



**AUGUST 2023  
FACILITY COVID-19 PROTOCOLS**

**FINAL COVID-19 NEWSLETTER INSERT**

It has been a long and difficult 3 years for both our residents and staff. As life post-pandemic starts to take shape here at One Kalakaua, we all look forward to not only returning back to our lives before COVID-19, but also to letting go of some of the past and forging ahead for an improved community. We can all feel proud that we were very successful with our infection control strategies and during a period when 7 million lives were lost to COVID-19, OneK had only 29 confirmed resident cases.


Although both residents and staff worked diligently and tirelessly to achieve our low case counts, success was not without a cost. Residents missed out on critical time with their families and friends and services and activities suffered. Since we have opened back up and discontinued the majority of our COVID-19 protocols, participation numbers for our dining room, activities and other services have not yet returned to pre-COVID participation. We also cannot let our guard down or think there is nothing to worry about. COVID-19 is still with us, and yes, we are learning to live with it, but COVID-19 is still taking lives every day. Protecting yourself and our community remains vitally important, and we must continue to follow our basic infection control protocols (hand hygiene, mask wearing and social distancing when in large groups especially out in public, vaccination, and reporting/staying in your unit when you are sick).


The road ahead is unpredictable but we are very optimistic and are looking forward to positive things to come for OneK. We have learned over the past few years that together we can overcome any challenges that come our way. Having the right attitude and mindset will help us to have the flexibility and wisdom to adapt and devise solutions that are fit for any situation and best serve our residents and staff.

This will be our final COVID-19 newsletter insert. Any new information, changes to protocols, statistics, etc. will be reported on in the weekly talk story under "COVID-19 Updates".

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- EFFECTIVE 7/1/23, WE NO LONGER REQUIRED MASKING FOR RESIDENTS AND VISITORS IN THE FACILITY. MASKING IS OPTIONAL BUT IS STILL HIGHLY RECOMMENDED. Please note however that mask requirements may be reinstated should community COVID-19 levels significantly increase and/or the facility has a communicable infection related outbreak.
- In certain cases, wherein a resident has or has recently had an infection the resident may be asked to temporarily wear a mask. RCS will notify residents in these instances.
- Employees will continue to mask.
- We continue to recommend that you wear your mask outside the facility and also when you are in close contact with others that you do not know well.
- In order to keep our community safe, we MUST continue to practice good hand hygiene by washing/sanitizing hands frequently, and social distancing whenever possible (be very careful when attending large social gatherings, even if it's only your own family members or close friends).
- Remind your visitors not to visit if they are sick, waiting for COVID-19 test results, or have been exposed to anyone with an infectious illness such as COVID-19, the flu, etc. **Should you be exposed to a positive case of COVID-19 or other infectious illness, or you are having any type of sick symptoms, remain in your unit and IMMEDIATELY contact the RCS Dept. at (808) 983-4421.**

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<b>VISITORS IN TO ONE K</b>  Visitors who test (+) or come in close contact with a (+) must remain out of the facility for a minimum of 10 days.  Continue to social distance and recommend masking whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.	<b>Inside Facility</b> -Visitors permitted. -Must have badge and complete Ipad screening. -No age restrictions. -Must be accompanied by resident when in the common areas and follow room occupancy requirements. -Masking optional (recommended but not required).	<b>Inside Facility</b> -Visitors permitted. -Must have badge and complete Ipad screening. -No age restrictions. -Must be accompanied by resident when in the common areas and follow room occupancy requirements. -Masking optional (recommended but not required).
<b>TRAVEL GUIDELINES Visitors</b>  This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.
<b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS (travel, return from healthcare facility, other)</b>  For phone assessments, please contact the RCS office at (808) 983-4421, between the hours of 8a-4p.	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you have symptoms) <u><b>Travel</b></u> -No testing required. -Phone assessment w/RCS Day 1 of return (day 0 is arrival day to facility).  <u><b>Return from Healthcare Facility</b></u> -Negative PCR test within 48hrs prior to return to facility. -Phone assessment w/RCS Day 1 thru Day 3 of return.  <u><b>All other Returns</b></u> -No testing required. -Phone assessment w/RCS Day 1 of return.	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you have symptoms) <u><b>Travel</b></u> -No testing required. -Phone assessment w/RCS Day 1 of return (day 0 is arrival day to facility).  <u><b>Return from Healthcare Facility</b></u> -Negative PCR test within 48hrs prior to return to facility. -Phone assessment w/RCS Day 1 thru Day 3 of return.  <u><b>All other Returns</b></u> -No testing required. -Phone assessment w/RCS Day 1 of return.
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<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>FITNESS ROOM (our gym)</b> 5a-10p daily.  <b>You may sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must social distance and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No occupancy or time limits but must social distance. -Residents, in-house guests and non-exercising registered licensed caregivers only (no outside visitors). -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use). -Masking optional (recommended but not required).	<b>No Reservation Needed</b> -No occupancy or time limits but must social distance. -Residents, in-house guests, and non-exercising registered licensed caregivers only (no outside visitors). -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use). -Masking optional (recommended but not required).
<b>POOL / SPA</b> Social distance and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> -Visitors permitted when accompanied by resident.	<b>Fully Open</b> -Visitors permitted when accompanied by resident.

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<b>OTHER COMMON AREA ROOMS</b>  All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> -Visitors permitted (must be accompanied by resident and follow social distancing). -Food and drink permitted. -Masking optional (recommended but not required).	<b>10 Occupants or less</b> -Visitors permitted (must be accompanied by resident and follow social distancing). -Food and drink permitted. -Masking optional (recommended but not required).
<b>COMMUNAL DINING (Dining Room use)</b>  Social distance to the extent possible and sanitize hands before/after utilizing the dining room.  Dining Room seating has returned to pre-COVID seating capacity.	<b>Open</b> -Open to all residents, registered licensed caregivers, non-resident owners and visitors. -Breakfast buffet open with pre-COVID service rules. -Private dining room open to 8 or less by reservation. -Masking optional (recommended but not required).  Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.	<b>Open</b> -Open to all residents, registered licensed caregivers, non-resident owners and visitors. -Breakfast buffet open with pre-COVID service rules. -Private dining room open to 8 or less by reservation. -Masking optional (recommended but not required).  Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.
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<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3:30p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must complete Ipad screening and wear badge. - Patrons must socially distance and sanitize hands before/after entering the salon. -Masking optional (recommended but not required).	<b>Open to all clients</b> - Patrons must complete Ipad screening and wear badge. - Patrons must socially distance and sanitize hands before/after entering the salon. -Masking optional (recommended but not required).
<b>GROUP ACTIVITIES</b>  Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information.  Must socially distance and sanitize hands before and after activity.	<b>MPR: 55 or less (incl. instructors/entertainers)</b> <b>Other Rooms: 10 or less (incl. instructors)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Food and drink permitted with social distancing. -Outside excursions permitted. -Masking optional (recommended but not required).	<b>MPR: 55 or less (incl. instructors/entertainers)</b> <b>Other Rooms: 10 or less (incl. instructors)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Food and drink permitted with social distancing. -Outside excursions permitted. -Masking optional (recommended but not required).

This schedule is subject to change should the COVID-19 situation / Honolulu restrictions change.

