


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.
<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> <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.
<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>55 or less (incl. instructors)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).	<b>55 or less (incl. instructors)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).
<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).

	MAY '23	JUNE '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 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: 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. Watch your in-house mailboxes next month for more information.

### 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.  
**-14 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.
  - **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





APRIL 2023


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

**FACILITY COVID-19 PROTOCOLS**

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

	APRIL '23	MAY '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.
<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> -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.
<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>55 or less (incl. instructors)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).	<b>55 or less (incl. instructors)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>

	APRIL '23	MAY '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>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 <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
<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.

#### 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**

	MARCH '23	APRIL '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. -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>
---	--	--

#### 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	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.	<b>Interisland Travel</b> May enter with health screen.  <b>Mainland Travel</b> May enter with health screen.  <b>International Travel</b> May enter with health screen.	<b>Interisland Travel</b> May enter with health screen.  <b>Mainland Travel</b> May enter with health screen.  <b>International Travel</b> 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. <b>-May visit common areas, however must be with resident and no more than 2 visitors per unit.</b>	<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>  (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.	<b>Interisland Travel</b> May enter with health screen.  <b>Mainland Travel</b> May enter with health screen.  <b>International Travel</b> May enter with health screen.	<b>Interisland Travel</b> May enter with health screen.  <b>Mainland Travel</b> May enter with health screen.  <b>International Travel</b> 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*  <b>*Testing fees may apply.</b>	<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*  <b>*Testing fees may apply.</b>
<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:

- **VISITATION:** Badges and Ipad screening are required.  
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.
  - **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 (no cost)
    - 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 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.*

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.

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
<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.	<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.	<b>TBD*</b>
<b>TRAVEL GUIDELINES</b> <b>Visitors <sup>(1)</sup></b> Facility-provided COVID-19 testing may be requested in some higher risk situations.  <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.	<b><u>Interisland Travel</u></b> May enter with health screen.  <b><u>Mainland Travel</u></b> May enter with health screen.  <b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.	<b><u>Interisland Travel</u></b> May enter with health screen.  <b><u>Mainland Travel</u></b> May enter with health screen.  <b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.
<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: For those under 50 years of age Primary series + 1 booster For those 50 years and older Primary series + 2 boosters	<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*.  <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.	<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*.  <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.
<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>30 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).	<b>TBD*</b>
<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 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.	<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.

\*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.

*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.

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #34 8/30/22



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

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

- **POSITIVE COVID-19 RESIDENT CASES:** As previously reported over the past few months we have had several residents test positive for COVID-19, the majority being from outside exposures. As of 8/27/22, we have had a total of 18 residents test positive (1 in 2020, 17 in May-August of this year). All cases but one have since been cleared. We also continue to have reports/close calls where staff and residents have been exposed to outside positive cases.
- **FACILITY COVID-19 PROTOCOLS:** We are anxiously awaiting new COVID-19 guidance for healthcare facilities from the CDC. On 8/11/22, the CDC made several changes for the outside community and although this guidance did not apply to us, they promised that updates would be coming soon for healthcare settings like ours. We are hoping that this new guidance will come out this month so that we are able to make more adjustments in October. When considering the relaxing of our protocols, we do them cautiously while we evaluate the outside situation (case counts are still high, and the BA5 variants which are more contagious, are on the rise) as well as regulatory guidance from government agencies such as the CDC, DOH, etc. See grid later in this memo for more information.
- **PRIVATE DINING ROOM OPENS FOR RESERVATIONS EFFECTIVE 9/1/22:** We are pleased to announce that the Private Dining Room (with the closed door) will now be accepting reservations for groups of 6 or less (residents and licensed caregivers only). See the Front Desk if you would like to make a reservation.
- **COVID-19 BOOSTER SHOTS:** Assuming the FDA makes their final approvals, newly updated COVID-19 booster vaccines should be available soon. These new boosters are tailored to target the more contagious BA.5 omicron subvariants, as well as the original and previous COVID strains. We will continue to monitor the progress and set up clinics for our residents and staff once we become eligible.
- **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 few weeks, case numbers are still high and operations are still being impacted especially in the area of staffing. Our contact tracing efforts are showing that the majority of our positive resident cases


