

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
11/29/21



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

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.

### **HONOLULU STATUS**

Fortunately during the past few weeks we are seeing a decrease in both our COVID-19 case counts and our positivity rate. As of 11/28/21 the state's 7 day average of daily cases was 84 and the positivity rate was 1.4% (down from last month's memo). **Although this is a positive trend down, the state still has a high number of cases so we must continue to be diligent in our infection control protocols!**

Back in September, the Mayor announced the Safe Oahu Response Plan that moved away from the Tier System and into a more flexible and responsive approach to Honolulu's COVID-19 related restrictions. This plan is purposely more flexible and enables the City to respond to the ever changing COVID-19 pandemic and is guided by consideration of metrics including reported COVID-19 cases per day, COVID-19 case positivity rate, percentage of fully vaccinated people, healthcare system capacity (including hospitalizations, ICU beds, ventilators, staffing, etc.), all with consideration of the economic impact of restrictions imposed. With this new plan effective 10/13/21\*, attendance at sports games, weddings, concerts and other similar events are now allowed with restrictions. Indoor interactive events continue to not be allowed and indoor gatherings remain limited to 10. In November, the governor further announced loosening restrictions on international travel and outdoor/indoor activities\*.

\*See [www.oneoahu.org](http://www.oneoahu.org) for more details.

Also a reminder that back on July 27, 2021, the Centers for Disease Control and Prevention (CDC) updated their guidance to state that to maximize protection from the Delta Variant and prevent possibly spreading it to others, you should wear a mask indoors in public if you are in an area of substantial or high transmission. They went on to say if you have a compromised immune system or underlying medical conditions, wearing a mask is most important and you might choose to wear a mask regardless. **The CDC did not make any changes for healthcare/senior facilities such as ours and wearing of masks is still required in our high risk setting.** On 5/25/21, Honolulu removed the requirement to wear masks outdoors (regardless of vaccine status), however mask use continues to be required indoors. Despite these changes to outdoor mask use, we continue to remind that due to the critical uptick in the Delta variant cases, **we highly recommend that you wear masks outdoors as well for your own protection.**

We continue to monitor the COVID-19 situation and 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 public. We always lag behind in making any changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

### **VACCINE STATUS AND BOOSTER SHOTS**

In October, the CDC authorized use of both the Moderna and Johnson & Johnson COVID-19 booster shots. This is good news as booster shots are now available for all those vaccinations that our

residents and staff received initially (Moderna, Pfizer, Johnson & Johnson). The Moderna booster shot (the vaccine that the majority of our community received) will be at half the dose of the original vaccination. We recently held our in-house Moderna booster shot clinic on 11/18/21 for both residents and employees – it was a great turn-out!

**For those who choose to go outside for their booster shot for any of the approved vaccines, please be sure to notify the RCS Department and provide a copy of your updated vaccination card so that we can update your medical record.**

As of 11/28/21, 72.5% of the state was fully vaccinated. We continue to encourage the handful of residents who haven't yet received their vaccination to contact our Resident Care Services (RCS) Department to assist with setting up an appointment with an outside vaccination provider. All new move-ins are requested to be vaccinated and are required to quarantine in their unit for 14 days. Residents requesting to be admitted to the Assisted Living Program are required to be vaccinated unless they have a medical or religious exemption.

In line with other healthcare facilities in our state and across the nation, effective 8/6/21, we implemented mandatory COVID-19 vaccinations for all new hires. Effective 10/1/21, we began mandating vaccinations for all current employees and regular contractors. Religious and medical exceptions, along with weekly testing, are allowed. At One Kalakaua, we have an extremely high vaccination rate of 97% for both residents and employees.

Although most of us are now vaccinated, we must keep diligent in our infection control precautions. Please remember that **the vaccine is simply an additional layer of protection that enhances the infection prevention measures that the facility already has in place** (lpad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.), it is neither a cure nor 100% protection.


#### **OKSL FACILITY STATUS-Effective 12/1/21**


**FOR DECEMBER, WE ARE VERY HAPPY TO ANNOUNCE SOME LOOSER RESTRICTIONS FOR TRAVEL AND VISITS FROM OUTSIDERS:**


- **TRAVEL.** Effective 12/1/21, residents traveling interisland will have no restrictions, and those traveling to the U.S. mainland will only be required to participate in the 14 days of Wellness Checks with the RCS Department (no quarantining). International travelers will have restrictions. See below grid for more information on unvaccinated resident and visitor travel.
- **DINING.** Effective SUNDAY 12/5/21, the dining room will re-open to all. Morning coffee/tea service also resumes on this date.
- **VISITORS WILL NOW BE PERMITTED WITHOUT URGENT/MEDICAL NEEDS REQUIREMENTS.** Refer to the attached ***One Kalakaua Visitor Guidelines*** handout for restrictions on number of visitors and what they must still do such as lpad and temperature screening, etc. We strongly recommend that you encourage/inform your visitors to be fully vaccinated before entering our facility.
- **RETURNS FROM HOSPITAL / ER / OTHER HEALTHCARE FACILITIES:** Residents returning from these types of facilities will no longer need to quarantine in their unit if they agree to participate in complete 14 days of Wellness Checks with the RCS department upon their return. Those not participating in the Wellness Checks will be required to quarantine for 14 days in their unit.

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

CHANNEL 901 HOLIDAY BROADCASTS	
MPR Christmas Tree Decorating	12/1/21 at 10:30am
OKEAF Program (no party)	12/3/21 at 2pm (look for xmas goodie on door)
New Year's Eve Celebration	12/31/21 at 2:00pm

	DECEMBER '21	JANUARY '22	FEBRUARY '22
<b>VISITORS IN TO ONE K</b> Note: Visitors are only permitted in the apartments (not in the common areas).	<b>VISITORS NOW PERMITTED (WITH CONDITIONS).</b>  <u>Inside Facility</u> See attached, <b>One Kalakaua Visitor Guidelines</b> for more information.  <u>Outside Facility</u> Visits continue to be permitted outside however, it is strongly recommended that you limit these visits during this time when cases are still prevalent in the outside community. Social distance and mask at all times. Practice good hand hygiene.	<u>Inside Facility</u> TBD*   <u>Outside Facility</u> Visits continue to be permitted outside however, it is strongly recommended that you limit these visits during this time when cases are still prevalent in the outside community. Social distance and mask at all times. Practice good hand hygiene.	<u>Inside Facility</u> TBD*   <u>Outside Facility</u> Visits continue to be permitted outside however, it is strongly recommended that you limit these visits during this time when cases are still prevalent in the outside community. Social distance and mask at all times. Practice good hand hygiene.
<b>TRAVEL GUIDELINES Residents</b>  <i>Note: 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.</i>	<u>Interisland Travel</u> No restrictions.  <u>Mainland Travel</u> Must participate in 14 day Daily Wellness Checks upon return.  <u>International Travel</u> <b>Vaccinated Residents:</b> Must participate in 14 day Daily Wellness Checks upon return. <b>Unvaccinated Residents:</b> 14 days quarantine in unit upon return.	<u>Interisland Travel</u> No restrictions.  <u>Mainland Travel</u> TBD*  <u>International Travel</u> TBD*	<u>Interisland Travel</u> No restrictions.  <u>Mainland Travel</u> TBD*  <u>International Travel</u> TBD*