## IMPORTANT REMINDERS:

- **VISITATION:** Badges and Ipad screening are required.  
**If at any time you come in contact with someone who is positive for COVID-19 and/or are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community (do not come into the community while waiting for test results).** See above grid under “VISITORS IN TO ONE K”.
- **REALTORS/OWNERS:** Showings of units are allowed for sale/rental purposes. Touring is permitted of indoor common areas. Badges are required. For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.
- **NEW MOVE-INS:**  
**Testing Requirements** (quarantine no longer required unless test results are positive or you are having symptoms):
  - Negative PCR test within 48hrs prior to move-in (obtain outside and show written documentation or facility is able to do for a charge of \$106.25) and phone assessment with RCS on day 1 of move-in (day 0 is date of arrival to facility).
  - OR
  - Antigen testing on Day 1 and 5 of move-in (obtain outside and show written documentation\* or facility is able to do for a charge of \$26.25 per test) and phone assessments with RCS on days 1-5 of move-in.

\*No home tests permitted.

- If testing requirements not met: 5 days quarantine required + masking for an additional 5 days.

For phone assessments, please contact the RCS office at (808) 983-4421, between the hours of 8a-4p.

- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, see above grid under “RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS” section.
- **QUARANTINE PROTOCOLS:** Contact the RCS Department at (808) 983-4421 with any questions on quarantine protocols for residents with symptoms, close contact with a confirmed positive, or confirmed positive for COVID-19. **For the safety of all residents and staff, do not leave your unit when you are sick or while waiting for COVID-19 test results.**

## **GENERAL INFECTION CONTROL REMINDERS**

- ✓ Continue practicing social distancing (6 feet or more apart) especially when in larger gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle.
- ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
- ✓ Masking continues to be recommended however is now optional. We continue to recommend that you wear your mask outside the facility and also when you are in close contact with others that you do not know well.
- ✓ **If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at (808) 983-4421 and remain in your unit.**

**A copy of these protocols can also be accessed on our website at [www.onekalakaua.net](http://www.onekalakaua.net)**


One Kalakaua Senior Living  
COVID-19 Facility Protocols




**JULY 2023**  
**FACILITY COVID-19 PROTOCOLS**


**MANDATORY MASKING REQUIREMENTS FOR RESIDENTS AND VISITORS LIFTED**

- **EFFECTIVE 7/1/23, MASKING IS STILL HIGHLY RECOMMENDED, HOWEVER WE WILL NO LONGER BE REQUIRING MASKING FOR RESIDENTS AND VISITORS IN THE FACILITY, MASKING WILL BE OPTIONAL.** Please note however that mask requirements may be reinstated should community COVID-19 levels significantly increase and/or the facility has a communicable infection related outbreak.
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<b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS</b> <b>(travel, return from healthcare facility, other)</b>  For phone assessments, please contact the RCS office at (808) 983-4421, between the hours of 8a-4p.	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  <u><b>Travel</b></u> -No testing required. -Phone assessment w/RCS Day 1 of return.  <u><b>Return from Healthcare Facility</b></u> -Negative PCR test within 48hrs prior to return to facility. -Phone assessment w/RCS Day 1 thru Day 3 of return.  <u><b>All other Returns</b></u> -No testing required. -Phone assessment w/RCS Day 1 of return.	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  <u><b>Travel</b></u> -No testing required. -Phone assessment w/RCS Day 1 of return.  <u><b>Return from Healthcare Facility</b></u> -Negative PCR test within 48hrs prior to return to facility. -Phone assessment w/RCS Day 1 thru Day 3 of return.  <u><b>All other Returns</b></u> -No testing required. -Phone assessment w/RCS Day 1 of return.
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<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>FITNESS ROOM (our gym)</b> 5a-10p daily.  <b>You may sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No occupancy or time limits but must mask & social distance. -Residents, in-house guests and non-exercising registered licensed caregivers only (no outside visitors). -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).	<b>No Reservation Needed</b> -No occupancy or time limits but must mask & social distance. -Residents, in-house guests, and non-exercising registered licensed caregivers only (no outside visitors). -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).

	JUNE '23	JULY '23
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> -Visitors permitted when accompanied by resident.	<b>Fully Open</b> -Visitors permitted when accompanied by resident.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>55 or less</b> -Food and drink permitted with social distancing. -Must continue to mask unless actively eating/drinking.	<b>55 or less</b> -Food and drink permitted with social distancing. -Must continue to mask unless actively eating/drinking.
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> -Visitors permitted (must be accompanied by resident and follow social distancing/masking). -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).	<b>10 Occupants or less</b> -Visitors permitted (must be accompanied by resident and follow social distancing/masking). -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting and when not actively eating/drinking, social distance to the extent possible and sanitize hands before/after utilizing the dining room. Dining Room seating has returned to pre-COVID seating capacity.	<b>Open</b> -Open to all residents, registered licensed caregivers, non-resident owners and visitors. -Breakfast buffet open with pre-COVID service rules. Must wear mask when at buffet. -Private dining room open to 8 or less by reservation. Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.	<b>Open</b> -Open to all residents, registered licensed caregivers, non-resident owners and visitors. -Breakfast buffet open with pre-COVID service rules. Must wear mask when at buffet. -Private dining room open to 8 or less by reservation. Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Self-serve.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Self-serve.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must complete lpad screening and wear badge. - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must complete lpad screening and wear badge. - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. Must wear masks, socially distance and sanitize hands before and after activity.	<b>MPR: 55 or less (incl. instructors/entertainers)</b> <b>Other Rooms: 10 or less (incl. instructors)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking). -Outside excursions permitted.	<b>MPR: 55 or less (incl. instructors/entertainers)</b> <b>Other Rooms: 10 or less (incl. instructors)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking). -Outside excursions permitted.

### BIVALENT VACCINE SECOND BOOSTER CLINIC

The FDA has approved a second bivalent booster shot for high risk groups. To qualify, you must be 65 years or older (and had received your first booster at least 4 months ago) or be immunocompromised (and had received your first booster at least 2 months ago). OneK and Times Pharmacy will be holding onsite clinics for the second bivalent booster on **6/19** and **6/21/23** by appointment only. **TO MAKE AN APPOINTMENT, CONTACT THE RCS DEPT. AT (808)983-4421, MONDAY – FRIDAY 9A-3P (excluding holidays).** **THIS BOOSTER IS ALSO AVAILABLE FOR THOSE THAT NEVER RECEIVED THE FIRST BOOSTER OR THE INITIAL COVID-19 VACCINE SERIES.** Should you have any questions, please contact the RCS office at (808)983-4421.

**REMEMBER: Staying updated with your COVID-19 vaccinations not only greatly reduces your chances of contracting COVID-19, but can also help to protect you from serious ill effects and/or hospitalization should you get COVID-19.**

### IMPORTANT REMINDERS:

- **VISITATION:** Badges and Ipad screening are required.  
If at any time you come in contact with someone who is positive for COVID-19 and/or are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community. See above grid under "VISITORS IN TO ONE K".
  - **REALTORS/OWNERS:** Showings of units are allowed for sale/rental purposes. Touring is permitted of indoor common areas. Badges are required. For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.
  - **NEW MOVE-INS:**  
**Testing Requirements** (quarantine no longer required unless test results are positive or you are having symptoms):
    - Negative PCR test within 48hrs prior to move-in (obtain outside and show written documentation or facility is able to do for a charge of \$106.25) and phone assessment with RCS on day 1 of move-in.
    - OR
    - Antigen testing on Day 1, 5, 10 of move-in (obtain outside and show written documentation\* or facility is able to do for a charge of \$26.25 per test) and phone assessments with RCS on days 1-5 of move-in.
    - \*No home tests permitted.  
**-10 Days Quarantine Required:** If testing requirements not met.
- For phone assessments, please contact the RCS office at (808) 983-4421, between the hours of 8a-4p.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, see above grid under "RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS" section.
  - **QUARANTINE PROTOCOLS:** Contact the RCS Department at (808) 983-4421 with any questions on quarantine protocols for residents with symptoms, close contact with a confirmed positive, or confirmed positive for COVID-19. **For the safety of all residents and staff, do not leave your unit when you are sick or while waiting for COVID-19 test results.**
  - **GENERAL INFECTION CONTROL REMINDERS.**
    - ✓ Continue practicing social distancing (6 feet or more apart) especially when in larger gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle.
    - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
    - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
    - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
    - ✓ If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at 983-4421 and remain in your unit.