were the result of outside exposure (ie: having lunch with friends, contact with a positive family member, travel, etc.). Earlier this year (in April 2022), most outside community restrictions that once helped to protect us against COVID-19 were eliminated, leaving minimal protection outside of our OneK environment. With no restrictions in place, we continue to be at risk. In May, we also loosened some of our facility COVID-19 restrictions including allowing visitors to come in with minimal restrictions. During this timeframe, we saw an influx in resident positive cases as noted earlier in this memo. Fortunately, the majority of us were vaccinated, thus most of those affected only experienced mild to moderate symptoms.

**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.

	SEPTEMBER '22	OCTOBER '22
<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.	<u><b>Inside Facility</b></u> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad screening. -No age restrictions.	<b>TBD*</b>
<b>TRAVEL GUIDELINES Residents</b> Due to our high risk population we currently still recommend that residents avoid all unnecessary travel and practice good infection control if travel is necessary.	This section is now combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.	This section is now combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.
<b>TRAVEL GUIDELINES Visitors (1)</b> 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.	<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> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.	<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> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.
<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	<u><b>Up to Date Vaccinations</b></u> 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*.  <u><b>Vaccinations are NOT Up to Date</b></u> 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.	<u><b>Up to Date Vaccinations</b></u> 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*.  <u><b>Vaccinations are NOT Up to Date</b></u> 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.
<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>30 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).	<b>TBD*</b>

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

	SEPTEMBER '22	OCTOBER '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 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.	<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.
<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. <b>-Private dining room open to 6 or less by reservation (residents and licensed caregivers only).</b>	<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. -Bingo remains via Channel 901.	<b>TBD*</b>

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

## IMPORTANT REMINDERS:

- **VISITATION:** Badges and Ipad screening are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). **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 (please see the Front Desk 8a-6p Monday – Friday). On Saturdays and Sundays only, a shortened badge process is provided for showings (no need to come in advance to pick up badge). 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

Over the past few months, positivity rates climbed on Oahu from 4.7% on 4/25/22 to almost 22% on 6/6/22. Although cases are still high, we continue to be on a slow downward trajectory. On Oahu, as of 8/22/22, we were averaging 230 cases per day and a 9.6% positivity rate. Anytime the outside community surpasses a 5% positivity rate, the risk of contracting COVID-19 from the outside community is significantly greater.

As of 8/22/22, 77.3 % 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.*

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.



One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #33 7/29/22



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

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

- **POSITIVE COVID-19 RESIDENT CASES:** As previously reported over the past few months we have had several residents test positive for COVID-19, the majority being from outside exposures. As of 7/26/22, we have had a total of 15 residents test positive (1 in 2020, 14 in May-July of this year). All cases have since been cleared. We also continue to have reports and many close calls where staff and residents have been exposed to outside positive cases. **In order to keep our community safe we MUST continue to wear our masks, practice good hand hygiene and practice social distancing.**
- **FACILITY COVID-19 PROTOCOLS:** In May, we relaxed several of our COVID-19 facility protocols and in June, we also revised our quarantine protocols to be less restrictive. **For August, as we continue to cautiously make adjustments, we have more Good News! You will see that we have increased the allowed MPR occupancy to 30, and the Fitness Room has returned to the normal hours of operation of 5am-10pm.** You will also see that we will be returning furniture that was removed for social distancing purposes to their appropriate placements (this helps to clear out the MPR). With the return of the furniture, **please be reminded that you must continue to social distance** (ie: although 4 chairs are placed at a lobby table, only 2 residents are permitted to sit at the same table to meet the social distancing requirements). When considering the relaxing of our protocols, we do them cautiously while we evaluate the outside situation (case counts are still very high, and the BA5 variants which are more contagious, are on the rise). See grid later in this memo for more information.
- **COVID-19 BOOSTER SHOTS:** For those who have not yet received your primary series or your first or second booster, please contact the RCS office at (808)983-4421 and they will assist you in finding an outside provider for you to obtain your COVID-19 vaccination. **The sooner that all of our residents are up to date with their COVID-19 vaccines, the sooner we can continue to safely adjust our COVID-19 restrictions.** The White House is urging everyone to get their booster shots (stay up-to-date with your COVID-19 vaccines) and to wear masks indoors as new highly transmissible variants are spreading across the country. The immunity you receive from contracting COVID-19 or from the vaccine does wane, so it's critical to stay up-to-date.
- **MASK REQUIREMENTS:** Even though the mask mandate has been lifted in Honolulu, many organizations have reinstituted mask-wearing. We at OKSL not only require 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, in order to loosen our quarantine restrictions mentioned above, the CDC states that you must be able to wear your mask properly (well-fitting mask that covers your mouth and nose). **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 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.**

