



Dear Residents, Families, and Friends,

Here is your Covid-19 Update for Friday, June 5, 2020.

We have lots to share with you today! It has been quite a week. Please read this letter carefully so that you are aware of some important news.

First, I am delighted to report that although a few testing results remain outstanding, our universal COVID-19 testing across our entire Redstone organization has resulted in ALL NEGATIVE results so far. We are so happy to share this information, and are very hopeful that the remaining results will also be negative. As you know, we embarked upon universal testing because of one positive test from an Independent Living resident on our North Huntingdon campus. Unless we have an additional positive test, or are required to do so by the Department of Health, we plan for no further asymptomatic testing on our Redstone campuses. We thank everyone for their cooperation with this unpleasant testing process.

Today, Westmoreland County becomes a green county within the plan for recovery for the state of Pennsylvania. For many of us, we think that green means go as fast as you can. Green will not mean a sudden foot press to the accelerator here at Redstone. Congregate senior living communities remain the most vulnerable populations for COVID-19, and so we must move forward with the same care and thoughtfulness that have driven our decisions for the past months.

We have received some definitive guidance from the Department of Health (DOH) related to visitors on our campuses. The DOH notes that “congregate living communities” will remain under visitor restrictions for AT LEAST 28 days after the county goes green. We believe that this means that the earliest we will be able to permit visitors and volunteers in our communities will be July 3rd. We anticipate that even after July 3rd, visitors will be limited in number, will undergo screening before visiting residents, and visiting hours will need to be limited. Details of these procedures will be announced once we receive additional guidance from the DOH. We know that this July 3rd date is very disappointing to some of you. But we can only reiterate – we’ve come this far safely – we must stay the course and finish this race with the same commitment we have exhibited so far.

Visitation for the Nursing Home and our Personal Care Homes will continue to be restricted to virtual visits via phone or computer, and window visits. Members of our Lifestyle team can assist with setting these up. Residents in these levels of care are not permitted to leave the campuses, except for essential medical treatment. Families may continue to drop off package for those at all levels of care, preferably between 3 pm and 7 pm, Monday through Friday. Our team engages residents in these levels of care in hallway activities and safely-spaced visits to the dining room. We will continue to arrange for family visits with residents who are near end-of-life.

Our Independent Living (IL) residents are able to move about the external community as they wish in the green phase. We encourage these residents to use caution, however, by avoiding crowds and unnecessary trips. When IL residents go out, they should wear their mask and remember to wash their hands frequently. Remember, those living in congregate senior communities remain at the highest risk for COVID-19. We care for each other as we limit our exposure to crowds and public spaces. While IL residents may leave the campus to visit with their families, we still cannot permit families of IL residents to visit on our campuses.

The move to green, combined with our anticipated negative testing results, means that we can once again launch small group activities and a returning to dining room service for IL residents. These

programs will begin rolling out next week. IL residents will receive information over the CATIE system about making dining reservations and participating in small group activities. IL residents coming to the dining room or participating in a group activity will be screened for wellness, and will need to wear a facemask, except when eating. We also hope to have information about a return to beauty salon services very soon. As more IL residents are choosing to leave the campus to do their own shopping, our personal shopper service will be reduced to one day per week per campus beginning the week of June 15th. As in the past, Tuesday will be North Huntingdon day, Wednesday will be Greensburg day, and Thursday will be Murrysville day. We will also discontinue personal shopper services for Villa and Redmont residents at that time. If at any time you have an urgent need for a shopped item, please let your campus director know.

As we move into the summer months, travel is a big concern for us. While cases in Western Pennsylvania have remained low, this is not true in other parts of the country. Traveling to parts of the country that have higher levels of COVID cases is a risk. Residents or employees can come in contact with the virus and carry it back to Redstone. Therefore, we have instituted a travel policy. Residents who travel to an area with a higher caseload than Western Pennsylvania, will be asked to quarantine for 14 days upon their return. This decision is not made lightly, but out of appropriate concern for mitigating the spread of the virus on our campuses through travel to other areas. As an attachment to this letter, you will receive a copy of this travel policy. Remember, truth is one of our core values at Redstone, and we are counting on employees and residents to truthfully report their travels in order to help protect our Redstone family.