A copy of these protocols can also be accessed on our website at [www.onekalakaua.net](http://www.onekalakaua.net)


One Kalakaua Senior Living  
COVID-19 Facility Protocols




MAY 2023

**FACILITY COVID-19 PROTOCOLS**

This schedule is subject to change should the COVID-19 situation / Honolulu restrictions change.

	MAY '23	JUNE '23
<b>VISITORS IN TO ONE K</b>  Visitors who test (+) or come in close contact with a (+) must remain out of the facility for a minimum of 10 days.  Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.	<b>Inside Facility</b> -Visitors permitted. -Must have badge and complete Ipad screening. -No age restrictions. -Must be accompanied by resident when in the common areas and follow room occupancy requirements.	<b>Inside Facility</b> -Visitors permitted. -Must have badge and complete Ipad screening. -No age restrictions. -Must be accompanied by resident when in the common areas and follow room occupancy requirements.
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### IMPORTANT REMINDERS:

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    - Antigen testing on Day 1, 5, 10 of move-in (obtain outside and show written documentation\* or facility is able to do for a charge of \$26.25 per test) and phone assessments with RCS on days 1-5 of move-in.
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    - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
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One Kalakaua Senior Living  
COVID-19 Facility Protocols





APRIL 2023


**NO – IT'S NOT AN APRIL FOOL'S JOKE!! We are very near pre-COVID status. See below for some exciting changes.**

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<b>OTHER COMMON AREA ROOMS</b>  All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> -Visitors permitted (must be accompanied by resident and follow social distancing/masking). -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).	<b>10 Occupants or less</b> -Visitors permitted (must be accompanied by resident and follow social distancing/masking). -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).
<b>COMMUNAL DINING (Dining Room use)</b>  Must wear masks when entering and exiting and when not actively eating/drinking, social distance to the extent possible and sanitize hands before/after utilizing the dining room.  Dining Room seating has returned to pre-COVID seating capacity.	<b>Open</b> -Open to all residents, registered licensed caregivers, non-resident owners <b>and visitors.</b> <b>-Breakfast buffet open with pre-COVID service rules (see F&amp;B memo in April's Resident Newsletter for more details). Must wear mask when at buffet.</b> -Private dining room open to 8 or less by reservation.  Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.	<b>Open</b> -Open to all residents, registered licensed caregivers, non-resident owners and visitors. -Breakfast buffet open with pre-COVID service rules, see F&B memo in April's Resident Newsletter (must wear mask when at buffet). -Private dining room open to 8 or less by reservation.  Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). <b>-Self-serve.</b>	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Self-serve.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must complete Ipad screening and wear badge. - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must complete Ipad screening and wear badge. - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.

	APRIL '23	MAY '23
<p><b>GROUP ACTIVITIES</b></p> <p>Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information.</p> <p>Must wear masks, socially distance and sanitize hands before and after activity.</p>	<p><b>MPR: 55 or less (incl. instructors/entertainers)</b>  <b>Other Rooms: 10 or less (incl. instructors)</b></p> <p>-In person classes by sign up or first come first served.          -Residents and registered licensed caregivers only.          -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).          -Outside excursions permitted.</p>	<p><b>MPR: 55 or less (incl. instructors/entertainers)</b>  <b>Other Rooms: 10 or less (incl. instructors)</b></p> <p>-In person classes by sign up or first come first served.          -Residents and registered licensed caregivers only.          -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).          -Outside excursions permitted.</p>

#### IMPORTANT REMINDERS:

- **VISITATION:** Badges and Ipad screening are required.  
 If at any time you come in contact with someone who is positive for COVID-19 and/or are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community. See above grid under "VISITORS IN TO ONE K".
  - **REALTORS/OWNERS:** Showings of units are allowed for sale/rental purposes. Touring is permitted of indoor common areas. Badges are required. For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.
  - **NEW MOVE-INS:**  
**Testing Requirements** (quarantine no longer required unless test results are positive or you are having symptoms):
    - Negative PCR test within 48hrs prior to move-in.
    - Phone assessment w/RCS on Day 1 of move-in. For phone assessments, please contact the RCS office at (808) 983-4421, between the hours of 8a-4p.
- 14 Days Quarantine Required:** If testing requirements not met.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, see above grid under "RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS" section.
  - **QUARANTINE PROTOCOLS:** Contact the RCS Department at (808) 983-4421 with any questions on quarantine protocols for residents with symptoms, close contact with a confirmed positive, or confirmed positive for COVID-19.
  - **GENERAL INFECTION CONTROL REMINDERS.**
    - ✓ Continue practicing social distancing (6 feet or more apart) especially when in larger gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle.
    - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
    - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
    - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
    - ✓ If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at 983-4421 and remain in your unit.

\* \* \*

A copy of these protocols can also be accessed on our website at [www.onekalakaua.net](http://www.onekalakaua.net)

One Kalakaua Senior Living  
COVID-19 Facility Protocols





**MARCH 2023**

**Effective 2/1/23, we moved from the monthly COVID-19 Memo to this modified/shortened version called COVID-19 Facility Protocols. In this new format we highlight the current/following month's protocols and any current issues (ie: in-house case counts, outside community COVID-19 information, etc.) are reported on in the weekly Talk Story.**

Below is the tentative plan for the next two months. This schedule is subject to change should the COVID-19 situation / Honolulu restrictions change.

**FACILITY COVID-19 PROTOCOLS**

	<b>MARCH '23</b>	<b>APRIL '23</b>
<b>VISITORS IN TO ONE K</b>  Visitors who test (+) or come in close contact with a (+) must remain out of the facility for a minimum of 10 days.  Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.	<b>Inside Facility</b> -Visitors permitted. -Must have badge and complete Ipad screening. -No age restrictions. -Must be accompanied by resident when in the common areas and follow room occupancy requirements. -Visitors limited to 2 per unit in dining room.	<b>Inside Facility</b> -Visitors permitted. -Must have badge and complete Ipad screening. -No age restrictions. -Must be accompanied by resident when in the common areas and follow room occupancy requirements. -Visitors limited to 2 per unit in dining room.
<b>TRAVEL GUIDELINES</b> <b>Visitors</b>  This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.
<b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS</b> (travel, return from healthcare facility, other)  For phone assessments, please contact the RCS office at (808) 983-4421, between the hours of 8a-4p.	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  <u><b>Travel</b></u> -Day 5 Negative PCR test*. -Daily phone assessment Day 1 thru receipt of negative PCR test.  <u><b>Return from Healthcare Facility</b></u> -Negative PCR 48hrs prior to return to facility. -Day 5 Negative PCR test. -Daily phone assessment Day 1 thru receipt of negative PCR test.  <u><b>All other Returns</b></u> -No testing required. -Daily phone assessment Day 1 thru Day 5.  *Testing fees may apply.	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  <u><b>Travel</b></u> -Day 5 Negative PCR test*. -Daily phone assessment Day 1 thru receipt of negative PCR test.  <u><b>Return from Healthcare Facility</b></u> -Negative PCR 48hrs prior to return to facility. -Day 5 Negative PCR test. -Daily phone assessment Day 1 thru receipt of negative PCR test.  <u><b>All other Returns</b></u> -No testing required. -Daily phone assessment Day 1 thru Day 5.  *Testing fees may apply.
<b>FITNESS CLASSES (MPR)</b>  See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. Must mask, social distance and sanitize hands before/after class.	<b>40 or less (incl. instructors)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).	<b>40 or less (incl. instructors)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).