	DECEMBER '21	JANUARY '22	FEBRUARY '22
<b>TRAVEL GUIDELINES VISITORS</b>	<p><b><u>Interisland Travel</u></b> May enter with a health screen. No other restrictions.</p> <p><b><u>Mainland Travel</u></b> May enter with a health screen. No other restrictions.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside the facility.</p>	<p><b><u>Interisland Travel</u></b> May enter with a health screen. No other restrictions.</p> <p><b><u>Mainland Travel</u></b> TBD*</p> <p><b><u>International Travel</u></b> TBD*</p>	<p><b><u>Interisland Travel</u></b> May enter with a health screen. No other restrictions.</p> <p><b><u>Mainland Travel</u></b> TBD*</p> <p><b><u>International Travel</u></b> TBD*</p>
<b>FITNESS CLASSES</b>  <i>Note: 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.</i>	<p><b>10 or less including instructor(s)</b></p> <ul style="list-style-type: none"> <li>-No sign up required.</li> <li>-First come, first served.</li> <li>-Residents only (no caregivers).</li> <li>-Also available via Channel 901 (except Dance/pool class classes).</li> <li>-Must mask, social distance 6 feet or more and sanitize hands.</li> </ul>	<p><b>10 or less including instructor(s)</b></p> <ul style="list-style-type: none"> <li>-No sign up required.</li> <li>-First come, first served.</li> <li>-Residents only (no caregivers).</li> <li>-Also available via Channel 901 (except Dance/pool class classes).</li> <li>-Must mask, social distance 6 feet or more and sanitize hands.</li> </ul>	<p><b>TBD*</b></p>
<p><b>FITNESS ROOM (our gym)</b></p> <p><u>Modified Hours of Operation</u>  Monday-Friday 8:30a – 3:00p  Saturday/Sunday 8:00a – 1:00p</p>	<p><b>No Reservation Required</b></p> <ul style="list-style-type: none"> <li>-No more than <u>3</u> in room at any time.</li> <li>-30 minute time limit.</li> <li>-Residents only (no caregivers).</li> <li>-Must mask, social distance 6 feet or more, and sanitize hands.</li> <li>-No band or hand weight use.</li> </ul>	<p><b>No Reservation Required</b></p> <ul style="list-style-type: none"> <li>-No more than <u>3</u> in room at any time.</li> <li>-30 minute time limit.</li> <li>-Residents only (no caregivers).</li> <li>-Must mask, social distance 6 feet or more, and sanitize hands.</li> <li>-No band or hand weight use.</li> </ul>	<p><b>TBD*</b></p>
<p><b>1 TO 1 PERSONAL FITNESS TRAINING</b></p>	<p><b>By appointment</b></p>	<p><b>By appointment</b></p>	<p><b>By appointment</b></p>
<p><b>POOL / SPA</b></p>	<p><b>Fully Open</b></p> <ul style="list-style-type: none"> <li>-Socially distance 6 feet apart</li> <li>-First come, first served.</li> <li>-Mask off only while in water.</li> </ul>	<p><b>Fully Open</b></p> <ul style="list-style-type: none"> <li>-Socially distance 6 feet apart</li> <li>-First come, first served.</li> <li>-Mask off only while in water.</li> </ul>	<p><b>Fully Open</b></p> <ul style="list-style-type: none"> <li>-Socially distance 6 feet apart</li> <li>-First come, first served.</li> <li>-Mask off only while in water.</li> </ul>

	DECEMBER '21	JANUARY '22	FEBRUARY '22
<b>COMMON AREA ROOMS</b> <b>(including main and B2 lobby areas)</b>  <i>Residents Only.</i>	<b>No more than 10</b> -Residents only -Must mask, social distance 6 feet or more, and sanitize hands. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>No more than 10</b> -Residents only -Must mask, social distance 6 feet or more, and sanitize hands. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>TBD*</b>
<b>COMMUNAL DINING</b> <b>(Dining Room use)</b>	<b>Open on Sun 12/5</b> -Dining room opens on 12/5 to all residents only (no Caregivers, no visitors). Social distancing applies. -In room meal delivery continues <u>at no charge</u> -Morning coffee/tea service opens to residents only on 12/5.	<b>OPEN</b> -Dining room open to residents only (no Caregivers, no visitors). Social distancing applies. -In room meal delivery continues <u>at no charge</u> -Morning coffee/tea service open to residents only.	<b>TBD*</b>
<b>BEAUTY SALON</b>  <u>Modified Hours of Operation</u> Mon/Thurs/Fri/Sat 9:30a-3p Tues/Wed/Sun Closed	<b>Open to all clients</b> -Socially distance 6 feet apart. -Must wear mask. -Manicures/Pedicures allowed again.	<b>OPEN</b> -Socially distance 6 feet apart. -Must wear mask.	<b>TBD*</b>
<b>GROUP ACTIVITIES</b>  <i>Note: 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.</i>	<b>10 or less including instructor(s)</b> -In person classes by sign up or first come first served. -Must mask, social distance 6 feet or more, and sanitize hands. -No outside excursions	<b>10 or less including instructor(s)</b> -In person classes by sign up or first come first served. -Must mask, social distance 6 feet or more, and sanitize hands. -No outside excursions	<b>TBD*</b>

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

### IMPORTANT REMINDERS:

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until a very high percentage of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit large group and family gatherings for the next few months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- **VISITATION:** Visitors allowed up to 2 per day per resident. See attached One Kalakaua Visitor Guidelines. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Please encourage/inform your visitors to be fully vaccinated.  
**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. Free COVID-19 test sites are available across Oahu and you can find an updated listing of test sites at <https://www.oneoahu.org/covid19-testing>.**
- **REALTORS/OWNERS:** May continue to hold private showings of their unit for sale/rental purposes. One-on-one showings only. No touring of common areas. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends).

