



Home. Family. Love.

A Plan to Safely Reopen

Caledonia Senior Living & Memory Care

June 2020

Purpose

This plan outlines a phased reopening of Caledonia Senior Living & Memory Care.

The plan defines metrics required to move from one phase to another as well as the ways in which this reopening will occur.

COVID-19 harms seniors most. In order to protect the physical health of residents, we locked down our campus on March 10 2020. Physical health must always come first. With that said, throughout the lockdown we have been mindful to care for residents' mental, emotional, spiritual and social health too.

We know that this lockdown has been hard. We know that residents, families, friends, volunteers, staff – *everyone* – wants to reach a point of reopening, when it is safe to visit, to hug loved ones. We do too. When metrics are met and conditions allow, we will unlock and reopen our campus in phases. As we ease restrictions, we will remain committed to best practices and to being informed by the very latest guidance from health experts, especially the Centers for Disease Control and the Illinois Department of Public Health. We will observe the state's reopening plan, Restore Illinois. But, we will reopen only when we are certain that it is safe, and in the best interests of everyone at Caledonia Senior Living.

Just as metrics will indicate when the time is right to move forward into a new phase, metrics will also tell us if we must move back into a prior phase to ensure the health and safety of the people who live and work in our community.

This plan recognizes that circumstances, conditions, regulations and recommendations are subject to change at all levels – globally, nationally, statewide, locally, within our community and from person to person. Therefore this plan is intended to be an evolving document that will be amended as required.

Philosophy

“If we overreact to this crisis, we will probably never know. But if we underreact, we will know immediately.”

It is vital that we keep everyone safe as we step forward, deliberately and intentionally, on a path that will reopen our community. To accomplish this we must remain true to the philosophy that has guided us ever since the COVID-19 crisis began. Our philosophy has been, and will continue to be, cautious and careful. As we remarked when we moved rapidly to an advanced state of lockdown in March – “If we overreact to this crisis, we will probably never know. But if we underreact, we will know immediately.”

In order to be guided by certainty rather than speculation, we have committed to a model of regular, routine and targeted testing for COVID-19. Beginning May 4 2020, we have been testing everyone (all residents and all staff), every week. Our commitment to weekly testing is one of the most aggressive in the field of senior care in Illinois.

Our process for testing is as follows:

- Everyone is tested at the beginning of each week.
- If a positive result is returned, we immediately retest. If back-to-back positive results are returned, we confirm that we have a positive case and implement quarantine protocol.
- If a negative result is returned, we retest again. If back-to-back negative results are returned, we believe we have a false positive result.

We understand that the greater the number of tests we run, the greater the potential for anomalies and errors that can lead to false positives. This has been our experience. We believe we have received several false positive results. This will not however, change our commitment to testing. In fact, it reinforces and deepens our commitment. We believe that the best way to protect the health and safety of all the people who live and work at Caledonia Senior Living is to test everyone, regularly and routinely over a period of time.

We are committed to transparency. Throughout the crisis we have openly shared information, results and plans with residents, families, staff and supporters. We will continue to do so as we move through the phases of this plan.

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We believe that screening & regular COVID-19 testing, masks, physical distancing, intensive sanitizing and hand hygiene will be the “new norm” at least until such a time that COVID-19 is defeated. Therefore it is assumed that all of the phases outlined in this plan require observation of these provisions and practices.

In March 2020, the Illinois Department of Public Health issued guidance that persons under the age of 18 should not be permitted into long-term care communities. Until guidance is issued by IDPH, this restriction will stay in effect.

In step with Restore Illinois, this plan assumes that COVID-19 will be defeated (for example if a vaccine is widely available) in Phase 5 and therefore most restrictions will be lifted.

