subject to change as best practices emerge:

Phase I cautious return of select services:

June 1, 2020, Monday

- Beauty Shop reopens by appointment only with beautician and clients (residents only) wearing a mask or cloth face covering. No more than two clients in the shop at one time. Hand Sanitizer will be available and equipment will be disinfected between uses. Beauticians will have a brief health screening daily. Salon gowns worn by beautician and clients will be cleaned after each use. Limits will remain until further notice.
- Small group activities of 4 or fewer residents will begin. **See the calendar from Life Enrichment for opportunities and details.** Staff member required to attend and disinfect after each use. Proper social distancing, sanitation and PPE. Limits will remain until further notice.

June 8, 2020, Monday

- Swimming pools with a maximum of 3 or fewer residents allowed in at a time Monday - Friday. Reservation required. Proper social distancing, sanitation and PPE. Limits will remain until further notice.

Restrictions that continue in phase I:

- Visitors will continue to be limited to essential visitors or end of life. A brief health screening and mask or cloth face covering required.
- Deliveries to the drop zone continue.
- Meal service will continue with delivery only.
- Limited individual transportation continues to essential medical only.
- Community gyms remain closed with channel 1960 programming.
- Community rooms and common areas open to scheduled activities only
- Resident communications will continue to be delivered to apartments.
- Housekeeping continues once per month
- No volunteer lead programs
- Country Store Deliveries will continue Monday – Friday

Coming soon Phase II of the reopening strategy!

Continued Key Reminders About Staying Well

- Wash your hands with soap and water for at least 20 seconds, especially after coughing or sneezing. Respiratory droplets are the most concerning for the mode of transmission.
- Take everyday precautions to keep space between yourself and others. The CDC's minimum guidelines are six feet apart.
- Eat well, stay healthy and reduce your fear and anxiety as it can be overwhelming and affect your overall wellbeing.
- If you cough or sneeze, please contain it (not with your hands) and keep disposable tissues available and place in the trash after use.
- Watch for fever, cough, and shortness of breath. Contact your doctor or medical provider.
- Avoid touching your face, nose and eyes.
- Avoid traveling and coming in contact with someone who has traveled recently.
- The CDC has recommended "cloth face covers" to be worn if you go out in public. This is meant to protect other people in case you are infected.
- Residents are allowed to leave campus; however, in an abundance of caution, we ask you to minimize trips.

