
COVID-19 UPDATES – March 5, 2021

Westminster Canterbury Richmond has no cases of COVID-19 in employees. Four Independent Living residents continue to recover after testing positive for COVID-19. One is asymptomatic and in quarantine in a Tower apartment. Two are being cared for in the COVID-19 positive unit. One resident continues to be cared for in the hospital. Please keep them in your prayers.

RESTARTING PROGRAMS

On Monday, March 15, Westminster Canterbury Richmond will restart some programs and services and reengage with one another on campus. We look forward to moving toward vibrant, engaged living in new, safe and healthy ways! These next steps will include increased Fitness, Studio Arts and Recreation programming; Cultural Arts events with limited seating in the Sara Belle November Theater; Pastoral Care services and small groups; and in-person Dining and shopping opportunities.

There are new processes and guidelines associated with each of these. While some in-person programs will resume, attendance limits at group activities will be determined by social distancing guidelines. Masks will continue to be required. Signups will also be required in many cases to help with ongoing contact tracing as needed. As circumstances change or positive cases of COVID-19 are confirmed, programming guidelines in specific areas may change quickly. We appreciate your flexibility and understanding as we proceed. Many of the new guidelines and processes are outlined here. Please refer to Live Updates, TV970 and TV971, *The Westminster Canterbury Tales* and Touchtown Community Apps for the latest program offerings and changes.

Please join us in continuing with an abundance of caution, following all the recommendations and guidance from the Virginia Department of Health (VDH), Centers for Disease Control and Prevention (CDC) and Centers for Medicare and Medicaid Services (CMS).

Follow the Core Principles of COVID-19 Infection Prevention

Everyone, including vaccinated persons, must continue to follow current guidelines.

- Wear a mask at all times when around others.
- Wash your hands frequently and use hand sanitizer.
- Always maintain social distancing of at least six feet.
- Everyone must be screened before entering our community.
- Follow enhanced safety and disinfection recommendations from the CDC, CMS and VDH.
- Stay home if you do not feel well and contact your physician.

Mary Morton Parsons Health Center

On Monday, March 1, socially distanced communal dining resumed in Parsons Health Center. Family visitation continues to be suspended until further notice, except in end-of-life and compassionate care situations. Socially distanced, in-person recreation programming will resume.

Assisted Living

- Socially distanced communal dining begins on Monday, March 8.
- Beginning Monday, March 15, Assisted Living residents will be permitted to leave campus alone or with family and friends for a day outing. They will no longer be required to self-quarantine for 14 days upon return. While outside of Westminster Canterbury, the resident must always wear a mask except when eating or drinking and must practice social distancing.
- Assisted Living residents who leave the campus overnight or longer will be required to self-quarantine for 14 days upon return and will be tested for COVID-19 between days five and seven after their return.
- Scheduled family visitation will be available by appointment by contacting Sloan Verlander, Jennifer Kapel or Ermelinda Chicas. Visits must be prescheduled to limit the number of visitors and ensure social distancing. Visits will be in the living room near The Gables and Monticello welcome center. Guests must wear a surgical mask, not a cloth mask. Double masking is recommended.
- Per guidance from VDH, guests will not be permitted in Assisted Living apartments. Assisted Living residents with a spouse in Independent Living may visit in the Independent Living apartment.
- Memory support therapies in music, art and horticulture in The Gables and Monticello will shift from virtual to in-person. Other in-person recreation programming will also begin on Monday, March 15.
- Assisted Living residents may participate in planned programming with Independent Living residents, following guidelines for registration and social distancing.

Independent Living

Family visitation continues to be suspended until further notice, except in end-of-life and compassionate care situations. If circumstances continue to improve, we hope to announce a start date for visitation soon.

Cultural Arts

- The McGue-Millhiser Arts Studio, McCord Pottery Room and Gordon Woodworking Shop are open for limited hours. These spaces will be open for classes with instructors on Monday-Friday. Registration is required. Call ext. 6268. Classes will be monitored and set for social distancing. Classes include the following:
 - Monday, Small Crafts from 1:30-3 p.m.
 - Tuesday, Open Studio with Tommy from 10 a.m.-noon
 - Wednesday, Drawing with Dale from 1-3 p.m. and pottery from 1-3 p.m.
 - Thursday, Clint will be in the Woodworking Shop from 9-11 a.m. Weaving will be from 9:30-11:30 a.m. Pottery classes will be offered throughout the day.