- **OUTINGS:** When going out remember to always wear your mask, practice good hand hygiene (wash/sanitize hands frequently), and practice social distancing.  
Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities will be required to participate in 14 days of Wellness Checks by the RCS Dept. (consists of daily temperature checks and answering of health screening questions). Those who choose not to participate will be required to quarantine for a minimum of 14 days upon return to the facility.
- **TRAVEL:** Continue to avoid any unnecessary travel. If you must travel, see information earlier in memo for specific facility protocols and follow the below infection control safety measures:  
**While traveling (while at the airport and on your flight):**
  - ✓ Wear a mask over your nose and mouth.
  - ✓ Stay 6 feet from others that aren't traveling with you, avoid crowds.
  - ✓ Wash your hands frequently or use hand sanitizer.
  - ✓ Avoid eating in the airport or on the plane if possible.
  - ✓ Bring Clorox or Lysol wipes along with you and wipe down your seat, arm rests, and seat tray.
  - ✓ Follow these same guidelines at your place of accommodation/hotel as well as any public transportation (taxi, shuttle, bus, etc.).
  - ✓ Self-monitor for any symptoms/illness.
- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Utilize the MPR/Garden/Pool areas or view Channel 901 at designated fitness class times to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
  - ✓ 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, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**
  - ✓ Your participation is **CRITICAL** in keeping our community safe. You should also be very wary when leaving the facility as you don't know the vaccination status of those around you, or if they may be sick. Keep the 3 W's at the forefront of your mind at all times: **W**atch your Distance, **W**ash your Hands, and **W**ear your mask!
  - ✓ Due to staffing shortages (challenges filling open positions, 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. Should this occur, we will make every effort to notify you as soon as possible.

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID-19 measures accordingly. 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.





# ONE KALAKAUA VISITOR GUIDELINES

One Kalakaua is very happy to welcome visitors back into our facility. However, for the safety of our residents and staff, **One Kalakaua is strongly recommending that all visitors are fully vaccinated (2 weeks after receiving your final dose) before entering our community.** We also recommend outside visits over indoor visits whenever possible.

## **During your visit, please adhere to all of the following infection control protocols:**

- Visitors are not allowed if they are sick, have sick symptoms, have any type of contagious illness, or are waiting for a COVID test result.
- No more than 2 visitors per day per apartment and visits are limited to no more than 2 hours.
- Visitors must continue to have a badge and complete a 3 step sign-in process:
  - Step 1: Complete the Ipad health screening at the entrance.
  - Step 2: Complete the temperature screening at the entrance.
  - Step 3: Complete the guest sign-in process on the Ipad at the Front Desk. Sanitize your hands before and after completing each step.
- Visitors must also complete the guest sign-out process on the Front Desk Ipad before leaving.
- Visitors must remain in the apartment. No visiting or roaming in the common areas.
- Visitors must wear masks during their visit. No eating or drinking during visits whenever possible.
- Visitors must socially distance (keep 6 feet or more between the visitor and the resident).
- Visitors must wash/sanitize hands when arriving to the unit, during the visit, and before leaving.
- Children 12 years and older, who are able to adhere to all infection control protocols (wear face mask, hand hygiene, read and follow signage, etc.), will be permitted to visit. They must also obtain a badge and complete the Ipad and temperature screening steps.
- Please see the Front Desk, our latest Resident Memo or our website at [www.onekalakaua.net](http://www.onekalakaua.net) for the latest information on any visitor related travel restrictions.

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### **HONOLULU STATUS**

Fortunately during the past few weeks we are seeing a decrease in both our COVID-19 case counts and our positivity rate. As of 10/25/21 the state's 7 day average of daily cases was 121 and the positivity rate was 2.1%. **Although this is a positive trend down, the state still has triple digit cases so we must continue to be diligent in our infection control protocols!**

In September, the Mayor announced the Safe Oahu Response Plan that moved away from the Tier System and into a more flexible and responsive approach to Honolulu's COVID-19 related restrictions. This plan is purposely more flexible and enables the City to respond to the ever changing COVID-19 pandemic and is guided by consideration of metrics including reported COVID-19 cases per day, COVID-19 case positivity rate, percentage of fully vaccinated people, healthcare system capacity (including hospitalizations, ICU beds, ventilators, staffing, etc.), all with consideration of the economic impact of restrictions imposed. With this new plan effective 10/13/21\*, attendance at sports games, weddings, concerts and other similar events are now allowed with restrictions. Indoor interactive events continue to not be allowed and indoor gatherings remain limited to 10.

\*See [www.oneoahu.org](http://www.oneoahu.org) for more details.

Also a reminder that back on July 27, 2021, the Centers for Disease Control and Prevention (CDC) updated their guidance to state that to maximize protection from the Delta Variant and prevent possibly spreading it to others, you should wear a mask indoors in public if you are in an area of substantial or high transmission. They went on to say if you have a compromised immune system or underlying medical conditions, wearing a mask is most important and you might choose to wear a mask regardless. **The CDC did not make any changes for healthcare/senior facilities such as ours and wearing of masks is still required in our high risk setting.** On 5/25/21, Honolulu removed the requirement to wear masks outdoors (regardless of vaccine status), however mask use continues to be required indoors. Despite these changes to outdoor mask use, we continue to remind that due to the critical uptick in the Delta variant cases, **we highly recommend that you wear masks outdoors as well for your own protection.**

We continue to monitor the COVID-19 situation and 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 public. We always lag behind in making any changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

### **VACCINE STATUS AND BOOSTER SHOTS**

Last week, the CDC made the final approval for both the Moderna and Johnson & Johnson COVID-19 booster shots for certain individuals including those such as our residents and staff. This is good news as booster shots are now available for all those vaccinations that our residents and staff received initially (Moderna, Pfizer, Johnson & Johnson). The Moderna booster shot (the vaccine that the majority of our community received) will be at half the dose of the original vaccination.



## **ONE K MODERNA BOOSTER SHOT CLINIC**

### **THURSDAY, NOVEMBER 18<sup>TH</sup> BY APPOINTMENT ONLY**

We will be using Times Pharmacy in place of Walgreens this time to administer the Moderna booster shots. **This will be the only day this on-site clinic will be offered here at One K.** More information will be sent out next week on how you can make your appointment and any necessary paperwork you will need to complete.

*Note: This booster dose is approved for administration 6 months after receiving your second dose of the initial vaccination.*

**For those who choose to go outside for their booster shot for any of the approved vaccines, please be sure to notify RCS and provide a copy of your updated vaccination card so that we can update your medical record.**

As of 10/25/21, 70.9% of the state was fully vaccinated. You may be hearing higher numbers on news reports however when these higher numbers are reported they are using percentage of those eligible to be vaccinated (doesn't include children) or those that only received their first dose. One Kalakaua completed our COVID-19 vaccination clinics back in March. We continue to encourage the handful of residents who haven't yet received their vaccination to contact our Resident Care Services (RCS) Department to assist with setting up an appointment with an outside vaccination provider. All new move-ins are also being asked to be vaccinated and are required to quarantine in their unit for 14 days. Residents requesting to be admitted to the Assisted Living Program are now required to be vaccinated unless they have a medical or religious exemption.