Phase 1 LOCKDOWN	Phase 2 RECOVERY	Phase 3 RESTORATION	Phase 4 REOPENING	Phase 5 REVITALIZATION
Shelter in Place: communal dining, life enrichment, visitation eliminated, only essential staff permitted entry to buildings	Limited internal reopening of public spaces for Life Enrichment and Communal Dining permits easing of Shelter in Place	Limited external reopening of campus permits visitation and expanded range of Health Care Providers	Expanded opening permits groups of family and friends for visitation	Caledonia Senior Living lifts all restrictions, unlocks and fully reopens COVID-19 is defeated

Phase 1: LOCKDOWN

PEOPLE

- Residents sheltering in rooms
- No new resident move-ins
- Only essential staff and Health Care Providers (HCP) permitted in the buildings
- No visitors, except 1:1 family visits of compassion
- All visitors (family as outlined above and HCP) must wear full PPE and be screened
- Family visits by video calling or window time
- Non-essential staff work from home
- Staff screening: pre, mid and post shift temperature checks and questionnaire
- Resident screening: multiple daily checks on vitals
- Weekly COVID-19 testing of all residents and staff
- All staff must wear masks issued by Caledonia
- All residents encouraged to wear masks when in presence of another resident or staff
- Staff sign-in at resident rooms to support tracking in event of outbreak

SPACES

- Entry and exit limited to main entrance only
- Except for emergencies, all other external doors remain closed
- Vacate McMillan Wing to be designated as COVID-19 Quarantine Unit
- Public Spaces (Salon/Beauty Shop, Living Room, Heritage Hall, Great Room, Gardens, Courtyards and Outdoor Spaces) closed

SERVICES

- Service of all meals and meal supplements in resident rooms, fortify meals
- Life Enrichment on in-house TV channel, 1:1 in resident rooms
- Increased housekeeping, sanitizing and disinfecting
- Increased monitoring of hand hygiene
- Educational and instructional signage posted
- Maintain PPE inventory and establish inventory management system

METRICS REQUIRED MOVE TO THE NEXT PHASE

- Statewide Phase 2, 3, 4 or 5 of Restore Illinois plan
- No active COVID-19 cases at Caledonia for 14 consecutive days

Phase 2: RECOVERY

PEOPLE

- Limited easing of shelter in place for residents
- Only essential staff and Health Care Providers (HCP) permitted in the buildings (Podiatrist, Therapist, Psychiatrist, Psychologist, Dentist 1:1 in Heritage Hall)
- Scheduled outside, physically distanced 1:1 family visits
- No family visitors in buildings, except 1:1 visits of compassion
- All visitors (family as outlined above and HCP) must wear full PPE and be screened
- New resident move-ins permitted: requires test and quarantine, tours not permitted
- Staff screening: pre, mid and post shift temperature checks and questionnaire
- Resident screening: multiple daily checks on vitals
- Regular COVID-19 testing of all residents and staff
- All staff must wear masks issued by Caledonia
- All residents encouraged to wear masks when in presence of another resident or staff
- Staff sign-in at resident rooms to support tracking in event of outbreak

SPACES

- Limited Reopening of Living Room, Heritage Hall, Great Room, Gardens, Courtyards and Outdoor Spaces (Salon/Beauty Shop remains closed) to permit easing of Shelter in Place
- Entry and exit limited to main entrance only
- McMillan Wing continues to be designated COVID-19 Quarantine Unit
- Designate East Wing of Sheltered Care for isolation following new resident move-in

SERVICES

- Establish social bubbles of residents
- Limited Communal Dining, seating likely in shifts
- Limited Life Enrichment activities in Public Spaces, otherwise continue as in Phase 1
- Group activities and gatherings limited to 10 or fewer
- Cycling Without Age, one resident only

METRICS REQUIRED MOVE TO THE NEXT PHASE

- Statewide Phase 3, 4 or 5 of Restore Illinois plan
- No active COVID-19 cases at Caledonia for 14 consecutive days

