

SERVICE UPDATE - NOVEMBER 16, 2020

Yesterday, the State of Washington announced [new restrictions](#) in response to the recent dramatic surge in COVID-19 cases. Accordingly, the following service updates will take effect tomorrow (November 17) and will remain in place for at least 4 weeks. We will reassess these changes at the end of that 4-week period, or when the State changes its restrictions.

ON-CAMPUS CHANGES

Pool & Fitness Room Closures

As mandated by the State, all fitness centers must remain closed for 4 weeks. This includes our own Aquatic & Fitness Center, as well as the Quinalt Fitness & Exercise Rooms. Unfortunately, all appointments scheduled for Tuesday, November 17 and beyond are canceled.

We understand how crucial physical fitness is to our wellbeing and encourage you to do what you can to keep moving at home during this temporary closure. We have several [exercise videos](#) available for you on Kya under "Activities & Events - Staying Fit".

In-Person Visitation

In accordance with the State's mandate, indoor visits from non-household members are prohibited unless all individuals involved quarantine for 14 days prior to the visit (or quarantine for 7 days prior to the visit, and receive a negative COVID-19 test result no more than 48-hours prior to the visit). As such, the Auditorium Screening Station will require anyone who is not an Essential Service Provider (such as a caregiver) to acknowledge that they have adhered to this mandate prior to visiting your home.

Changes to Indoor Activities

All indoor campus activity spaces that have previously been approved to operate are now reduced to one person at a time. Spaces such as the Wood Shop, Clay Studio, Weavers Studio, etc. remain available for your individual use - by appointment as managed by resident leadership. **Outdoor spaces (such as the Dog Park) can continue to operate with previously approved capacity limits.*

Additionally, recent research shows the virus can remain in the air for longer than originally understood. For this reason, anyone using a shared space must wear a mask, even if they are the only person in the room.

New Guidelines for Convalescent & Rehabilitation Center

Please view the [attached letter](#) from C&R Administrator, Dennis Wilkerson, regarding new guidelines issued for skilled nursing facilities.

SUPPORTING ONE ANOTHER

We have been in this pandemic for 8 months now and we are all so weary. We are strengthened knowing that our efforts not only keep us protected - they provide tremendous support to our hospitals and the workers who bear the brunt of battling this surge in cases. We find hope in the strides our medical and scientific communities have made towards effective treatments and a vaccine.

This return to more restrictive safety measures takes a toll on our mental, emotional, and physical wellbeing - especially as we enter the winter months. Let's continue working together to endure this difficult time and look out for our neighbors by checking in through phone calls and Zoom.

RESOURCES AVAILABLE

Social Service Advisors

If you are struggling with isolation or you have needs that aren't being met, please reach out to our Independent Living Social Service Advisors at x7557.

Zoom Support

Contact the Work Order Desk at x4205 if you would like assistance with Zoom.

Stay Connected on Kya

Watch the announcements section on Kya for information about upcoming virtual events. Visit the [Panorama TV page](#) (under "Communications" then "Panorama Television") for a rotating selection of about 100 programs.

Meal & Grocery Resources

Based on our experience from previous restrictions, we advise you to plan ahead for groceries and meal preparation. You can view the variety of delivery options available to residents in the attached document titled "[Meal & Grocery Resources](#)".