## OKSL FACILITY STATUS/UPDATES


**OPERATIONS AND RESIDENTS HIT HARD BY LATEST SURGE:** Although case numbers in the community have tapered off over the past few weeks, we are still in the midst of a surge. Our contact tracing efforts are showing that the majority of our positive resident cases were the result of outside exposure (ie: having lunch with friends, contact with a positive family member, etc.). Early this year (April), most outside community restrictions that once helped to protect us against COVID-19 were eliminated, leaving minimal protection outside of our OneK environment. With no restrictions in place, we are all at risk. In May, we also loosened some of our facility COVID-19 restrictions including allowing visitors to come in with minimal restrictions. During this timeframe, we saw an influx in resident positive cases as noted earlier in this memo. Fortunately, the majority of us were vaccinated, thus those affected only experienced mild symptoms.

**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.

	AUGUST '22	SEPTEMBER '22
<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.	<u><b>Inside Facility</b></u> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad screening. -No age restrictions.	<b>TBD.</b>
<b>TRAVEL GUIDELINES Residents</b> Due to our high risk population we currently still recommend that residents avoid all unnecessary travel and practice good infection control if travel is necessary.	This section is now combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.	This section is now combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.
<b>TRAVEL GUIDELINES Visitors (1)</b> 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.	<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> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.	<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> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.
<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	<u><b>Up to Date Vaccinations</b></u> 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*.  <u><b>Vaccinations are NOT Up to Date</b></u> 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.	<b>TBD*</b>

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

	AUGUST '22	SEPTEMBER '22
<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>30 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents <b>and licensed caregivers</b> only (no outside visitors).	<b>TBD*</b>
<b>FITNESS ROOM (our gym)</b> <b>5a-10p daily.</b> <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 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.	<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.
<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. -In room meal delivery charge of \$1.50 per meal restarted on 5/1/22.	<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. -Bingo remains via Channel 901.	<b>TBD*</b>

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

Resident Covid Memo 7.29.22

## QUARANTINE PROTOCOLS FOR RESIDENTS WITH SYMPTOMS, CLOSE CONTACT WITH A CONFIRMED COVID-19 POSITIVE, OR CONFIRMED COVID-19 POSITIVE

Developed in consult with Hawaii Department of Health, OneK Medical Director, OneK COVID-19 team and review of the updated CDC guidelines.  
Subject to change depending on individual resident situation and physician recommendations.