	MARCH '23	APRIL '23
<b>FITNESS ROOM (our gym)</b> 5a-10p daily.  <b>You may sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> - No occupancy or time limits but must mask & social distance. - Residents, in-house guests and non-exercising registered licensed caregivers only (no outside visitors). - Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).	<b>No Reservation Needed</b> - No occupancy or time limits but must mask & social distance. - Residents, in-house guests, and non-exercising registered licensed caregivers only (no outside visitors). - Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>POOL / SPA</b>  Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> - Visitors permitted (must be accompanied by resident and follow social distancing). - Locker rooms are open.	<b>Fully Open</b> - Visitors permitted (must be accompanied by resident and follow social distancing). - Locker rooms are open.
<b>MPR OCCUPANCY</b>  Must mask, social distance and sanitize hands before/after room use.	<b>40 or less</b> - Food and drink permitted with social distancing. - Must continue to mask unless actively eating/drinking.	<b>40 or less</b> - Food and drink permitted with social distancing. - Must continue to mask unless actively eating/drinking.
<b>OTHER COMMON AREA ROOMS</b>  All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> - Visitors permitted (must be accompanied by resident and follow social distancing/masking). - Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).	<b>10 Occupants or less</b> - Visitors permitted (must be accompanied by resident and follow social distancing/masking). - Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).
<b>COMMUNAL DINING (Dining Room use)</b>  Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.  Dining Room seating has returned to pre-COVID seating capacity.	<b>Open</b> - Open to all residents, registered licensed caregivers, and non-resident owners. - Visitors limited to 2 per unit. Must be seated with their resident. - Private dining room open to 8 or less by reservation.  Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.	<b>Open</b> - Breakfast buffet returns. Must wear mask while going through buffet line. - Open to all residents, registered licensed caregivers, and non-resident owners. - Visitors limited to 2 per unit. Must be seated with their resident. - Private dining room open to 8 or less by reservation.  Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> - Residents only. - Cups will be provided (no personal containers). - Grab & go, no congregating.	<b>Open</b> - Residents only. - Cups will be provided (no personal containers). - Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must complete Ipad screening and wear badge. - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must complete Ipad screening and wear badge. - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.



<p><b>GROUP ACTIVITIES</b></p> <p>Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information.</p> <p>Must wear masks, socially distance and sanitize hands before and after activity.</p>	<p><b>MPR: 40 or less (incl. instructors)</b>  <b>Other Rooms: 10 or less (incl. instructors)</b></p> <p>-In person classes by sign up or first come first served.          -Residents and registered licensed caregivers only.          -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).          -Outside excursions permitted.</p>	<p><b>MPR: 40 or less (incl. instructors)</b>  <b>Other Rooms: 10 or less (incl. instructors)</b></p> <p>-In person classes by sign up or first come first served.          -Residents and registered licensed caregivers only.          -Food and drink permitted with social distancing (must continue to mask unless actively eating/drinking).          -Outside excursions permitted.</p>
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#### IMPORTANT REMINDERS:

- **VISITATION:** Badges and Ipad screening are required.  
 If at any time you come in contact with someone who is positive for COVID-19 and/or are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community. See above grid under "VISITORS IN TO ONE K".
- **REALTORS/OWNERS:** Showings of units are allowed for sale/rental purposes (no more than 4 clients at a time). Touring is permitted of indoor common areas with some restrictions. Badges are required. For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.
- **NEW MOVE-INS:**  
**Testing Requirements** (quarantine no longer required unless test results are positive or you are having symptoms):
  - Negative PCR 48hrs prior to return to facility.
  - Day 5 Negative PCR test\*.
  - Daily phone assessment Day 1 thru receipt of negative PCR test. For phone assessments, please contact the RCS office at (808) 983-4421, between the hours of 8a-4p.
  - \*At owner's cost.

**14 Days Quarantine Required:** If testing requirements not met.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, see above grid under "RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS" section.
- **QUARANTINE PROTOCOLS:** Contact the RCS Department at (808) 983-4421 with any questions on quarantine protocols for residents with symptoms, close contact with a confirmed positive, or confirmed positive for COVID-19.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart) especially when in larger gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle.
  - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
  - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
  - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
  - ✓ If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at 983-4421 and remain in your unit.

\* \* \*

A copy of these protocols can also be accessed on our website at [www.onekalakaua.net](http://www.onekalakaua.net)



One Kalakaua Senior Living  
COVID-19 Facility Protocols





FEBRUARY 2023

**Effective 2/1/23, we will be moving from the monthly COVID-19 Memo that you have become familiar with, to a modified/shortened version called COVID-19 Facility Protocols. In this new format we will continue to highlight the current/following month's protocols. Please refer to the weekly Talk Story for any current issues (ie: in-house case counts, outside community COVID-19 information, etc.).**

Below is the tentative plan for the next two months. This schedule is subject to change should the COVID-19 situation / Honolulu restrictions change.

**FACILITY COVID-19 PROTOCOLS**

	FEBRUARY '23	MARCH '23
<b>VISITORS IN TO ONE K</b> Visitors are permitted in the apartments and limited to 2 visitors per unit in the common areas. Visitors who test (+) or come in close contact with a (+) must remain out of the facility for a minimum of 10 days.  Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.	<b>Inside Facility</b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad Screening. -No age restrictions. -May visit common areas, however must be with resident and no more than 2 visitors per unit.	<b>Inside Facility</b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad Screening. -No age restrictions. -May visit common areas, however must be with resident and no more than 2 visitors per unit.
<b>TRAVEL GUIDELINES</b> <b>Visitors <sup>(1)</sup></b>  <sup>(1)</sup> This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.
<b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS</b> (ie: travel, hospital stays, outside visits with family, etc.)	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  -Day 1 PCR test* (must be within 48 hours of return to facility) -Day 3 facility provided antigen test -Day 5 Negative PCR test*  *Testing fees may apply.	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  -Day 1 PCR test* (must be within 48 hours of return to facility) -Day 3 facility provided antigen test -Day 5 Negative PCR test*  *Testing fees may apply.
<b>FITNESS CLASSES (MPR)</b> See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must mask, social distance and sanitize hands before/after class.	<b>40 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).	<b>40 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).
<b>FITNESS ROOM (our gym)</b> 5a-10p daily. <b>Residents can sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No occupancy or time limits but must mask & social distance. -Non-exercising registered licensed caregivers allowed to standby. -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).	<b>No Reservation Needed</b> -No occupancy or time limits but must mask & social distance. -Non-exercising registered licensed caregivers allowed to standby. -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>