In line with other healthcare facilities in our state and across the nation, effective 8/6/21, we implemented mandatory COVID-19 vaccinations for all new hires. Effective 10/1/21, we began mandating vaccinations for all current employees and regular contractors. Religious and medical exceptions, along with weekly testing, are allowed.

Although most of us are now vaccinated, we must keep diligent in our infection control precautions. Please remember that **the vaccine is simply an additional layer of protection that enhances the infection prevention measures that the facility already has in place** (Ipad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.), it is neither a cure nor 100% protection.

### **OKSL FACILITY STATUS-Effective 11/1/21**


**FOR THE SAFETY OF OUR ONE K COMMUNITY (due to continued triple digit case state case numbers and the highly contagious nature of the Delta Variant) WE WILL CONTINUE WITH THE TEMPORARY REINSTITUTION OF SOME OF OUR PREVIOUS COVID-19 RESTRICTIONS THAT WERE ANNOUNCED IN THE PAST 2 MEMOS, BUT WILL BE LOOSENING SOME OF OUR TRAVEL RELATED RESTRICTIONS. See below grid for more information.**


**FOR NOVEMBER WE ARE VERY HAPPY TO ANNOUNCE SOME LOOSER RESTRICTIONS FOR TRAVEL AND OUTSIDE MEDICAL VISITS:**


- **TRAVEL.** Effective 11/1/21, vaccinated residents traveling interisland will no longer be subject to any restrictions. For vaccinated residents traveling to the mainland, you will be required to complete 14 days of Wellness Checks with the RCS department (consists of temperature check and answering of health screening questions) upon your return, but will not be required to quarantine in your unit. For those vaccinated residents refusing Wellness Checks, you will be required to quarantine for 14 days in your unit. See below grid for more information on unvaccinated resident and visitor travel.

- **RETURNS FROM HOSPITAL / ER / OTHER HEALTHCARE FACILITIES:** Effective 11/1/21, residents returning from these types of facilities will no longer need to quarantine in their unit if they agree to participate in complete 14 days of Wellness Checks with the RCS department upon their return. Those not participating in the Wellness Checks will be required to quarantine for 14 days in their unit.

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

	NOVEMBER '21	DECEMBER '21	JANUARY '22
<b>NO VISITORS IN TO ONE K</b> <b>URGENT/MEDICAL REASONS ONLY</b>  <i>Visitors with urgent/medical reasons are only permitted in the apartments (not in the common areas).</i>	<u><b>Inside Facility</b></u> No visitors. Only those with urgent / medical needs permitted. Badges are required. No one under the age of 12. No visitors in the common areas (including lobby areas).  <u><b>Outside Facility</b></u> Visits continue to be permitted outside however, it is strongly recommended that you limit these visits during this time when cases are still prevalent in the outside community. Social distance and mask at all times. Practice good hand hygiene.	<u><b>Inside Facility</b></u> TBD*  <u><b>Outside Facility</b></u> Visits continue to be permitted outside however, it is strongly recommended that you social distance and mask at all times. Practice good hand hygiene.	<u><b>Inside Facility</b></u> TBD*  <u><b>Outside Facility</b></u> Visits continue to be permitted outside however, it is strongly recommended that you social distance and mask at all times. Practice good hand hygiene.
<b>TRAVEL GUIDELINES Residents</b>  <i>Note: 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.</i>	<u><b>Interisland Travel</b></u> <b>Vaccinated Residents:</b> No restrictions. <b>Unvaccinated Residents:</b> Must participate in 14 day Daily Wellness Checks upon return.  <u><b>Mainland Travel</b></u> <b>Vaccinated Residents:</b> Must participate in 14 day Daily Wellness Checks upon return. <b>Unvaccinated Residents:</b> 14 days quarantine in unit upon return.  <u><b>International Travel</b></u> 14 day quarantine in unit upon return.	<u><b>Interisland Travel</b></u> <b>Vaccinated Residents:</b> No restrictions. <b>Unvaccinated Residents:</b> Must participate in 14 day Daily Wellness Checks upon return.  <u><b>Mainland Travel</b></u> <b>Vaccinated Residents:</b> Must participate in 14 day Daily Wellness Checks upon return. <b>Unvaccinated Residents:</b> 14 days quarantine in unit upon return.  <u><b>International Travel</b></u> 14 day quarantine in unit upon return.	<u><b>Interisland Travel</b></u> <b>Vaccinated Residents:</b> No restrictions. <b>Unvaccinated Residents:</b> Must participate in 14 day Daily Wellness Checks upon return.  <u><b>Mainland Travel</b></u> TBD*  <u><b>International Travel</b></u> TBD*

	NOVEMBER '21	DECEMBER '21	JANUARY '22
<b>TRAVEL GUIDELINES</b> <b>VISITORS WITH URGENT/MEDICAL REASONS ONLY</b>  <i>Visitors with urgent/medical needs are only permitted in the apartments (not in the common areas).</i>	<u><b>Interisland Travel</b></u> May enter with health screen and proof of vaccination for urgent or medical reasons.  <u><b>Mainland Travel</b></u> May enter with health screen and proof of vaccination for urgent or medical reasons.  <u><b>International Travel</b></u> No entry. Must quarantine outside of facility for 14 days.	<u><b>Interisland Travel</b></u> May enter with health screen and proof of vaccination for urgent or medical reasons.  <u><b>Mainland Travel</b></u> May enter with health screen and proof of vaccination for urgent or medical reasons.  <u><b>International Travel</b></u> No entry. Must quarantine outside of facility for 14 days.	<u><b>Interisland Travel</b></u> TBD*  <u><b>Mainland Travel</b></u> TBD*  <u><b>International Travel</b></u> TBD*
<b>FITNESS CLASSES</b>  <i>Note: 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.</i>	<b>10 or less including instructor(s)</b> - No sign up required. - First come, first served. - Residents only (no caregivers). - Also available via Channel 901 (except Dance/pool class classes). - Must mask, social distance 6 feet or more and sanitize hands.	<b>10 or less including instructor(s)</b> - No sign up required. - First come, first served. - Residents only (no caregivers). - Also available via Channel 901 (except Dance/pool class classes). - Must mask, social distance 6 feet or more and sanitize hands.	<b>TBD*</b>
<b>FITNESS ROOM (our gym)</b>  <u>Modified Hours of Operation</u> Monday-Friday 8:30a – 3:00p Saturday/Sunday 8:00a – 1:00p	<b>No Reservation Required</b> - No more than <b>3</b> in room at any time. - 30 minute time limit. - Residents only (no caregivers). - Must mask, social distance 6 feet or more, and sanitize hands. - No band or hand weight use.	<b>No Reservation Required</b> - No more than <b>3</b> in room at any time. - 30 minute time limit. - Residents only (no caregivers). - Must mask, social distance 6 feet or more, and sanitize hands. - 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>By appointment</b>
<b>POOL / SPA</b>	<b>Fully Open</b> - Socially distance 6 feet apart - First come, first served. - Mask off only while in water.	<b>Fully Open</b> - Socially distance 6 feet apart - First come, first served. - Mask off only while in water.	<b>Fully Open</b> - Socially distance 6 feet apart - First come, first served. - Mask off only while in water.