<p>"Up to Date" COVID-19 vaccination is:  <a href="#">For those under 50 years of age</a>                      Primary series + 1 booster  <a href="#">For those 50 years and older</a>                      Primary series + 2 boosters</p>	<p><b>RESIDENT IS UP TO DATE WITH VACCINATIONS</b></p>	<p><b>RESIDENT IS NOT UP TO DATE WITH VACCINATIONS</b></p>
<p><b>RESIDENT HAS ANY COVID-19 OR OTHER INFECTION SYMPTOMS</b>                      (ie: Fever or Chills / Cough / SOB or Difficulty Breathing / Fatigue / Muscle or Body Aches / Headache / New Loss of Taste or Smell / Sore Throat / Congestion or Runny Nose / Nausea or Vomiting / Diarrhea, etc.)</p>	<p>Resident quarantines until COVID-19 is ruled out by (-) PCR test. Can discontinue quarantine after being fever free for 24 hours without fever reducing medications and symptoms improving.</p> <p>Note: Other testing/diagnostics not related to COVID-19 may be performed to rule out other infectious diseases and additional quarantine may be required if applicable.</p>	<p>Same as ←</p>
<p><b>RESIDENT HAD CLOSE CONTACT WITH A CONFIRMED POSITIVE COVID-19 CASE</b></p> <p><u>CLOSE CONTACT DEFINITION</u>                      Someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes).</p>	<p>NO quarantine. Must take 2 PCR tests – the initial (but not sooner than 24 hours) and the Day 5 test*, and must not have any symptoms.</p> <p>Note: For immunocompromised residents - may be required to quarantine.</p> <p>*Testing fees may apply.</p>	<p>Resident quarantine until 2 negative PCR test results received – the initial (but not sooner than 24 hours) and the Day 5 test*, and must not have any symptoms.</p> <p>Note: For immunocompromised residents - may be required to quarantine for a longer period.</p> <p>*Testing fees may apply.</p>
<p><b>RESIDENT HAS BEEN CONFIRMED POSITIVE FOR COVID-19</b></p>	<p><u><b>If no symptoms</b></u>                      Quarantine 10 days from positive PCR test date. If symptoms develop after testing positive, 10 days start over.</p> <p><u><b>With symptoms</b></u>                      Quarantine 10 days minimum, can end after 10 days and fever free for 24 hours without fever reducing medications and symptoms improving.</p> <p>Note: For immunocompromised residents - may be required to quarantine for a longer period.</p>	<p>Same as ←</p> <p>Note: For immunocompromised residents - may be required to quarantine for a longer period.</p>

### IMPORTANT REMINDERS:

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Continue to avoid large gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle. Wear your mask, social distance and practice good hand hygiene at all times.
- **VISITATION:** Badges and Ipad screening are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). **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:** May now have showings of their unit 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 (please see the Front Desk 8a-6p Monday – Friday). On Saturdays and Sundays only, a shortened badge process is provided for showings (no need to come in advance to pick up badge). For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.

- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit **OR** have the option to submit a negative PCR test within 48 hours prior to move-in and participate in 14 day wellness checks/facility provided antigen testing.
- **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.**
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ 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**

Over the past few months, positivity rates climbed on Oahu from 4.7% on 4/25/22 to almost 22% on 6/6/22. The past few weeks we have started to taper off however case counts remain very high. On Oahu, as of 7/25/22, we were averaging 410 cases per day and a 17.2% positivity rate. Anytime the outside community surpasses a 5% positivity rate, the risk of contracting COVID-19 from the outside community is significantly greater. As of 7/20/22, about 43% of our cases were of the BA2 variants, and 35% were from the BA5 variants (believed to have an increased ability to evade therapeutic monoclonal antibodies, and antibodies elicited by vaccination or prior infection compared to other variants such as the BA2). There is also a steady increase in reinfections. Remember, you can catch COVID-19 more than once! The rest of the country is also experiencing high case numbers. As such, we need to keep up with good infection control practices (as stated on the first page).

As of 7/25/22, 77% 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.*

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.