	FEBRUARY '23	MARCH '23
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> Locker rooms are open.	<b>Fully Open</b> Locker rooms are open.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>40 or less including Instructor(s)</b> -Residents and registered licensed caregivers only. -No eating or drinking.	<b>40 or less including Instructor(s)</b> -Residents and registered licensed caregivers only. -No eating or drinking.
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers. -Visitors limited to 2 per unit in common areas. -Visitors and caregivers must be with resident when in common areas. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers. -Visitors limited to 2 per unit in common areas. -Visitors and caregivers must be with resident when in common areas. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.  Dining Room seating has returned to pre-COVID seating capacity.	<b>Open</b> -Open to all residents, registered licensed caregivers, visitors and non-resident owners. Visitors must be seated with their resident. -Private dining room open to 8 or less by reservation. Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.	<b>Open</b> -Open to all residents, registered licensed caregivers, visitors and non-resident owners. Visitors must be seated with their resident. -Private dining room open to 8 or less by reservation. Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must complete Ipad screening and wear badge. -Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must complete Ipad screening and wear badge. -Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information.  Must wear masks, socially distance and sanitize hands before and after activity.	<b>MPR: 40 or less including Instructor(s)</b> <b>Other Rooms: 10 or less including Instructor(s)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resume. Lunch Bunch 10 resident limit all other non-eating excursions 15 resident limit.	<b>MPR: 40 or less including Instructor(s)</b> <b>Other Rooms: 10 or less including Instructor(s)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resume. Lunch Bunch 10 resident limit all other non-eating excursions 15 resident limit.

#### IMPORTANT REMINDERS:

- **VISITATION:** Badges and Ipad screening are required.  
 If at any time you come in contact with someone who is positive for COVID-19 and/or are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community.
- **REALTORS/OWNERS:** Showings of units are allowed for sale/rental purposes (no more than 4 clients at a time). Touring is permitted of indoor common areas with some restrictions. Badges are required. For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.

- **NEW MOVE-INS:**

**Testing Requirements** (quarantine no longer required unless test results are positive or you are having symptoms):

- Day 1 PCR test\* (must be within 48 hours of return to facility)
- Day 3 facility provided antigen test
- Day 5 Negative PCR test\*

\*At owner's cost.

**14 Days Quarantine Required:** If testing requirements not met.

- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, see above grid under "RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS" section.
- **QUARANTINE PROTOCOLS:** Contact the RCS Department at (808)983-4421 with any questions on quarantine protocols for residents with symptoms, close contact with a confirmed positive, or confirmed positive for COVID-19.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart) especially when in larger gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle.
  - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
  - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
  - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
  - ✓ **If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at 983-4421 and remain in your unit.**

\* \* \*

A copy of these protocols can also be accessed on our website at [www.onekalakaua.net](http://www.onekalakaua.net)

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #37 11/30/22



This memo is also on our website at [www.onekalakaua.net](http://www.onekalakaua.net)

**\*\*\*IMPORTANT HIGHLIGHTS\*\*\***

- **ONEK CASE COUNTS:** Our total resident count is 19 for the three year span of the pandemic.
- **FACILITY COVID-19 PROTOCOLS:** Fortunately, due to the current lower case counts in the outside community we continue to be able to make some positive adjustments to our protocols (see next bullet). When considering the relaxing of our protocols, we review guidance from governmental agencies (CDC, DOH, etc.) and our industry partners as well as look at the outside situation. See grid later in this memo for more detailed information on our current protocols.
- **CHRISTMAS JOY TO CHEER ABOUT IN DECEMBER!!**
  - Common areas open to visitors, limit of 2 visitors per unit.
  - The Dining Room returned to pre-COVID seating as of 11/24/22. The Private Dining Room continues to accommodate reservations for up to 8.
  - Non-resident owners are back to normal status.
  - Lunch Bunch attendance limits increased to 10 residents and all other non-eating excursions increased to 15.
  - International travel question removed from Ipad screening for visitors (as of 11/16/22).
- **HOLIDAY SEASON REMINDERS:** During this holiday season when we are socializing more and spending time with our loved ones (especially as we open up to visitors in our dining and common areas) it is **VERY IMPORTANT** that you and your visitors follow our infection control protocols and social distance, wear masks at all times, and frequently wash your hands. Remind your visitors not to visit if they are sick or have been exposed to anyone with a communicable disease such as COVID-19, the flu, etc.
- **SOME AREAS RETURNING TO PRE-COVID STATUS:** We continue our transition back to our pre-COVID activity programs and facility protocols. As we slowly move towards more normal operations, we must remember that although some of the COVID changes have become favorites of our residents, we do need to move back to some of our prior practices as the changes during COVID-19 used a lot more staff time and resources.
  - Effective 12/1/22, all fitness classes will be offered in person only with the exception of Strong Beginnings which will also be televised on Channel 901.
  - Effective 12/1/22, the weekly word games/puzzles will be reduced from weekly to monthly and activity sheets must be picked up from the Front Desk. Activity sheets will no longer be offered on each floor.
  - Blank menus have been removed from the resident floors/hallways and are now located back at the Front Desk.
- **COVID-19 BOOSTER SHOTS:** If you have not received the bivalent booster yet, please consider getting it as soon as possible. **If you haven't received it, your protection is now slim to none which puts both you and our community at risk.** Contact the RCS department for more information on where you might be able to obtain your booster.
- **MASK REQUIREMENTS:** OKSL not only requires mask use in-house for everyone (residents, staff, visitors), we highly recommend that you wear your mask whenever you are with others in the outside community. In addition, due to our increased cases and close calls, we ask that you wear a mask whenever a visitor is in your unit (which also includes staff who provides services). **In most of our positive cases and close calls, masks were not being worn or not being worn properly.**



**Reminder, we must stay diligent with our infection control protocols (masking, social distancing and good hand hygiene) to keep our facility safe! IMMEDIATELY REPORT any sick symptoms or close contacts with a positive case to the RCS Department at (808) 983-4421.**


Please read the entire memo for additional important information.

## OKSL FACILITY STATUS/UPDATES

**OPERATIONS CONTINUE TO BE IMPACTED BY COVID-19:** Although case numbers in the community have tapered off over the past few months, we are still being impacted especially in the area of staffing. We continue to have staffing shortages as with most healthcare facilities across the state. Due to these staffing shortages (challenges filling open positions due to a statewide shortage of healthcare workers, absences due to staff taking care of sick family, last minute mandatory quarantine protocols for potential risk/exposure, etc.) we may need to change, adjust, reschedule or cancel services. We continue to recruit for vacant positions in all departments.


**FACILITY COVID-19 PROTOCOLS:** Below is the tentative plan for the next two months. This schedule is subject to change should the COVID-19 situation / Honolulu restrictions change.

 <b>CHANNEL 901 HOLIDAY BROADCASTS</b> 	
OKEAF Program (virtual only)	12/2/22 at 2pm (look for Christmas goodie on your door)
New Year's Eve Celebration (in person and virtual)	12/30/22 at 2:00pm

	DECEMBER '22	JANUARY '23
<b>VISITORS IN TO ONE K</b> Visitors are permitted in the apartments and limited to 2 visitors per unit in the common areas. Visitors who test (+) or come in close contact with a (+) must remain out of the facility for a minimum of 10 days.  Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.	<b>Inside Facility</b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad Screening. -No age restrictions. -May visit common areas, however must be with resident and no more than 2 visitors per unit.	<b>Inside Facility</b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad Screening. -No age restrictions. -May visit common areas, however must be with resident and no more than 2 visitors per unit.
<b>TRAVEL GUIDELINES</b> <b>Visitors <sup>(1)</sup></b>  <sup>(1)</sup> This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.
<b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS</b> (ie: travel, hospital stays, outside visits with family, etc.)	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  -Day 1 PCR test* (must be within 48 hours of return to facility) -Day 3 facility provided antigen test -Day 5 Negative PCR test*  *Testing fees may apply.	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  -Day 1 PCR test* (must be within 48 hours of return to facility) -Day 3 facility provided antigen test -Day 5 Negative PCR test*  *Testing fees may apply.
<b>FITNESS CLASSES (MPR)</b> See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must mask, social distance and sanitize hands before/after class.	<b>40 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).	<b>40 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).