	NOVEMBER '21	DECEMBER '21	JANUARY '22
<b>COMMON AREA ROOMS</b> <b>(including main and B2 lobby areas)</b>  <i>Residents Only.</i>	<b>No more than 10</b> -Residents only -Must mask, social distance 6 feet or more, and sanitize hands. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>No more than 10</b> -Residents only -Must mask, social distance 6 feet or more, and sanitize hands. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>TBD*</b>
<b>COMMUNAL DINING</b> <b>(Dining Room use)</b>	<b>Closed</b> -In room meal delivery <u>at no charge</u> -No morning coffee/tea service	<b>Closed</b> -In room meal delivery <u>at no charge</u> -No morning coffee/tea service	<b>TBD*</b>
<b>BEAUTY SALON</b>  <i>Modified Hours of Operation</i> Mon/Thurs/Fri 9:30a-3p Tues/Wed/Sat/Sun Closed	<b>Open to One K residents only</b> -Socially distance 6 feet apart -Must wear mask. -No Manicures/Pedicures	<b>TBD*</b>	<b>TBD*</b>
<b>GROUP ACTIVITIES</b>  <i>Note: 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.</i>	<b>10 or less including instructor(s)</b> -In person classes by sign up or first come first served. -Must mask, social distance 6 feet or more, and sanitize hands. -No outside excursions	<b>10 or less including instructor(s)</b> -In person classes by sign up or first come first served. -Must mask, social distance 6 feet or more, and sanitize hands. -No outside excursions	<b>TBD*</b>

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

### **IMPORTANT REMINDERS:**

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until a very high percentage of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit large group and family gatherings for the next few months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- **VISITATION:** **Only those with urgent or medical reasons permitted.** Badges 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. Free COVID-19 test sites are available across Oahu and you can find an updated listing of test sites at <https://www.oneoahu.org/covid19-testing>.**
- **REALTORS/OWNERS:** May continue to hold private showings of their unit for sale/rental purposes. One-on-one showings only. No touring of common areas. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends).
- **OUTINGS:** When going out remember to always wear your mask, practice good hand hygiene (wash/sanitize hands frequently), and practice social distancing. Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take.

- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities will be required to participate in 14 days of Wellness Checks by the RCS Dept. (consists of daily temperature checks and answering of health screening questions). Those who choose not to participate will be required to quarantine for a minimum of 14 days upon return to the facility.
- **TRAVEL:** Continue to avoid any unnecessary travel. If you must travel, see information earlier in memo for specific facility protocols and follow the below infection control safety measures:  
**While traveling (while at the airport and on your flight):**
  - ✓ Wear a mask over your nose and mouth.
  - ✓ Stay 6 feet from others that aren't traveling with you, avoid crowds.
  - ✓ Wash your hands frequently or use hand sanitizer.
  - ✓ Avoid eating in the airport or on the plane if possible.
  - ✓ Bring Clorox or Lysol wipes along with you and wipe down your seat, arm rests, and seat tray.
  - ✓ Follow these same guidelines at your place of accommodation/hotel as well as any public transportation (taxi, shuttle, bus, etc.).
  - ✓ Self-monitor for any symptoms/illness.
- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Utilize the MPR/Garden/Pool areas or view Channel 901 at designated fitness class times to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
  - ✓ 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, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**
  - ✓ Your participation is **CRITICAL** in keeping our community safe. You should also be very wary when leaving the facility as you don't know the vaccination status of those around you, or if they may be sick. Keep the 3 W's at the forefront of your mind at all times: **W**atch your Distance, **W**ash your Hands, and **W**ear your mask!
  - ✓ Due to staffing shortages (challenges filling open positions, 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. Should this occur, we will make every effort to notify you as soon as possible.

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID-19 measures accordingly. 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.

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
9/30/21



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

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.

### **HONOLULU STATUS**

As reported last month, during the past several weeks we have seen an alarming increase in COVID-19 cases in our outside community with daily triple digit numbers. Although these numbers are on the downward trend, we are still seeing 300-500+ daily cases statewide. As of 9/26/21, there had been 6,018 cases reported in the last 14 days and Honolulu's positivity rate was 5%. The Delta Variant continues to be attributed to most of the cases and is due to the extremely contagious nature of this variant. Our hospital systems continue to be taxed and several skilled nursing facilities (SNFs) and assisted living facilities (ALFs) are experiencing outbreaks, including a case we currently have here at One Kalakaua (see below Facility Status for more information).

On 8/10/21, the Governor changed the social gathering guidelines and restricted indoor gatherings to 10 and outdoor gatherings to 25. On 9/20/21, though the COVID-19 case counts and hospitalizations had started to improve, these social gathering restrictions were extended through 10/19/21 as the strain on our medical infrastructure remained a big concern. In addition, the Mayor announced the Safe Oahu Response Plan that moves away from the Tier System and into a more flexible and responsive approach to Honolulu's COVID-19 related restrictions. The Safe Oahu Response Plan is purposely flexible to enable the City to respond to the ever changing COVID-19 pandemic and will be guided by consideration of metrics including reported COVID-19 cases per day, COVID-19 case positivity rate, percentage of fully vaccinated people, healthcare system capacity (including hospitalizations, ICU beds, ventilators, staffing, etc.), all with consideration of the economic impact of restrictions imposed.

