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Dear Independent Living (IL) Residents and Family Members,

We continue to provide updates and follow protocols to keep the Culpepper Garden community safe and healthy during the continuing COVID-19 pandemic.

In the independent living part of our community, Culpepper Garden I and II,

- One positive resident has completed self-quarantine and have been cleared by their medical service provider.
- 135 IL residents participated in a voluntary COVID-19 testing event offered on December 16th. Two residents tested positive. This is a 1.4% positivity rate. The two residents who tested positive are in self quarantine continue to experience no symptoms. They are being delivered meals and are receiving other in-building services to assist them through the quarantine period.
- No additional positive test results have been reported during the last week.
- The two staff members who tested positive while out of the building continue to isolate and are currently exhibiting no symptoms. They will not return until cleared.
- Weekly IL staff testing for this week has been rescheduled to Monday, December 28, 2020 due to the testing lab being closed.
- As of today, we have no scheduled COVID-19 vaccination clinic. Culpepper Garden has signed up as a participant in the Pharmacy Partnership of Long-Term Care Program as a participant in the first phase of the vaccine. It is our understanding at this time that nursing homes will receive first priority in this first phase, then assisted living, and then independent living. A separate update will be sent as soon as any firm information or timeline is received.
- We invite you to a virtual program to learn more about the vaccine on Tuesday, December 29 at 2 pm. Please visit our website to learn more.
<https://culpeppergarden.org/webinar-the-covid-19-vaccine-answers-to-your-questions/>



A Non-profit Retirement & Assisted Living Community



Thankfully, all resident test results in assisted living this week were negative. We continue to work closely with the Arlington County Health Department and follow Centers for Disease Control and Virginia Department of Health guidance.

Arlington County continues to experience a high community positivity rate. We continue to ask for the cooperation of our residents, staff, and families to limit the spread of COVID-19 into our IL community.

- We continue advise residents to stay home and avoid unnecessary trips or visitation plans outside of the building. With the Christmas and New Years holidays imminent, we are very concerned about family celebrations. The Thanksgiving holiday resulted in a severe spike in cases possibly due to these events not including COVID-19 safety protocols.
- We advise residents to stay in their units as much as possible.
- We must continue to emphasize that private health aides providing service to residents must comply with the protocols that Culpepper Garden has established. Compliance with these rules is the responsibility of the resident.
 - Aides must always wear a mask in the building in all areas, especially in the resident's apartment.
 - Aides are not permitted to congregate, take lunch, have phone calls, or take breaks in any public area of the building.
 - Aides are permitted to do laundry in the 5th floor laundry only.
- Family and friend visits even for essential reasons are potential transmission events and should be postponed indefinitely.
- All meals may be taken "to go" until further notice. The Dining Room remains open but the option to take your meal to go has been restarted. There are NO BEVERAGES "to go" except bottled water or unopened milk cartons.
- A new 15 meal plan is now available for any interested resident. This will allow residents the flexibility to have a meal delivered during any self-quarantine period.
- We continue to provide testing for Independent Living staff to identify individuals who are positive for COVID-19 but may be pre-symptomatic or asymptomatic.
- Access to Independent Living is restricted to only pre-authorized and screened privately hired and licensed medical providers or caregivers, essential persons, and staff. Authorized contractors must be approved in advance.

The following protocols remain in place:

- Staff are continuing to frequently disinfect common area surfaces.
- Residents should always require private aides, staff, or other essential health care workers to wear a mask and gloves while in their unit. The resident should wear a mask too!
- All staff & aides are screened upon entry with temperature checked and recorded.
- All aides are always required to wear masks and gloves in the building.
- All staff are always required to wear a mask in the building, including in units.

Anyone entering the building must be screened for signs and symptoms of COVID-19, including a temperature check. Please continue to follow the infection control measures as provided by the CDC:

- Wash and sanitize of hands for 20 seconds or more as often as possible; and avoid touching face, mouth, and eyes
- Wear a mask whenever in public or when an aide or staff member is in the apartment.
- Cover a cough or sneeze.
- Maintain a “physical distance” of at least six (6) feet from any other individual.
- Frequently disinfect areas of activity and touch points
- Monitor health for symptoms and stay away from others if sick.

We remain so thankful for all the support and prayers during this extraordinary time. Should you have any questions, please do not hesitate to contact me.

We wish you Happy Holidays and a healthy and prosperous New Year!

Sincerely,

Paul J. Timpane

Director, Property Operations