



June 5, 2020

Safe Path Forward

Our plan to responsibly reopen amenities and resume activities at Westminster Canterbury

The safety and well-being of our residents and staff is always our top priority. Therefore, Westminster Canterbury (WC) will begin to resume normal operations, amenities and activities in incremental phases based on data from our local region and guidance from federal, state and local jurisdictions and health authorities for senior living communities. These phases will be updated as more guidance, research and testing becomes available. We are now entering Phase 1. At this time, it is too premature to publish the details of Phases 2 and 3. We are assuming "Phase 3" will be back to normal, however there may be some long-term considerations such as a vaccination policy that occurs in Phase 3.

We are guided by two primary goals: keeping our residents and staff members safe and ensuring the best possible quality of care and life for our residents. These two goals will coexist in some degree of tension for the foreseeable future:

- As circumstances evolve and indicators change, we will move forward into phases and continue easing our protocols, or re-introduce protocols.
- If conditions improve, we will continue to ease restrictions.
- If conditions decline or the risk of COVID-19 increases, we will re-introduce restrictions.

Together, we will manage this process and chart a new path forward that builds on the remarkable community spirit and innovative ideals of the Westminster Canterbury family.

The phases are based on both statewide public health indicators and Central Virginia Health District (Lynchburg, Amherst, Appomattox, Bedford and Campbell counties) indicators. These indicators provide the infection precaution foundation we need to be able to safely ease restrictions and resume aspects of community life. As we have done regularly since early March, we will communicate weekly and announce in advance when we will move to a different phase.

Please note that some activities within a phase will begin sooner than others. We will update residents through our emails, resident website, and other WC communication methods on the timing of each amenity or service resuming.

It is important to understand that the guidelines for the various activities in each phase are for the benefit of the residents and staff and are not enforced. They are based on an honor system that recognizes that we must protect our friends and neighbors. Seniors are especially vulnerable to COVID-19. We appreciate your continued vigilance throughout this pandemic.

Sean

Sean Huyett
President & CEO

GENERAL GUIDELINES – ALL PHASES

These guidelines apply at all times until the COVID-19 pandemic is declared over by the State and Local Health authorities

These general guidelines are recommendations from the Centers of Disease Control, Virginia Dept. of Health and the Central Virginia Health District Dept. of Health. Their guidance focuses on infection precaution protocols for society generally, and in certain instances, senior living communities specifically.

EFFECTIVE: ONGOING

PRECAUTIONS	RESIDENTIAL LIVING	HEALTH CARE/ASSISTED LIVING
Personal Protective Equipment	Mask outside of residence; whenever off campus (state and local health authorities advise masks in almost all settings outside the home regardless of age).	Mask or face covering whenever outside of room; whenever staff are attending to residents.
Social Distancing of six feet	Practice at all times outside of residency.	Practice at all times with other residents.
Screening	Self-report COVID-19 symptoms to primary care physician and WC Clinic.	Monitored with temperature checks performed twice daily.
Testing - Diagnostic	Tested by WC or Centra if experiencing symptoms.	Tested by WC or Centra if experiencing symptoms.
Family Deliveries	Accepted M-F from 2 to 4PM, Memory Care entrance on Williams Road.	Accepted M-F from 2 to 4PM, Memory Care entrance on Williams Road.

PHASE 1: COMMUNITY AMENITIES AND ACTIVITIES

Phase 1 General Guidelines are subject to guidance from the Centers of Disease Control, Virginia Dept. of Health and the Central Virginia Health District Dept. of Health. Their guidance focuses on infection precaution protocols for society generally, and in certain instances, senior living communities specifically.

EFFECTIVE: The resumption of these amenities and activities will vary. See the Campus Updates and Resident Website for announcements.

AMENITY/ACTIVITY	RESIDENTIAL LIVING	HEALTH CARE/ASSISTED LIVING
Dining	<ol style="list-style-type: none"> 1. Carry out in the Café. 2. Effective 6/5/20 dining available on café outdoor patio. Small group outdoor dining with table distancing will be offered; 3. Room service available. 4. Other dining rooms closed. 	Meal delivery to residents' rooms; no communal dining.
Beauty Salon (Hair, manicures, pedicures)	Subject to State requirements. Limited capacity; masks required.	Not at this time.
Podiatrist	One resident at a time.	One resident at a time.
Fitness	<ol style="list-style-type: none"> 1. Pool is open, limited to 4 people. 2. Wellness Center open to 3 people at a time. 3. Classes offered outside. 4. Pickleball court outside. All with social distancing. 5. Other activities as advertised. 	Individual physical activity resumes.
Activity Room	Small group activities/classes with no more than five people.	
Group Size Limits (Subject to State and Federal limitations)	<ol style="list-style-type: none"> 1. Bridge – 10 people 2. Commons – 20 3. Hume Room – 10 4. Fauber Rooms – 6 5. Conference Rooms – 4 6. Chapel - 15 	TBD

Library	Open to no more than four people.	
Support Groups	See the room limits.	TBD
Visitor Protocol	Visitors not permitted at this time.	Visitation prohibited except for compassionate care and end of life situations.
WC Transportation	Transportation for medical appointments.	Transportation for medical appointments. Virtual visits when possible.
Mail and Packages	Resume normal mail delivery on June 15. Follow traffic flow pattern when visiting Mail Box area.	Resume normal mail delivery on June 15.
Trash & Treasure	Closed at this time.	
Bank of the James	Open by appointment only.	
Clinic	Open- utilize social distancing when attending clinic area. Limit 2 in waiting room.	
Housekeeping	Weekly beginning June 1. Individual residents may defer to Phase 2.	
Movies/ Netflix Shows	Resume June 15 with no more than 20 people in Commons.	
Woodworking	Open- no more than 3 people in woodshop.	
Art Studio	Open, no more than 2 persons in studio.	
Business/Computer Room	Open – no more than three persons in Room.	

PHASE 1: OFF CAMPUS TRIPS

WC Guidance remains the same – remain on campus, safer at home policy. Residents planning to travel must inform the Resident Life Department in advance of the off-campus trip and must notify the Clinic immediately upon return and before returning to their apartment or cottage.

TRIP PURPOSE	RESIDENTIAL LIVING	HEALTH CARE/ASSISTED LIVING
<p>Essential Medical Appointments</p>	<p>Residents are asked to inquire about the infection precaution measures of their physician/medical center, wear masks and social distance when possible.</p>	<p>Residents/their family representatives are asked to inquire about the infection precaution measures of their physician/medical center, wear masks and social distance when possible.</p> <p>Upon return, residents must quarantine in their room for fourteen days.</p>
	<p>OUT PATIENT PROCEDURES – Quarantine for five days and report temperature twice daily to the Clinic.</p>	<p>Upon return, residents must quarantine in their room for fourteen days.</p>
	<p>IN PATIENT PROCEDURES (Overnight) AND EMERGENCY ROOM VISITS- Quarantine for five days and report temperature twice daily to the clinic.</p>	<p>Upon return, residents must quarantine in their room for fourteen days.</p>