Also a reminder that back on July 27, 2021, the Centers for Disease Control and Prevention (CDC) updated their guidance to state that to maximize protection from the Delta Variant and prevent possibly spreading it to others, you should wear a mask indoors in public if you are in an area of substantial or high transmission. They went on to say if you have a compromised immune system or underlying medical conditions, wearing a mask is most important and you might choose to wear a mask regardless. **The CDC did not make any changes for healthcare/senior facilities such as ours and wearing of masks is still required in our high risk setting.** On 5/25/21, Honolulu removed the requirement to wear masks outdoors (regardless of vaccine status), however mask use continues to be required indoors. Despite these changes to outdoor mask use, we continue to remind that due to the critical uptick in the Delta variant cases, **we highly recommend that you wear masks outdoors as well for your own protection.**

We continue to monitor the COVID-19 situation and 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 public. We always lag behind in making any changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

### **VACCINE STATUS AND BOOSTER SHOTS**

Last week, the CDC endorsed the recommendation made by the Advisory Committee on Immunization Practices (ACIP) to give the booster shot of Pfizer's COVID-19 vaccination to select



adult populations, including residents living in long-term care facilities and seniors aged 65 and older. The CDC recommends these groups should receive the booster at least 6 months after their first series of shots. The agency also overruled ACIP and recommended the booster for those who work in high-risk and institutional settings, like healthcare workers. This endorsement only focused on the Pfizer vaccine, and does not apply to the Moderna or Johnson & Johnson vaccines. Unless CDC guidance specifically says that people could mix and match vaccines made by different manufacturers (which they have not as of yet) this will not be considered an option. As most of our residents received the the Moderna vaccine, One Kalakaua has tentatively confirmed with Walgreens to provide an on-site clinic for the Moderna booster once it receives authorization and becomes available. **If you are one of those that did receive the Pfizer vaccination and will be going out to get your booster dose, please remember to notify RCS and provide a copy of our updated vaccination card so we can include this information in your medical record.**

As of 9/28/21, 67.8% of the state was fully vaccinated. You may be hearing higher numbers on news reports however when these higher numbers are reported they are using percentage of those eligible to be vaccinated (doesn't include children) or those that only received their first dose. One Kalakaua completed our COVID-19 vaccination clinics back in March. We continue to encourage the handful of residents who haven't yet received their vaccination to contact our Resident Care Services (RCS) Department to assist with setting up an appointment with an outside vaccination provider. All new move-ins are also being asked to be vaccinated as well as, they are required to quarantine in their unit for 14 days. Residents requesting to be admitted to the Assisted Living Program are now required to be vaccinated unless they have a medical or religious exemption.

In line with other healthcare facilities in our state and across the nation, effective 8/6/21, we implemented mandatory COVID-19 vaccinations for all new hires. Effective 10/1/21, we are mandating vaccinations for all current employees and regular contractors. Religious and medical exceptions will be considered.

Although most of us are now vaccinated, we must keep diligent in our infection control precautions. Please remember that **the vaccine is simply an additional layer of protection that enhances the infection prevention measures that the facility already has in place** (Ipad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.), it is neither a cure nor 100% protection.

### **OKSL POSITIVE CASE**

Despite all proactive measures taken during the pandemic, we received confirmation late on 9/23/21 that one of our employees had tested positive for COVID-19. This employee was fully vaccinated. As resident and employee safety is our top priority, swift and immediate action was taken to mitigate the spread of the virus within our community. Testing was coordinated immediately for all staff and residents who had come in contact with this employee. All results came back negative, indicating no facility spread and the facility is ALL CLEAR as of 9/30/21.

### **OKSL FACILITY STATUS**


**FOR THE SAFETY OF OUR ONE K COMMUNITY (due to the recent surge in COVID-19 cases, the highly contagious nature of the Delta Variant, and recent governmental changes) WE WILL CONTINUE WITH THE TEMPORARY REINSTITUTION OF SOME OF OUR PREVIOUS COVID-19 RESTRICTIONS THAT WERE ANNOUNCED IN LAST MONTH'S MEMO. See below grid for more information.**

#### **Some other items to note:**

- **IPAD SCREENING QUESTIONS HAVE CHANGED.** Now as part of our visitor screening on the Ipads located at the entrances to the building, visitors will be asked to indicate where they are visiting (unit number) and if the visit is for an urgent/medical reason, and if so what that reason is (effective 9/1/21 we reverted back to no visitors unless for urgent/medical need).

- **FITNESS ROOM OCCUPANCY NOW AT 3.** Due to space limitations in the room, and some non-compliance with appropriate mask use, for safety reasons we have reduced the amount of people from 5 to 3 in the room at any time.

**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 '21	NOVEMBER '21	DECEMBER '21
<p><b>NO VISITORS IN TO ONE K</b>  <b>URGENT/MEDICAL REASONS ONLY</b></p> <p><i>Note: Due to the recent surge in COVID-19 cases and the highly contagious nature of the Delta Variant currently in the outside community we are temporarily reverting back to our previous COVID-19 policy of only permitting those with URGENT OR MEDICAL NEEDS.</i></p>	<p><b><u>Inside Facility</u></b>  No visitors. Only those with urgent / medical needs permitted. Badges are required. No one under the age of 12. No visitors in the common areas (including lobby areas).</p> <p><b><u>Outside Facility</u></b>  Visits continue to be permitted outside however, it is strongly recommended that you limit these visits during this time when cases are prevalent in the outside community. Social distance and mask at all times. Practice good hand hygiene.</p>	<p><b>TBD</b></p> <p><b><u>Outside Facility</u></b>  Visits continue to be permitted outside however, it is strongly recommended that you limit these visits during this time when cases are prevalent in the outside community. Social distance and mask at all times. Practice good hand hygiene.</p>	<p><b>TBD</b></p> <p><b><u>Outside Facility</u></b>  Visits continue to be permitted outside however, it is strongly recommended that you limit these visits during this time when cases are prevalent in the outside community. Social distance and mask at all times. Practice good hand hygiene.</p>
<p><b>TRAVEL GUIDELINES Residents</b>  <i>Note: Due to our high risk population we currently still recommend that residents avoid all unnecessary travel.</i></p>	<p><b><u>Interisland Travel</u></b>  Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b><u>Mainland Travel</u></b>  14 days quarantine in unit upon return.</p> <p><b><u>International Travel</u></b>  14 day quarantine in unit upon return.</p>	<p><b><u>Interisland Travel</u></b>  Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b><u>Mainland Travel</u></b>  14 days quarantine in unit upon return.</p> <p><b><u>International Travel</u></b>  14 day quarantine in unit upon return.</p>	<p><b><u>Interisland Travel</u></b>  TBD</p> <p><b><u>Mainland Travel</u></b>  TBD</p> <p><b><u>International Travel</u></b>  14 day quarantine in unit upon return.</p>
<p><b>TRAVEL GUIDELINES VISITORS WITH URGENT/MEDICAL REASONS ONLY</b></p> <p><i>Note: Due to our high risk population we ask that even though the state has lifted some travel restrictions, that you still refrain from entering out community for at least 14 days after traveling, unless for urgent matters.</i></p> <p><i>Visitors are only permitted in the apartments (not in the common areas).</i></p>	<p><b><u>Interisland Travel</u></b>  May enter with health screen and proof of vaccination for urgent or medical reasons.</p> <p><b><u>Mainland Travel</u></b>  May enter with health screen and proof of vaccination for urgent or medical reasons.</p> <p><b><u>International Travel</u></b>  No entry. Must quarantine outside of facility for 14 days.</p>	<p><b><u>Interisland Travel</u></b>  May enter with health screen and proof of vaccination for urgent or medical reasons.</p> <p><b><u>Mainland Travel</u></b>  May enter with health screen and proof of vaccination for urgent or medical reasons.</p> <p><b><u>International Travel</u></b>  No entry. Must quarantine outside of facility for 14 days.</p>	<p><b><u>Interisland Travel</u></b>  TBD</p> <p><b><u>Mainland Travel</u></b>  TBD</p> <p><b><u>International Travel</u></b>  TBD</p>

