

On February 4, most residents across Valley Senior Living will have the full effectiveness of the vaccine. Our task now is to give residents the best quality of life possible within the current requirements. This document reflects a number of operational changes within our control and outlines what needs to stay the same for now. In the absence of new guidance from CDC, CMS, or the North Dakota Department of Health, this is the extent to which we can create a “new normal.”

1. Observation Unit:

- Regarding risk post-hospitalization – A 14 day isolation requirement still exists for hospital returns and new admissions.
 - Can fully vaccinated residents return to their neighborhood post-hospital stay? **No**
 - Can non-vaccinated residents return to their neighborhood post-hospital stay? **No**
 - Can fully vaccinated residents be admitted directly to a long term neighborhood if long term? **No**
Woodside Village will begin making plans for hospitalizations to return directly to the community. While it may not be considered optimal practice, there has been no outcome at Tufte or Wheatland with this practice. Community risk is much lower now as well. Since it is possible to continue this practice at VC, it will continue as is at this point but we will explore long term care hospital returns to go to a small group of rooms on the Riverside neighborhood.

2. Dining Services:

- Physically distanced 1 person per table dining will restart.
 - **Exceptions include married couples and roommates, may dine together at same table.**
- Will dining continue regardless of a single positive case?
 - **We will continue to follow visitation and service guidance from ND Department of Health. A single positive resident case will result in a neighborhood pause on dining.**

3. Recreation:

- Can residents from different neighborhoods get together in the same room in a smaller group, physically distanced, and masks?
 - Music therapy with Choir/Rock Band/Chime Choir. **Yes**
 - Resident council. **Yes**
- Can activities occur with food if only one person is at a table, example movie with popcorn, small baking activity?
 - **If communal dining is happening on the neighborhood, yes. If neighborhood is in outbreak status, no.**
 - **There is no food during activities with residents from multiple neighborhoods.**

- Can physically distanced activities continue regardless of a single positive resident case?
 - **Recreation can continue when a single resident case has occurred, but the group may not exceed 10 people. If transmission occurs to a second resident in the neighborhood, activity will stop for 14 days.**

4. Overall Staff:

- Can in person meetings resume if there is space to physically distance in addition to mask?
 - **Yes to all. In person meetings can continue on a neighborhood basis even if a single resident has been positive on a neighborhood unless it is a more significant outbreak.**
- Are meetings between buildings able to resume in person?
 - **Yes. Some meetings may make sense to continue virtually due to convenience and preference. Zoom or some similar platform will permanently be a part of how we operate for some meetings.**
- Should staff that have supervisory responsibilities in multiple neighborhoods resume physical presence on those neighborhoods
 - **Absolutely! We have been extremely careful to not potentially add to exposure for residents/staff, but staff can resume activity throughout the building as prior to the pandemic.**
- Will QAPI – Monthly Quality of Life, Quality of Care meetings resume in February?
 - **Yes, these meetings are being scheduled now.**
- Where/when is it ok to not wear eyewear or mask when staff are not around residents? Ex. meeting rooms, offices, etc?
 - **No changes in PPE use at this time for mask and eye protection, both remain required.**

5. Visitation:

- When a community has 14 days with no staff or resident cases, we will proceed with
 - **One designated indoor visitor during visiting hours. In the future we will move back to one visitor at a time, but consensus among the Command team is that we are not comfortable moving to this yet. We recommend but not require weekly testing and pursuing vaccination.**
- Valley on Columbia/Woodside Village – compassionate care visits
 - **We can become a bit more permissive on compassionate care visits than in the days when community spread was quite extensive.**
 - **Any positive staff or resident test will result in another 14 days of no visitation. This includes any prior positive case that is considered reinfection by the state. We do not have the ability to change this until we receive more guidance from CMS.**
 - **Indoor spaces that are not a part of the nursing home (ex. Hallway connecting Valley on Columbia to Altru 1300 Columbia) would be considered signing out and going on an “outing.”**

6. Miscellaneous

- Can residents be in common areas with masks off eating/drinking if they are the only person at a table and physically distanced?
 - **Yes, if the neighborhood or building is able to do communal dining with one at a table.**

7. What are the outbreak precautions on a neighborhood with only one resident case?

- Is there a change in how we use N95 masks/Surgical masks?
 - **Surgical masks will be used if only one resident positive. If further spread is identified, N95 use will begin. Vaccination should be an additional level of protection for residents. COVID care area and Observation Unit continues with N95 use as risk level remains high until most incoming residents are vaccinated.**
- Can physically distanced activities continue?
 - **Yes**
- One person at a table dining?
 - **No, not at this point.**
- How will testing frequency change in the event of a new positive resident?
 - **Residents twice a week for two weeks, staff weekly. Each situation can be different and this will remain fluid with new guidance.**