\*TBD = To Be Determined/evaluated based on Honolulu/COVID status at that time.



	DECEMBER '22	JANUARY '23
<b>FITNESS ROOM (our gym)</b> 5a-10p daily. <b>Residents can sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No occupancy or time limits but must mask & social distance. -Non-exercising registered licensed caregivers allowed to standby. -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).	<b>No Reservation Needed</b> -No occupancy or time limits but must mask & social distance. -Non-exercising registered licensed caregivers allowed to standby. -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> Locker rooms are open.	<b>Fully Open</b> Locker rooms are open.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>40 or less including Instructor(s)</b> -Residents and registered licensed caregivers only. -No eating or drinking.	<b>40 or less including Instructor(s)</b> -Residents and registered licensed caregivers only. -No eating or drinking.
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers. <b>-Visitors limited to 2 per unit in common areas.</b> <b>-Visitors and caregivers must be with resident when in common areas.</b> -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers. -Visitors limited to 2 per unit in common areas. -Visitors and caregivers must be with resident when in common areas. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.  <b>Dining Room seating has returned to pre-COVID seating capacity.</b>	<b>Open</b> -Open to all residents, registered licensed caregivers, visitors and non-resident owners. Visitors must be seated with their resident. -Private dining room open to 8 or less by reservation. Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.	<b>Open</b> -Open to all residents, registered licensed caregivers, visitors and non-resident owners. Visitors must be seated with their resident. -Private dining room open to 8 or less by reservation. Note: In order to accommodate as many residents as possible we may need to restrict the # of reservations per resident per month.
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> -Patrons must complete Ipad screening and wear badge. -Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> -Patrons must complete Ipad screening and wear badge. -Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information.  Must wear masks, socially distance and sanitize hands before and after activity.	<b>MPR: 40 or less including Instructor(s)</b> <b>Other Rooms: 10 or less including Instructor(s)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resume. Lunch Bunch 10 resident limit all other non-eating excursions 15 resident limit.	<b>MPR: 40 or less including Instructor(s)</b> <b>Other Rooms: 10 or less including Instructor(s)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resume. Lunch Bunch 10 resident limit all other non-eating excursions 15 resident limit.



## IMPORTANT REMINDERS:

- **VISITATION:** Badges and Ipad screening are required.  
If at any time you come in contact with someone who is positive for COVID-19 and/or are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community.
  - **REALTORS/OWNERS:** Showings of units are allowed for sale/rental purposes (no more than 4 clients at a time). Touring is permitted of indoor common areas with some restrictions. Badges are required. For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.
  - **NEW MOVE-INS:**  
**Testing Requirements** (quarantine no longer required unless test results are positive or you are having symptoms):
    - Day 1 PCR test\* (must be within 48 hours of return to facility)
    - Day 3 facility provided antigen test
    - Day 5 Negative PCR test\***\*At owner's cost.**
- 14 Days Quarantine Required:** If testing requirements not met.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, see above grid under "RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS" section.
  - **QUARANTINE PROTOCOLS:** Contact the RCS Department at (808)983-4421 with any questions on quarantine protocols for residents with symptoms, close contact with a confirmed positive, or confirmed positive for COVID-19.
  - **GENERAL INFECTION CONTROL REMINDERS.**
    - ✓ Continue practicing social distancing (6 feet or more apart) especially when in larger gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle.
    - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
    - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
    - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
    - ✓ If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at 983-4421 and remain in your unit.

## OUTSIDE COMMUNITY STATUS / UPDATES

We continue to be on a downward trajectory. On Oahu, as of 11/21/22, we were averaging 110 cases per day and a 6.4% positivity rate. Anytime the outside community surpasses a 5% positivity rate, the risk of contracting COVID-19 from the outside community is much higher. The latest evidence is showing that people can be reinfected with the Omicron variant, multiple times within a 3 month period.

As of 11/21/22, 78.2% of the state has completed their primary doses of the vaccination, 41.2% completed a booster dose in the last 12 months, and 14.8% have completed their bivalent booster dose.

*We will continue to monitor the COVID-19 situation in the outside community and will make any adjustments to our COVID-19 measures accordingly. Due to our high risk/vulnerable senior population, we will not make our facility's reopening changes exactly at the same time the government makes them. We are very cautious and have greater restrictions than the general public. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.*

This is an update to prior updates:

#1 2/3/20, #2 2/10/20, #3 2/24/20, #4 3/9/20, #5 3/18/20, #6 3/24/20, #7 4/20/20, #8 5/19/20, #9 6/29/20, #10 8/26/20, #11 9/29/20, #12 10/30/20, #13 11/30/20, #14 12/21/20, #15 1/27/21, #16 2/25/21, #17 3/31/21, #18 4/30/21, #19 5/28/21, #20 6/30/21, #21 7/30/21, #22 8/30/21, #23 9/30/21, #24 10/29/21, #25 11/29/21, #26 12/27/21, #27 1/28/22, #28 2/28/22, #29 3/30/22, #30 4/29/22, #31 5/31/22, #32 6/30/22, #33 7/29/22, #34 8/30/22, #35 9/28/22, #36 10/28/22.

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #36 10/28/22



This memo is also on our website at [www.onekalakaua.net](http://www.onekalakaua.net)

**\*\*\*IMPORTANT HIGHLIGHTS\*\*\***

- **ONEK CASE COUNTS:** In October, we added one more resident to our COVID-19 case counts. This resident had been out of the facility for more than 24 hours in another healthcare setting and was found to be positive when we did our return to facility screening/testing. This brings our total resident count to 19 for the three year span of the pandemic.
- **FACILITY COVID-19 PROTOCOLS:** New updated guidance was issued the end of September from the CDC. We are still in the process of reviewing the new guidance as well as seeking guidance from OHCA and attending informational sessions put on by HDOH to determine what changes can be made to our current facility protocols. We do however have some good news and because of the current lower case counts in the outside community we are already making some positive adjustments to our protocols effective 11/1/22 (see next bullet). When considering the relaxing of our protocols, we review guidance from governmental agencies (CDC, DOH, etc.) and our industry partners as well as look at the outside situation. See grid later in this memo for more detailed information on our current facility protocols.
- **NEW AND EXCITING CHANGES TO BE THANKFUL FOR IN NOVEMBER!!**
  - Dining Room opens to visitors and non-resident owners (limited seating available as no changes to current seating layout). We are hoping to be able to expand seating in the very near future.
  - Quarantine for residents no longer required for stays outside of facility if you meet testing requirements.
  - Fitness Room, no occupancy/time restrictions (masking & social distancing still applies).
  - Lunch Bunch resumes.
  - MPR occupancy increases to 40.
  - More relaxed travel protocol for visitors.See grid later in this memo for more detailed information.
- **SOME AREAS RETURNING TO PRE-COVID STATUS:** As we continue to move towards our pre-COVID activity programs and facility protocols, please note the following:
  - Effective 11/1/22, we will no longer be doing the weekly word games/puzzles as this was initiated during the time when in-person activities could not be provided.
  - Blank menus have been removed from the resident floors/hallways and are now located back at the Front Desk.
  - We will discontinue the monthly Channel 901 COVID-19 memo updates.
- **COVID-19 BOOSTER SHOTS:** If you have not received the bivalent booster yet, please see the RCS department and they can assist with information on where you might be able to obtain your booster. Being "up-to-date" on your vaccines is now defined as having completed your primary series and the most recent booster dose recommended for you (currently the bivalent booster).
- **MASK REQUIREMENTS:** OKSL not only requires mask use in-house for everyone (residents, staff, visitors), we highly recommend that you wear your mask whenever you are with others in the outside community. In addition, due to our increased cases and close calls we ask that you wear a mask whenever a visitor is in your unit (which also includes staff who provides services). In most of our positive cases and close calls, masks were not being worn or not being worn properly.