<b>FITNESS CLASSES</b> <i>Note: 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.</i>	<b>10 or less including instructor(s)</b> -No sign up required. -First come, first served. -Residents only (no caregivers). -Also available via Channel 901 (except Dance/pool class classes). -Must mask, social distance 6 feet or more and sanitize hands.	TBD	TBD
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TBD = To Be Determined/evaluated based on Honolulu status at that time.

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  - ✓ 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, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**
- ✓ Your participation is **CRITICAL** in keeping our community safe. You should also be very wary when leaving the facility as you don't know the vaccination status of those around you, or if they may be sick. Keep the 3 W's at the forefront of your mind at all times: Watch your Distance, Wash your Hands, and Wear your mask!
- ✓ **Due to staffing shortages (challenges filling open positions, 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. Should this occur, we will make every effort to notify you as soon as possible.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID-19 measures accordingly. 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.

September 30, 2021



To Our Residents, Owners, Family Members, Employees and Business Partners:

As previously communicated on 9/24/21, we informed you that despite all proactive measures taken (per CDC, Department of Health and our industry organization of similar facilities), we had an employee who tested positive (+) for COVID-19. The individual was immediately quarantined.

We then immediately followed up to mitigate the spread of the virus within our facility by quarantining/testing the few who had come into contact with this employee. All test results were negative, indicating no facility spread. The employee remains out on quarantine until such time as they are cleared to return to work. **As such, our facility is now ALL CLEAR of this case (there has been no additional cases, thus no facility spread).**

Please refer to our latest COVID-19 Memo for continued precautions to follow for anyone who enters our facility. The latest Memo is always posted on our website at <https://onekalakaua.net>.

We know that the COVID-19 pandemic is a difficult time for everyone and we will continue to provide you with updates as they become available. Your health and safety is the highest priority. As such, we are adhering to all directions from state and government agencies, and even doing more to keep our facility safe.

Should you have any questions, please contact us at 983-4400, and please continue to inform us if you have any illness symptoms.

Sincerely,

A handwritten signature in black ink, appearing to be "MK", written over a horizontal line.

Michelle Kakazu, Executive Director  
Dee Robinson, Administrator



September 24, 2021



To Our Residents, Owners, Family Members, Employees and Business Partners:

We want to inform you that despite all proactive measures taken (per CDC, Department of Health and our industry organization of similar facilities), we received confirmation late yesterday that an employee at our facility has tested positive (+) for COVID-19.

As resident and employee safety is our top priority, we took swift and immediate action to mitigate the spread of the virus within our facility. We are staying in very close communication with state health officials to ensure we are taking all the appropriate steps. We have also already contacted you with direction if it is suspected that you have come in contact with this person. If you have not been contacted, it is not suspected that you are at risk.

Please refer to our latest COVID-19 Memo for continued precautions to follow for anyone who enters our facility. The latest Memo is always posted on our website at <https://onekalakaua.net>.

We know this is a difficult time for everyone and we will continue to provide you with updates as they become available. Your health and safety is the highest priority. As such, we are adhering to all directions from the state health department and even doing more to keep our facility safe.

Should you have any questions please contact us at 983-4400 and please continue to inform us if you have any illness symptoms.

Sincerely,

A handwritten signature in black ink, appearing to be 'MK' followed by a long, sweeping horizontal line.

Michelle Kakazu, Executive Director  
Dee Robinson, Administrator

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
8/30/21



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

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.

### **HONOLULU STATUS**

**During the past several weeks we have seen an alarming increase in COVID-19 cases in our outside community with daily triple digit numbers.** As of 8/24/21, we saw almost 10,000 new cases in a 14 day period, with more than 3,000 COVID-19 patients in local hospitals. Honolulu's positivity rate is at 9.7% and we are averaging almost 700 cases per day. The Delta Variant is being attributed to most of the cases due to the extremely contagious nature of this variant. Our hospital systems are taxed and some emergency rooms are not able to accept new patients. Several skilled nursing facilities (SNFs) and assisted living facilities (ALFs) are experiencing outbreaks.

The Delta Variant is twice as contagious as the initial COVID-19 strain from Wuhan, and people who have contracted the Delta Variant carry a viral load 1000 times greater than the original strain. People are getting sick faster (including younger people) and each day more and more breakthrough cases are occurring (with those already vaccinated). In the cases of those infected with the Delta Variant, hospitalizations and deaths are twice as likely for those who are unvaccinated. Although vaccinated individuals are not getting nearly as sick, the number of cases occurring with those vaccinated is very alarming (they are the silent carriers of the virus as many show no symptoms). This is why we continue to remind residents and staff to practice safe infection control protocols and to be wary when leaving the facility and mingling among others that they may not know the vaccination status of, or if they might be ill. On 8/23/21, the Governor asked that all Hawaii residents avoid travel whenever possible.