One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #32 6/30/22



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

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

- **POSITIVE COVID-19 RESIDENT CASES:** As previously reported over the past two months in the Talk Story, Resident COVID-19 Newsletter, and in May's Board Meeting, we have had several residents test positive for COVID-19, the majority being from outside exposures. In May, we had 5 residents test positive for COVID-19. They have all since been cleared. In June, we had 6 residents test positive and all but one case, has been cleared. This is a total of 11 residents in May/June 2022, and 1 resident case back in 2020, for a total resident case count of 12 since the onset of the pandemic. We also continue to have many close calls where staff and residents are being exposed to outside positive cases. **In order to keep our community safe we MUST continue to wear our masks, practice good hand hygiene and practice social distancing.**
- **FACILITY COVID-19 PROTOCOLS:** In May, we relaxed several of our COVID-19 facility protocols and we will continue with basically the same status for July. Due to the recent high number of outside cases, as well as in our facility, we will not be able to safely loosen most of our restrictions any further at this time. We do have some good news related to quarantine protocols – in consult with Hawaii Department of Health, our Medical Director, our COVID-19 team and review of the updated CDC guidelines, we have made revisions to some of our quarantine protocols to be less restrictive for those that are fully vaccinated. See grid later in this Memo.
- **COVID-19 BOOSTER SHOT CLINIC:** The COVID-19 booster shot clinic for the second booster was held on June 8, 2022 in the MPR and was administered by Times Pharmacy. We had 96 residents participate. For those who have not yet received your primary series or your first or second booster, please contact the RCS office at (808)983-4421 and they will assist you in finding an outside provider for you to obtain your COVID-19 vaccination.
- **MASK REQUIREMENTS:** Even though the mask mandate has been lifted in Honolulu, many organizations are reinstituting mask-wearing. We at OKSL not only require 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, in order to loosen our quarantine restrictions mentioned above, the CDC states that you must be able to wear your mask properly (well-fitting mask that covers your mouth and nose). **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).**
- **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! Report any sick symptoms immediately to the RCS Department at (808)983-4421.**


**OKSL FACILITY STATUS/UPDATES**

**OPERATIONS AND RESIDENTS HIT HARD BY LATEST SURGE:** Although case numbers in the community are coming down slightly, we are still in the midst of a surge. Our contact tracing efforts are showing that the majority of our positive resident cases are the result of outside exposure (ie: having lunch with friends, contact with a positive family member, etc.). In April, most outside community restrictions that once helped to protect us against COVID-19 had been eliminated, leaving minimal protection outside of our OneK environment. With no


restrictions in place, we are all at risk. In May, we also loosened some of our facility COVID-19 restrictions including allowing visitors to come in with minimal restrictions. During this same timeframe, we also saw an influx in resident positive cases as noted earlier in this memo. Fortunately, the majority of us were vaccinated, thus those affected are only experiencing mild symptoms.

**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.

	JULY '22	AUG '22
<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.	<b><u>Inside Facility</u></b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad screening. -No age restrictions.	TBD*
<b>TRAVEL GUIDELINES Residents</b> Due to our high risk population we currently still recommend that residents avoid all unnecessary travel and practice good infection control if travel is necessary.	This section will now be combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.	This section will now be combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.
<b>TRAVEL GUIDELINES Visitors (1)</b> 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.	<b><u>Interisland Travel</u></b> May enter with health screen.  <b><u>Mainland Travel</u></b> May enter with health screen.  <b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.	<b><u>Interisland Travel</u></b> May enter with health screen.  <b><u>Mainland Travel</u></b> May enter with health screen.  <b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.
<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: For those under 50 years of age Primary series + 1 booster For those 50 years and older Primary series + 2 boosters	<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*.  <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.	TBD*
<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>22 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents only (no caregivers/visitors).	TBD*

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

	JUL '22	AUG '22
<b>FITNESS ROOM (our gym)</b> 6a-6p 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 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.	<b>TBD*</b>
<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>22 or less including Instructor(s)</b> -Residents and registered licensed caregivers only, however no caregivers in fitness classes. -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 are able to 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>TBD*</b>
<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. -In room meal delivery charge of \$1.50 per meal restarted on 5/1/22.	<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>22 Occupants - MPR</b> <b>10 Occupants - Other Rooms</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resumes. -Bingo remains via Channel 901.	<b>TBD*</b>

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

## QUARANTINE PROTOCOLS FOR RESIDENTS WITH SYMPTOMS, CLOSE CONTACT WITH A CONFIRMED COVID-19 POSITIVE, OR CONFIRMED COVID-19 POSITIVE

Developed in consult with Hawaii Department of Health, OneK Medical Director, OneK COVID-19 team and review of the updated CDC guidelines.  
Subject to change depending on individual resident situation and physician recommendations.