Reminder, we must stay diligent with our infection control protocols (masking, social distancing and good hand hygiene) to keep our facility safe! IMMEDIATELY REPORT any sick symptoms or close contacts with a positive case to the RCS Department at (808) 983-4421.


Please read the entire memo for additional important information.

## OKSL FACILITY STATUS/UPDATES

**OPERATIONS CONTINUE TO BE IMPACTED BY COVID-19:** Although case numbers in the community have tapered off over the past few months, we are still being impacted especially in the area of staffing. We continue to have staffing shortages as with most healthcare facilities across the state. Due to these staffing shortages (challenges filling open positions due to a statewide shortage of healthcare workers, absences due to staff taking care of sick family, last minute mandatory quarantine protocols for potential risk/exposure, etc.) we may need to change, adjust, reschedule or cancel services. We continue to recruit for vacant positions in all departments.

**FACILITY COVID-19 PROTOCOLS:** Below is the tentative plan for the next two months. This schedule is subject to change should the COVID-19 situation / Honolulu restrictions change.

	NOVEMBER '22	DECEMBER '22
<b>VISITORS IN TO ONE K</b> Visitors are only permitted in the apartments (not in the common areas). Visitors who test (+) or come in close contact with a (+) must remain out of the facility for a minimum of 10 days.  Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.	<b>Inside Facility</b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad Screening. -No age restrictions.	<b>Inside Facility</b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad Screening. -No age restrictions.
<b>TRAVEL GUIDELINES</b> <b>Visitors <sup>(1)</sup></b>  <sup>(1)</sup> This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> May enter with health screen.
<b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS</b> (ie: travel, hospital stays, outside visits with family, etc.)	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  -Day 1 PCR test* (must be within 48 hours of return to facility) -Day 3 facility provided antigen test (no cost) -Day 5 Negative PCR test*  *Testing fees may apply.	<b>Testing Requirements</b> (quarantine no longer required unless test results are positive or you are having symptoms)  -Day 1 PCR test* (must be within 48 hours of return to facility) -Day 3 facility provided antigen test (no cost) -Day 5 Negative PCR test*  *Testing fees may apply.
<b>FITNESS CLASSES (MPR)</b> See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must mask, social distance and sanitize hands before/after class.	<b>40 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).	<b>40 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).

	NOVEMBER '22	DECEMBER '22
<b>FITNESS ROOM (our gym)</b> 5a-10p daily. <b>Residents can sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No occupancy or time limits but must mask & social distance. -Non-exercising registered licensed caregivers allowed to standby. -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).	<b>No Reservation Needed</b> -No occupancy or time limits but must mask & social distance. -Non-exercising registered licensed caregivers allowed to standby. -Bands and hand weights permitted (sanitize hands and thoroughly dry hands before use).
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> Locker rooms are open.	<b>Fully Open</b> Locker rooms are open.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>40 or less including Instructor(s)</b> -Residents and registered licensed caregivers only. -No eating or drinking.	<b>40 or less including Instructor(s)</b> -Residents and registered licensed caregivers only. -No eating or drinking.
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.	<b>Open</b> -Open to all residents, registered licensed caregivers, visitors and non-resident owners with current seating. Visitor must be seated with their resident. -Private dining room open to 6 or less by reservation.	<b>Open</b> -Open to all residents, registered licensed caregivers, visitors and non-resident owners with current seating. Visitor must be seated with their resident. -Private dining room open to 6 or less by reservation.
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must wear masks, socially distance and sanitize hands before and after activity.	<b>MPR: 40 or less including Instructor(s)</b> <b>Other Rooms: 10 or less including Instructor(s)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resumes. -Lunch Bunch resumes – 9 residents max per outing and social distancing.	<b>MPR: 40 or less including Instructor(s)</b> <b>Other Rooms: 10 or less including Instructor(s)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resumes. -Lunch Bunch resumes – 9 residents max per outing and social distancing.

## IMPORTANT REMINDERS:

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If at any time you come in contact with someone who is positive for COVID-19 or if you are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community.
  - **REALTORS/OWNERS:** Showings of units are allowed for sale/rental purposes (no more than 4 clients at a time). Touring is permitted of indoor common areas with some restrictions. Badges are required. For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.
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**Testing Requirements** (quarantine no longer required unless test results are positive or you are having symptoms):
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- 14 Days Quarantine Required:** If testing requirements not met.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, see above grid under "RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS" section.
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  - **GENERAL INFECTION CONTROL REMINDERS.**
    - ✓ Continue practicing social distancing (6 feet or more apart) especially when in larger gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle.
    - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
    - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
    - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
    - ✓ If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at 983-4421 and remain in your unit.

## OUTSIDE COMMUNITY STATUS / UPDATES

We continue to be on a downward trajectory. On Oahu, as of 10/24/22, we were averaging 116 cases per day and a 6.3% positivity rate. Anytime the outside community surpasses a 5% positivity rate, the risk of contracting COVID-19 from the outside community is much higher. The latest evidence is showing that people can be reinfected with the Omicron variant, multiple times within a 3 month period.

As of 10/19/22, 78% of the state has completed their primary doses of the vaccination. This does not include any booster shots.

*We will continue to monitor the COVID-19 situation in the outside community and will make any adjustments to our COVID-19 measures accordingly. Due to our high risk/vulnerable senior population, we will not make our facility's reopening changes exactly at the same time the government makes them. We are very cautious and have greater restrictions than the general public. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.*

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One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #35 9/28/22



This memo is also on our website at [www.onekalakaua.net](http://www.onekalakaua.net)

