



October 20, 2020 Independent Living Community Update

Covid-19: As always, we stay current with guidelines provided by the CDC, AzDHS and Maricopa County Health Dept. We will continue to monitor this information and adjust our services as appropriate. As Covid numbers have improved over recent weeks and we have expanded our services, please know that we are progressing in cautious steps. We remain committed to helping reduce the spread of COVID-19 within our senior living community.

- Residents, staff and visitors must wear a face covering anytime social distancing is not possible.
- Staff and visitors are required to symptom screen each day upon arrival to our community.
- Residents are health screened each time they enter the office, common areas or use our transportation service.
- Staff are continually trained to follow infection control protocol.

We cannot guarantee our efforts will keep residents from contracting the virus, however our number one priority continues to be the health and safety of our residents and staff.

FREQUENTLY ASKED QUESTIONS:

How many cases in our Fellowship Square Historic Mesa Community?

Currently we have no known cases in our Independent Living, Assisted Living and Memory Care communities. We also have no known staff cases. Any other previously reported cases have completed their quarantine period.

How can you get a test? We recommend you call your primary care provider if you are concerned and want to get a test. Testing is available nearby at FastMed urgent care and CVS. Residents may call Life Enrichment for transportation information to testing sites. In addition, Dispatch Health can come do Covid-19 testing in your home. They encourage you to check with your insurance company to verify coverage before you contact them.

What happens if a resident tests positive? Residents who test positive are asked to inform Security immediately so that we can implement our quarantine protocols. It is the responsibility of the testing site to contact Maricopa County Department of Health and they will do contact tracing, however we will also ask the resident who they may have been in close contact with so that we can inform them and request they get tested.

Self Quarantine: We continue to advise residents to stay home and self-quarantine for 14 days if any of the following apply:

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- 1) they have a fever or respiratory symptoms
- 2) they are told to by their health care provider that they should self-quarantine
- 3) they test positive for Covid-19 or have been tested and are awaiting results
- 4) they go to a high risk location like a hospital (unless they come back with a negative test)

Dining Services:

- Center Dining Room
 - Lunch/Dinner
 - Mon-Sat 11:30am–5:30pm, Sunday 11:30am-2:30pm
 - Breakfast only available in Grand Dining room
 - Enter only through South community room door next to gym.
 - Capacity limited to 66 to ensure social distancing per Health Dept guidelines
- Grand Dining Room
 - Breakfast - 7 days per week, 7am – 9 am
 - Lunch/Dinner
 - Mon-Sat 11:30am–5:30pm, Sunday 11:30am-2:30pm
 - Enter only through the community room door.
 - Exit only through double doors
 - Capacity limited to 52 to ensure social distancing per Health Dept guidelines
- Both Dining Rooms
 - While waiting, please observe social distancing.
 - Temperatures will be taken before admission to dining room.
 - Full menu with multiple entrée and side choices
 - All meals will be \$9.00 and include a choice of soup or salad, entrée, two sides, dessert and beverage.
 - Residents only - no guests allowed at this time.
- Dining and Take Out Service available
 - Limited menu – 2 choices of meals
 - Meal price reduced to \$7.50
 - Delivery charges waived until further notice.
 - Menus and order forms placed on doors and picked up

Facilities: Please welcome David Lucero, our new Facilities Director who joined our leadership team this week. David will oversee Maintenance, Security and Housekeeping. He has a great deal of experience in senior living properties and is very excited about the opportunities that exist here at Fellowship Square Historic Mesa. David looks forward to getting to know all of the residents. Watch for his picture and bio on our website and Facebook page soon.

Life Enrichment:

- **Activities** continue with social distancing requirements. Certain activities are expanding with up to 24 participants. See your Activities calendar or call Life Enrichment for more information.
- **Swimming pools** – 5 time slots available M-F and 1 time slot available on Saturday for all pools.
 - Reservations for swimming and other activities are required through Life Enrichment.
- **Senior Fit Gym:** See participant safety guidelines and schedule that was distributed with your newsletter. Advance reservations are required for an individual workout or group class. Social distancing, health screening and cleaning guidelines provided by the Health Dept and Symbria Health will be strictly adhered to. SeniorFit instructor, Matt Clark encourages you to call him with any questions or to reserve your spot at 480-290-7012.
- **Transportation** has expanded – see schedule below.
 - Monday, 12:30 – Walmart Neighborhood Market & Chase Bank
 - Wednesday, 8:30 – Frys, CVS and 99 Cent Store
 - Wednesday, 10:30 – Post Office, Library, Wells Fargo & US Bank
 - Friday, 8:30 – Walmart Super Center, Dollar Tree (Mesa Riverview)
 - Friday, 10:30 – Frys, CVS and 99 Cent Store
 - *Limited spots available by reservation – health screening required.*
 - *Small bus holds 6 and large bus holds 8 with social distancing.*
- **Country Store:** Deliveries are twice per week – Mondays & Thursdays for the Grand/west side and Tuesdays & Fridays for the Center/east side. Residents may continue to place their orders at any time and they will be fulfilled on the next scheduled delivery day.

Special Note: Now that we are offering trips to the grocery stores again, it is our hope that residents will utilize the Country Store for how it was originally intended – for commonly used items that you may have forgotten with your regular grocery purchase or for a situation where you may not feel well enough to travel to the store. This will free up our Life Enrichment staff to dedicate themselves again to activities that support your independence and improves your enjoyment of our community.

Future updates will continue to be communicated in a timely manner via hand delivered notices and on Channel 1960. Please ask your family members to continue to watch our website and Facebook page for these updates. Have a blessed week and stay well!