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January 15, 2021

Dear Independent Living (IL) Residents and Family Members,

We are two weeks into a new year! Here is the latest information and updates including protocols to continue keeping the Culpepper Garden community safe and healthy during the COVID-19 pandemic. Positive news for this report. We will work to keep it that way.

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

- ! No additional positive test results have been reported for residents during the last two weeks. No residents are under restrictions or self-quarantine currently.
- ! Weekly IL staff testing was completed Wednesday, January 13th, 2020. No new positive results from this testing. No staff are under restrictions or self-quarantine currently.
- ! We have three confirmed COVID-19 vaccination clinics to be held at Culpepper Garden. The vaccine provided is the two dose Pfizer. Doses are to be ~21 days apart.
 - o The first clinic was held on January 12th in the multi-purpose room. Three business days' notice was given for the event. Despite the tight timeline, we were able to vaccinate 225 people. 189 residents and 36 staff.
 - o The second clinic is scheduled for February 2nd. 2nd dose vaccinations will be administered along with other resident and staff 1st doses.
 - o The third clinic is scheduled for February 23rd for second dose vaccinations only.
 - o It was a tremendously exciting day for the residents and staff. We will be holding educational and sign-up events for residents and staff who did not receive the vaccine during this clinic. No extra doses were available, and none wasted.

Northern Virginia continues to experience a high community positivity rate. We remain very concerned about another surge but to date have not seen an increase at CG. 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.
- ! 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.



A Non-profit Retirement & Assisted Living Community



- 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.
- ! 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 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.

The starting of the vaccination program has given our community more than one shot in the arm. During the darkest days of winter, a quiet holiday and tragic infection numbers, getting so many residents and staff started on the vaccination protocol gave everyone a boost. We will remain vigilant and not let our guard down as a community. Thank you.

Should you have any questions, please do not hesitate to contact me.

We wish you Happy Holiday season and a healthy and prosperous New Year!

Sincerely,

Paul J. Timpane

Director, Property Operations