**\*\*\*IMPORTANT HIGHLIGHTS\*\*\***

- **EFFECTIVE 10/3/22 - NEW VISITOR BADGE PROCESS:** Starting on 10/3/22 we will be rolling out a new visitor badging process. Previously, visitors had to obtain a blue or orange badge in advance. Now, badges will print out at sign-in (and are only good for that day). Prior, they also had to do a second sign-in at the Front Desk for their car, however, this will now be handled all at one-time on the outside screening Ipad. Again, visitors will no longer be required to use the orange/blue badges that were previously issued. Please remind your visitors to follow the new Ipad instructions that will be right on the screen.
- **FACILITY COVID-19 PROTOCOLS:** New updated guidance was just issued in the last week from the CDC and we are in the process of reviewing the new guidance to determine if any changes can be made to our current facility protocols. When considering the relaxing of our protocols, we review guidance from governmental agencies (CDC, DOH, etc.) and our industry partners as well as look at the outside situation. Case counts have been moving on a downward trajectory and we are optimistically hopeful that we will be able to make some positive changes very soon. Remember that as long as the outside community remains over a 5% positivity rate the risk of contracting COVID-19 from the outside community is much higher. See grid later in this memo for more information on our current facility protocols.
- **COVID-19 BOOSTER SHOTS:** On 8/31/22, the FDA approved a new bivalent booster vaccination for emergency use authorization. Currently the Omicron variant is the dominant strain of COVID-19, and this new booster has an Omicron specific component. Fortunately, we were able to offer this new booster at our flu shot clinics last week, and despite nationwide shortages of the Moderna bivalent vaccine (which is what most residents prefer), most were still able to receive the Moderna booster. A total of 106 residents received this new booster at our clinics and other residents have also received at outside vendors. If you have not received this booster yet, please see the RCS department and they can assist with information on where you might be able to obtain your booster.
- **MASK REQUIREMENTS:** OKSL not only requires mask use in-house for everyone (residents, staff, visitors), we highly recommend that you wear your mask whenever you are with others in the outside community. In addition, due to our increased cases and close calls we ask that you wear a mask whenever a visitor is in your unit (which also includes staff who provides services). In most of our positive cases and close calls, masks were not being worn or not being worn properly.
- **CRITICAL STAFFING:** We continue to have staffing shortages as with most healthcare facilities across the state. Due to these staffing shortages (challenges filling open positions due to a statewide shortage of healthcare workers, absences due to staff taking care of sick family, last minute mandatory quarantine protocols for potential risk/exposure, etc.) we may need to change, adjust, reschedule or cancel services. We continue to recruit for vacant positions in all departments.

**Reminder, we must stay diligent with our infection control protocols (masking, social distancing and good hand hygiene) to keep our facility safe! IMMEDIATELY REPORT any sick symptoms or close contacts with a positive case to the RCS Department at (808)983-4421.**

**Please read the entire memo for more important information.**




## OKSL FACILITY STATUS/UPDATES


**OPERATIONS CONTINUE TO BE IMPACTED BY COVID-19:** Although case numbers in the community have tapered off over the past month or so, we are still being impacted especially in the area of staffing. Most departments continue to work on skeleton crews due to challenges with finding staff. We continue to recruit for more staff to address these shortages.

**EXECUTIVE DIRECTOR MONTHLY FACILITY STATUS UPDATES:** Tune in to Channel 901 at 9am on the first Wednesday of every month for a brief summary of the recently distributed COVID-19 memo. Following the brief update, you can call in with your COVID-19 memo questions to (808) 202-3084.

**FACILITY COVID-19 PROTOCOLS:** Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation / Honolulu restrictions change.

	OCTOBER '22	NOVEMBER '22
 <p><b>VISITORS IN TO ONE K</b> Visitors are only permitted in the apartments (not in the common areas).  Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.</p>	<p><b><u>Inside Facility</u></b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad Screening (<b>see front page for new badge process</b>). -No age restrictions.</p>	TBD*
<p><b>TRAVEL GUIDELINES</b> <b>Visitors</b> <sup>(1)</sup> Facility-provided COVID-19 testing may be requested in some higher risk situations.  (1) This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</p> <p><b><u>Mainland Travel</u></b> May enter with health screen.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</p> <p><b><u>Mainland Travel</u></b> May enter with health screen.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.</p>
<p><b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS</b> (ie: travel, hospital stays, outside visits with family, etc.)  "Up to Date" COVID-19 vaccination is: <u>For those under 50 years of age</u> Primary series + 1 booster <u>For those 50 years and older</u> Primary series + 2 boosters</p>	<p><b><u>Up to Date Vaccinations</u></b> No quarantine required if no symptoms. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p><b><u>Vaccinations are NOT Up to Date</u></b> Quarantine up to 7 days. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.  *Testing fees may apply.</p>	<p><b><u>Up to Date Vaccinations</u></b> No quarantine required if no symptoms. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p><b><u>Vaccinations are NOT Up to Date</u></b> Quarantine up to 7 days. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.  *Testing fees may apply.</p>
<p><b>FITNESS CLASSES (MPR)</b> See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must mask, social distance and sanitize hands before/after class.</p>	<p><b>30 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).</p>	TBD*
<p><b>FITNESS ROOM (our gym)</b> 5a-10p daily. <b>Residents can sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.</p>	<p><b>No Reservation Needed</b> -No more than <u>4</u> exercisers in room at any time. -Non-exercising registered licensed caregivers allowed to standby. -<u>60</u> minute time limit. -No band or hand weight use.</p>	<p><b>No Reservation Needed</b> -No more than <u>4</u> exercisers in room at any time. -Non-exercising registered licensed caregivers allowed to standby. -<u>60</u> minute time limit. -No band or hand weight use.</p>

\*TBD = To Be Determined/evaluated based on Honolulu/COVID status at that time.

	OCTOBER '22	NOVEMBER '22
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> Locker rooms are open.	<b>Fully Open</b> Locker rooms are open.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>30 or less including Instructor(s)</b> -Residents and registered licensed caregivers only. -No eating or drinking.	<b>TBD*</b>
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.	<b>Open</b> -Open to all residents and registered licensed caregivers. -No visitors. -Private dining room open to 6 or less by reservation (residents and licensed caregivers only).	<b>TBD*</b>
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must wear masks, socially distance and sanitize hands before and after activity.	<b>MPR: 30 or less including Instructor(s)</b> <b>Other Rooms: 10 or less including Instructor(s)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resumes.	<b>TBD*</b>

#### IMPORTANT REMINDERS:

- VISITATION:** Badges and Ipad screening are required. **See front page for new badge process.**  
 If at any time you come in contact with someone who is positive for COVID-19 or if you are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community.
- REALTORS/OWNERS:** Showings of units are allowed for sale/rental purposes (no more than 4 clients at a time). Touring is permitted of indoor common areas with some restrictions. Badges are required. **See front page for new badge process.** For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.

- **NEW MOVE-INS:**
  - **No Quarantine Required:** IF able to provide documentation of up-to-date vaccination status and a negative PCR test within 48 hours of move-in. Must also take a 5 day post move-in PCR test.
  - **7 Days Quarantine Required:** IF vaccinations are not up-to-date but provide a negative PCR test within 48 hours of move-in. Must also take a 5 day post move-in PCR test.
  - **14 Days Quarantine Required:** IF no PCR test taken within 48 hours of move-in.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. **For stays over 24 hours, see above grid under “RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS” section.**
- **QUARANTINE PROTOCOLS:** Contact the RCS Department at (808)983-4421 with any questions on quarantine protocols for residents with symptoms, close contact with a confirmed positive, or confirmed positive for COVID-19. You may also refer to the grid in your July and August newsletters.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart) especially when in larger gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle.
  - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
  - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
  - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
  - ✓ **If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at 983-4421 and remain in your unit.**

### **OUTSIDE COMMUNITY STATUS / UPDATES**

We continue to be on a slow downward trajectory. On Oahu, as of 9/26/22, we were averaging 124 cases per day and a 6.6% positivity rate. Anytime the outside community surpasses a 5% positivity rate, the risk of contracting COVID-19 from the outside community is much higher.

As of 9/19/22, 77.5 % of the state has completed their primary doses of the vaccination. This does not include any booster shots.

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