Phase 3: RESTORATION

PEOPLE

- Further easing of Shelter in Place for residents
- All Staff (including those working from home in Phases 1 and 2), select volunteers, contractors, entertainers and Health Care Providers (HCP) permitted in the buildings, including Podiatrist, Therapist, Psychiatrist, Psychologist, Dentist, Hospice, Home Health and Private Caregivers (test, screening and PPE required)
- Scheduled, physically distanced 1:1 family visits in resident's room (test required)
- Scheduled outside, physically distanced visits with 2 family members/friends
- Staff screening: pre, mid and post shift temperature checks and questionnaire
- Resident screening: multiple daily checks on vitals
- Regular COVID-19 testing of all residents and staff
- All staff must wear masks issued by Caledonia
- All residents encouraged to wear masks when in presence of another resident or staff
- Staff sign-in at resident rooms to support tracking in event of outbreak
- New resident move-ins permitted: requires test and quarantine, scheduled tours permitted

SPACES

- Salon/Beauty Shop reopens
- Entry and exit limited to main entrance only
- McMillan Wing continues to be designated COVID-19 Quarantine Unit
- East Wing of Sheltered Care continues to be designated for new resident move-ins

SERVICES

- Social bubbles of residents, Communal Dining, Life Enrichment activities in Public Spaces
- Group activities and gatherings limited to 10 or fewer
- Residents continue to shelter in rooms when not engaged in activity or meal
- Limited bus trips
- Contractors to complete essential work or provide quality of life permitted

METRICS REQUIRED MOVE TO THE NEXT PHASE

- Statewide Phase 4 or 5 of Restore Illinois plan
- No active COVID-19 cases at Caledonia for 14 consecutive days

Phase 4: REOPENING

PEOPLE

- Further easing of Shelter in Place for residents
- All staff, select volunteers, contractors, entertainers and Health Care Providers (HCP) permitted in the buildings, including Podiatrist, Therapist, Psychiatrist, Psychologist, Dentist, Hospice, Home Health and Private Caregivers (test, screening and PPE required)
- Scheduled outside and inside (in private space) visits with 2 people (test required)
- Staff screening: pre, mid and post shift temperature checks and questionnaire
- Resident screening: multiple daily checks on vitals
- Regular COVID-19 testing of all residents and staff
- All staff must wear masks issued by Caledonia
- All residents encouraged to wear masks when in presence of another resident or staff
- Staff sign-in at resident rooms to support tracking in event of outbreak
- New resident move-ins permitted: requires test and quarantine, scheduled pre-move-in tours permitted

SPACES

- Public Spaces reopen
- Entry and exit limited to main entrance only
- McMillan Wing continues to be designated COVID-19 Quarantine Unit
- East Wing of Sheltered Care continues to be designated for new resident move-ins

SERVICES

- Social bubbles of residents, Communal Dining, Life Enrichment activities in Public Spaces
- Group activities and gatherings limited to 30 or fewer
- Cycling Without Age, two residents
- Limited bus trips
- Signage to clearly establish protocols, procedures, requirements and rules

METRICS REQUIRED MOVE TO THE NEXT PHASE

- Statewide Phase 5 of Restore Illinois plan
- No active COVID-19 cases at Caledonia for 14 consecutive days

Phase 5: REVITALIZATION

PEOPLE

- Lift Shelter in Place
- Visitors permitted in all areas of campus
- Staff and visitor screening: temperature checks and questionnaire
- Resident screening: multiple daily checks on vitals
- Ease and lift COVID-19 testing requirements
- Masks not required
- No restrictions on resident move-ins

SPACES

- Undesignate McMillan Wing as COVID-19 Quarantine Unit
- Undesignate East Wing of Sheltered Care as new resident isolation area
- Reopening of all Public Spaces
- Reopening of Georgeson Wing and McMillan Wing doors.

SERVICES

- No restrictions on Dining, Salon/Beauty Shop, Life Enrichment activities, entertainment, trips, groups and gatherings
- Signage to clearly establish protocols, procedures, requirements and rules