

# Quarantines

While residents are in quarantine, all mail and meals will be delivered to a tray outside of their door. Residents will not be allowed out of their room unless in case of emergency during their quarantine.

The chart below depicts what will and will not trigger a 14 day quarantine. If you have any questions about quarantines please call us at 651-829-3171.

<u>No Quarantine:</u>	<u>Quarantine:</u>
1. Essential medical appointments in a clinical setting	1. Go to the hospital or emergency room
2. Use curbside pickup at a store or business	2. Go to a restaurant, hair or nail salon, church
3. Going through the drive through at a store.	3. Go to an event
4. Joy rides (driving around but not getting out of the car)	4. Go to someone's home
	5. Go into a store or business

# COVID-19 Special Insert

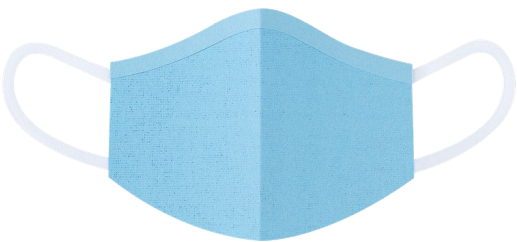
Dear Gable Pines Residents and families,  
We are pleased to share that the employee that recently tested positive for COVID 19 never had symptoms and has safely returned to work.

The Minnesota Department of Health has recently shared new information about using county positivity data to dictate allowing indoor visits. The data indicates what percentage of test results are positive. The magic number is 10%. As long as Ramsey County remains below 10% we can continue to offer indoor visits. This week, we are at 5.8%. Unfortunately, due to the positive resident case in our community, all visits are cancelled until further notice, except for in cases of end of life compassionate care, and essential caregiver visits. We will re-evaluate once we are Covid free for 14 days.

We appreciate your continued mask wearing, hand washing and social distancing as we continue through this journey together. If you are in need of a fabric mask, please see the concierge desk.

Sincerely,

Becky Willett Executive Director



REMINDER:  
MASKS ARE MANDATORY IN ALL  
COMMON AREAS OF OUR BUILD-  
ING, INCLUDING HALLWAYS.

# Indoor Visit Information

1. Indoor visitation will be available for all levels of care (independent living, assisted living and memory care)
2. Reservations are required for visits. Reservations will continue to be made through the concierge by calling 651-829-3171.
3. Visit hours will be 12 noon to 7 pm daily.
4. Visits will be limited to 20-25 minutes to allow for disinfection between visits.
5. All visitors will enter through the front door.
6. All visitors must wear a facemask that covers their mouth and nose at all times during the visit.
7. Residents are strongly encouraged to wear a face mask at all times during the visit.
8. The concierge team will screen each visitor. This will include taking temperature, asking the screening questions and having all visitors use hand sanitizer.
9. No more than 4 visitors per apartment are allowed at any one time.
- 10.Children under 16 and pets are not allowed to visit indoors. You are welcome to request an outdoor visit, weather permitting.
- 11.Visit stations (3) for assisted living and independent living residents will be located in the card room and the private dining room. Stations for memory care (2) will be located in the lower level theater lobby.
- 12.Visitors will proceed directly to the visit station after screening and not interact with other parts of the community, including the public restrooms.
- 13.Visitors must remain socially distanced from the resident. (At least 6 feet apart at all times).
- 14.Please do not bring meals or snacks to share. The resident is welcome to take treats or food to their apartment.

Please do not visit if you are not feeling well or have been exposed to a respiratory virus like COVID 19.

# Essential Caregiver Information

## Eligibility

1. Not every resident needs or will be designated an essential care giver. Not all requests for essential care givers will be approved.
2. In order for the resident/interested party to be eligible:
  - a. The resident had an essential caregiver in the past
  - b. The resident has an identified need for an essential caregiver due to failure to thrive or exacerbated signs of depression.
  - c. The essential caregiver performs tasks that assist the resident with activities of daily living (for example: setting up medications, assisting with housekeeping chores, bathing, meal preparation, POA/Guardian)
  - d. Essential caregiver tasks must be performed in the resident's apartment.

## Process

1. An individual who feels they are an essential caregiver should reach out, preferably by email to WillettRebecca@lcsnet.com to make the request. The request should include your name, the resident's name, and a phone number available during business hours.
2. Individuals will receive a call back and be interviewed. The interview will determine eligibiity.
3. Once eligibility is confirmed, the essential caregiver will be given training in the form of written documents:
  - A. Proper infection control
  - B. Use of personal protective equipment
  - C. Triggers for pausing or revoking visits
  - D. Screening process
  - E. Visitation terms

## Outline of the program

1. Approved essential caregivers will go through an active screening process at the concierge desk.
2. The essential caregiver will wear the same PPE as employees. At the current time, that is a face mask and eye protection.
3. It is the responsibility of the caregiver to obtain and bring the necessary PPE.
4. In order to keep all of our residents safe and healthy, there are limited days and times essential caregivers will be allowed.
5. There is a restriction to the number of caregivers that are allowed in the building at a given time and there is a limit to the length of time a caregiver may be with a resident.
6. There is a limit to the number of essential caregivers for each apartment.
7. Once a caregiver is approved, they will be given the details on when and how visits can be scheduled.