In the days ahead, you will once again see prospective residents touring Redstone. They will be appropriately screened, will wear masks, and will practice social distancing, assuring that they can tour safely. It is important for us to return to our efforts to attract and welcome new residents to our Redstone communities. We know that you will look forward to some new neighbors!

Almost every day, members of your Redstone team meet to discuss our policies and procedures for keeping COVID-19 out of our communities. The addition of Plexiglas shields at our reception desk is one of those measures. Similarly, you will notice some changes in the dining room including no salad bars, placemats, table linens, and even salt and pepper shakers. These and other changes help to keep us all safe. We each do our part as we wear our masks appropriately over our mouth and nose, wash our hands frequently, and maintain that six foot bubble around ourselves at all time.

Our COVID-19 journey is not over yet, unfortunately. Our most earnest hope and prayer is that we can continue to maintain our wellness here at Redstone. Should additional cases be confirmed at any time, our plans will be adapted – just as an increase in cases in the county may result in returning to a different phase of recovery. We still have many questions about how the virus will impact our future. We remain confident, however, that here at Redstone we will support one another and do all that we can to care for this very special community. Thank you for your continued support and encouragement. It means the world to all of us!

Vicki

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Redstone Presbyterian SeniorCare

Infection Control – COVID-19 Travel and Vacation Guidelines for Residents

June 1, 2020

Purpose:

Redstone Presbyterian Seniorcare upholds a core value of Truth. This policy is built on that core value. It is the expectation of RPSC that all residents truthfully provide information regarding travel and vacation plans during this global pandemic.

Policy:

Western Pennsylvania has experienced a low number of cases of COVID-19. Traveling to a place with a higher number of cases may result in your coming in contact with COVID-19 and carrying the virus back home. Congregate senior communities like Redstone are at the highest risk for being impacted by COVID-19. Out of care for our Redstone communities, this travel policy is designed to provide an additional layer of protection for our residents and employees.

Procedure:

When an employee or resident elects to travel, as of Monday 6/1, the following guidelines apply:

1. Residents must disclose travel plans to RPSC as early as possible. The organization understands that emergency travel plans may occur where an advance notice may not be possible.
 - a. Residents should notify the Campus Director in writing, of the dates and locations
2. The VP/COO and the VP HCBS, Redstone's clinical officers, will review the travel plans and utilize CDC reporting data to determine COVID-19 exposure risk at the time of the scheduled travel. The website can be accessed publicly: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/county-map.html>
3. Residents who travel to a county within the US that has **equal to or less than 150 cases/100,000 people** may travel without restriction upon return.
 - a. This factor may be adjusted weekly, but for planning purposes, the month of June will not decrease. Westmoreland County is at 129 as of 6/1. The number will be evaluated weekly.
 - b. Travel restrictions would only apply to travel that includes at least one (1) overnight stay, not all counties that are traveled in/through will be considered as part of destination travel.
 - c. Air travel will include assessment of any **layover or destination city**, due to high exposure risk noted in airports. Other mass transport, such as bus or train, is excluded.
 - d. Exclusions:
 - i. Pittsburgh International Airport and Allegheny County are excluded.
4. Residents who travel to a county within the US that has more than the 150 of cases/100,000, the following may apply:
 - a. Residents will be requested to self-quarantine within their apartment for 14 days with day 0 being the last day at a location that met the travel restriction.
5. International travel will result in 14 day self-quarantine for the following reasons:
 - a. International data on case #'s may not be available and may not be reliable.
 - b. Travel time internationally is extended.
 - c. Multiple layovers do pose an increased risk.
6. It should be understood that this policy may change as the pandemic resolves.

Redstone Presbyterian SeniorCare

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References:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx> updated 5/19; Coronavirus and Travel in the US – CDC recommends you stay home, especially if the trip is not essential.

<https://www.health.pa.gov/topics/Documents/HAN/2020-PAHAN-510-06-01-UPD-UPDATE%20Expo.pdf> “Travel-Associated” exposure is focused on international and cruises. Restrict for 14 days.

<https://www.pa.gov/guides/responding-to-covid-19/#GreenPhase>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html>

Approved By: President’s Council

Date: June 1, 2020