- Limited audiences will return for films and performances in the Sara Belle November Theater. Programs will be offered both in person and virtually. Reservations are required for all in-person events. Tickets will be placed at the Center and Tower Desks at 10 a.m. on Fridays for events the following week. There will be 30 tickets at each location. Through this honor system, residents are requested to take no more than two tickets per resident. Residents must bring the ticket to the event and write their name and address for contact tracing purposes in case of exposure.
- Check *The Westminster Canterbury Tales*, TV971 and Touchtown Community Apps for details on upcoming programs.

Pastoral Care

Beginning Monday, March 15, small groups will begin meeting in person with social distancing. Evening Prayer will continue to be available live on TV970, and a limited number of residents may attend in person in the Spiritual Center. *Movies with a Message* will return to the Sara Belle November Theater with limited audiences. After Easter, additional services and programs will be announced that will also have limited in-person attendance.

Wellness

- Fitness Center and Aquatic Center are available for newly expanded hours by appointment only. Fitness Center – call ext. 6669 for an appointment. Aquatic Center – call ext. 6539 for an appointment.
- Small Group Exercise Classes will resume on Monday, March 15. Registration is required on a weekly basis and will be limited due to social distancing guidelines. The registration window opens at 8 a.m. on Monday the week prior to the class date. If you have any questions about class offerings, please reach out to a member of the Wellness Team by calling ext. 6669. Detailed information about these classes and how to sign up can be found on TV971 and in the Activities section of Touchtown Community Apps.
- Assisted Living and Memory Support Small Group Exercise Classes will resume starting Monday, March 15. Please see your monthly calendar for details.

Upcoming Wellness Class Offerings

- Pool Ai Chi – Mondays, March 15, 29; April 5-26 – Call Taryn Young, ext. 6539, to register.
- Pool Cardio – Wednesdays, March 17-April 28 – Call Taryn Young, ext. 6539, to register.
- Balance Basics – Tuesdays and Thursdays, March 16-April 27 – Call Patti Pickering, ext. 6675, to register.
- Yoga & Meditation – Tuesdays and Thursdays, March 16-April 27 – Call Taryn Young, ext. 6539, to register.
- Strength Training – Mondays and Wednesdays, March 15-April 28 – Call Julie McElduff, ext. 6264, to register.
- Zoom Exercise – Fridays, March 19-April 30 – Call ext. 6669 to receive the link.

Other Resident Services

- Main Street, Avalon and The Gables Salons are open by appointment only. Call ext. 6281.
- The Marketplace and Courtyard Billiards spaces will reopen. The number of players will be limited. Use of each table will be monitored with a sign-in sheet. Sanitizing will be required after use.
- In-person shopping in the Galleria will be available for limited hours.

Dining

In-person Dining will resume on Monday, March 15, now located in the Marketplace for a full-service experience. Reservations are required by calling ext. 6030. Voicemails will be returned. For same day reservations, please call before 2 p.m. daily. Reservation time slots are limited and only available for parties of two. The staff will do their best to fulfill your time request, but spacing of reservations is required to ensure you receive the best possible service. Please arrive no more than five minutes BEFORE your reservation time and no more than 15 minutes AFTER your reservation time. Arriving more than 15 minutes late may result in losing your reservation. Reservations are only accepted up to seven days in advance. Standing reservations will no longer be permitted to ensure each resident has an opportunity to dine in the Marketplace.

Monday-Saturday

Breakfast

7-10 a.m.

Dine-In Reservations Required;
Delivery Not Available

Lunch

11 a.m.-2 p.m.

Dine-In Reservations Required; Call-Ahead
Carryout Available; Delivery Not Available

Dinner

5 p.m.-7 p.m.

Dine-In Reservations Required; Call-Ahead
Carryout Available; Delivery available by
calling ext. 6259, 2-5 p.m.; Delivered
after 5 p.m.

Sunday

Breakfast

7-10 a.m.

Dine-In Reservations Required;
Delivery Not Available

Sunday Midday Dinner

11 a.m.-2 p.m.

Dine-In Reservations Required; Call-Ahead
Carry-Out Available; Delivery Available 11
a.m.-2 p.m.; No à la carte menu

Sunday Dinner

5-7 p.m.

Price Fixed Menu; Dine-In Reservations
Required; Call-Ahead Carry Out Available;
Delivery Available; No à la carte menu

Important Phone Numbers

Reservations – ext. 6030

Call-Ahead Carry-Out – ext. 6259

Delivery (daily Dinner and Sunday Midday Dinner only) – ext. 6259