<p>"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>RESIDENT IS UP TO DATE WITH VACCINATIONS</b></p>	<p><b>RESIDENT IS <u>NOT</u> UP TO DATE WITH VACCINATIONS</b></p>
<p><b>RESIDENT HAS ANY COVID-19 OR OTHER INFECTION SYMPTOMS</b>                      (ie: Fever or Chills / Cough / SOB or Difficulty Breathing / Fatigue / Muscle or Body Aches / Headache / New Loss of Taste or Smell / Sore Throat / Congestion or Runny Nose / Nausea or Vomiting / Diarrhea, etc.)</p>	<p>Resident quarantines until COVID-19 is ruled out by (-) PCR test. Can discontinue quarantine after being fever free for 24 hours without fever reducing medications and symptoms improving.</p> <p>Note: Other testing/diagnostics not related to COVID-19 may be performed to rule out other infectious diseases and additional quarantine may be required if applicable.</p>	<p>Same as ←</p>
<p><b>RESIDENT HAD CLOSE CONTACT WITH A CONFIRMED POSITIVE COVID-19 CASE</b></p> <p><u>CLOSE CONTACT DEFINITION</u>                      Someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes).</p>	<p>NO quarantine. Must take 2 PCR tests – the initial (but not sooner than 24 hours) and the Day 5 test*, and must not have any symptoms.</p> <p>Note: For immunocompromised residents - may be required to quarantine.</p> <p>*Testing fees may apply.</p>	<p>Resident quarantine until 2 negative PCR test results received – the initial (but not sooner than 24 hours) and the Day 5 test*, and must not have any symptoms.</p> <p>Note: For immunocompromised residents - may be required to quarantine for a longer period.</p> <p>*Testing fees may apply.</p>
<p><b>RESIDENT HAS BEEN CONFIRMED POSITIVE FOR COVID-19</b></p>	<p><u><b>If no symptoms</b></u>                      Quarantine 10 days from positive PCR test date. If symptoms develop after testing positive, 10 days start over.</p> <p><u><b>With symptoms</b></u>                      Quarantine 10 days minimum, can end after 10 days and fever free for 24 hours without fever reducing medications and symptoms improving.</p> <p>Note: For immunocompromised residents - may be required to quarantine for a longer period.</p>	<p>Same as ←</p> <p>Note: For immunocompromised residents - may be required to quarantine for a longer period.</p>

### IMPORTANT REMINDERS:

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Continue to avoid large gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle. Wear your mask, social distance and practice good hand hygiene at all times.
- **VISITATION:** Badges and Ipad screening are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). **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:** May continue to hold private showings of their unit for sale/rental purposes. One-on-one showings only. No touring of indoor common areas. Badges are required (please see the Front Desk 8a-6p Monday – Friday). **On Sundays only, a shortened badge process is provided for showings (no need to come in advance to pick up badge). Contact Linda Vares at (808) 983-4429 to learn more.**

- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit **OR** have the option to submit a negative PCR test within 48 hours prior to move-in and participate in 14 day wellness checks/facility provided antigen testing.
- **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.**
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ 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, immediately call your healthcare provider and the RCS Department at 983-4421 and remain in your unit.**

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

Over the past two months, positivity rates climbed on Oahu from 4.7% on 4/25/22 to almost 22% on 6/6/22. Fortunately we have seen a slight downward turn over the last few weeks. On Oahu, as of 6/27/22, we are averaging 491 cases per day and a 19% positivity rate. Anytime the outside community surpasses a 5% positivity rate, the risk of contracting COVID-19 from the outside community is significantly greater. The rest of the country is also experiencing high case numbers. As such, we need to keep up with good infection control practices (see above). As of 6/27/22, 76.7% 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.*

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.