On 8/10/21, the Governor changed the social gathering guidelines and immediately restricted indoor gatherings to 10 and outdoor gatherings to 25. This change superseded the 7/8/21 changes wherein Honolulu moved into the newly revised Tier 5 of the city's reopening plan (despite not having fully met the criteria). Recall on 8/1/21, we opened up some of our leisure and fitness activities to bigger groups but have since had to roll back due to the new 8/10/21 requirements. For the protection of our One K community we will be making some other necessary modifications to our facility operations and services (see more information later in this memo). **We know it is unfortunate but we will have to revert back to some of our prior restrictions in order to keep our community safe.**

Also a reminder that on July 27, 2021 the Centers for Disease Control and Prevention (CDC) updated their guidance to state that to maximize protection from the Delta Variant and prevent possibly spreading it to others, you should wear a mask indoors in public if you are in an area of substantial or high transmission. They went on to say if you have a compromised immune system or underlying medical conditions, wearing a mask is most important and you might choose to wear a mask regardless. **The CDC did not make any changes for healthcare/senior facilities such as ours and wearing of masks is still required in our high risk setting.** On 5/25/21, Honolulu removed the requirement to wear masks outdoors (regardless of vaccine status), however mask use continues to be required indoors. Despite these changes to outdoor mask use, we continue to remind that due to the critical uptick in the Delta variant cases, **we highly recommend that you wear masks outdoors as well for your own protection.**

We continue to monitor the COVID-19 situation and 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 public. We always lag behind in making any changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

### **VACCINE STATUS**

As of 8/24/21, 62% of the state was fully vaccinated. One Kalakaua completed our COVID-19 vaccination clinics back in March. We continue to encourage the handful of residents who haven't yet received their vaccination to contact our Resident Care Services (RCS) Department to assist with setting up an appointment with an outside vaccination provider. All new move-ins are also being asked to be vaccinated. Residents requesting to be admitted to the Assisted Living Program will be required to be vaccinated.

In line with other healthcare facilities in our state and across the nation, effective 8/6/21, we implemented mandatory COVID-19 vaccinations for all new hires. Effective 10/1/21, we will be mandating vaccinations for all current employees and contractors. Religious and medical exceptions will be considered.


Although most of us are now vaccinated, we must keep diligent in our infection control precautions. Please remember that **the vaccine is simply an additional layer of protection that enhances the infection prevention measures that the facility already has in place** (Ipad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.), it is neither a cure nor 100% protection.

### **OKSL FACILITY STATUS - Effective 9/1/21**

**FOR THE SAFETY OF OUR ONE K COMMUNITY (due to the recent surge in COVID-19 cases, the highly contagious nature of the Delta Variant, and recent governmental changes) WE ARE TEMPORARILY REVERTING BACK TO SOME OF OUR PREVIOUS COVID-19 RESTRICTIONS:**

- **COMMUNAL DINING & MORNING COFFEE / TEA SERVICE.** Effective 9/1/21, the Dining Room will be closed again. Meals will revert back to room delivery at no charge. Be sure to pick up your meal selection forms on your floor. Coffee and tea service are temporarily discontinued.
- **VISITATION.** No visitors allowed (unless for urgent/medical reasons). Those visitors that have an urgent or medical need must screen and have a badge.
- **TRAVEL.** We have modified our travel restrictions. See below under **Travel Guidelines** for more information.
- **COMMON AREA ROOM USE.** All common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing of 6 feet or more must be maintained at all times in any of the common areas/rooms, as well as hand sanitizing and wearing of masks. The common area rooms including the main and B2 lobbies are for the use of residents only. No eating or drinking allowed.
- **FITNESS CLASSES/GROUP ACTIVITIES.** Sign-ups no longer required for fitness classes. First come, first served. No more than 10 in room including the instructor. All outside excursions have been cancelled.
- **See below grid for more specific information and additional changes.**

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

	SEPTEMBER '21	OCTOBER '21	NOVEMBER '21
<p><b>NO VISITORS IN TO ONE K</b>  <b>URGENT/MEDICAL REASONS ONLY</b></p> <p><i>Note: Due to the recent surge in COVID-19 cases and the highly contagious nature of the Delta Variant currently in the outside community we are temporarily reverting back to our previous COVID-19 policy of only permitting those with URGENT OR MEDICAL NEEDS.</i></p>	<p><b><u>Inside Facility</u></b>            No visitors. Only those with urgent / medical needs permitted. Badges are required. No one under the age of 12. No visitors in the common areas (including lobby areas).</p> <p><b><u>Outside Facility</u></b>            Visits continue to be permitted outside however, it is strongly recommended that you limit these visits during this time when cases are prevalent in the outside community. Social distance and mask at all times. Practice good hand hygiene.</p>	TBD	TBD
<p><b>TRAVEL GUIDELINES Residents</b></p> <p><i>Note: Due to our high risk population we currently still recommend that residents avoid all unnecessary travel.</i></p>	<p><b><u>Interisland Travel</u></b>            Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b><u>Mainland Travel</u></b>            14 days quarantine in unit upon return.</p> <p><b><u>International Travel</u></b>            14 day quarantine in unit upon return.</p>	<p><b><u>Interisland Travel</u></b>            TBD</p> <p><b><u>Mainland Travel</u></b>            TBD</p> <p><b><u>International Travel</u></b>            14 day quarantine in unit upon return.</p>	<p><b><u>Interisland Travel</u></b>            TBD</p> <p><b><u>Mainland Travel</u></b>            TBD</p> <p><b><u>International Travel</u></b>            14 day quarantine in unit upon return.</p>
<p><b>TRAVEL GUIDELINES VISITORS WITH URGENT/MEDICAL REASONS ONLY</b></p> <p><i>Note: Due to our high risk population we ask that even though the state has lifted some travel restrictions, that you still refrain from entering out community for at least 14 days after traveling, unless for urgent matters.</i></p> <p><i>Visitors are only permitted in the apartments (not in the common areas).</i></p>	<p><b><u>Interisland Travel</u></b>            May enter with health screen and proof of vaccination for urgent or medical reasons.</p> <p><b><u>Mainland Travel</u></b>            May enter with health screen and proof of vaccination for urgent or medical reasons.</p> <p><b><u>International Travel</u></b>            No entry. Must quarantine outside of facility for 14 days.</p>	<p><b><u>Interisland Travel</u></b>            TBD</p> <p><b><u>Mainland Travel</u></b>            TBD</p> <p><b><u>International Travel</u></b>            TBD</p>	<p><b><u>Interisland Travel</u></b>            May enter with health screen and proof of vaccination for urgent or medical needs.</p> <p><b><u>Mainland Travel</u></b>            TBD</p> <p><b><u>International Travel</u></b>            TBD</p>
<p><b>FITNESS CLASSES</b></p> <p><i>Note: 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.</i></p>	<p><b>10 or less including instructor(s)</b></p> <ul style="list-style-type: none"> <li>-No sign up required.</li> <li>-First come, first served.</li> <li>-Residents only (no caregivers).</li> <li>-Also available via Channel 901 (except Dance/pool class)</li> </ul>	TBD	TBD

	classes). -Must mask, social distance 6 feet or more and sanitize hands.		
<b>FITNESS ROOM (our gym)</b>  <u>Modified Hours of Operation</u> Monday-Friday 8:30a – 3:00p Saturday/Sunday 8:00a – 1:00p	<b>No Reservation Required</b>  -No more than 5 in room at any time. -30 minute time limit. -Residents only (no caregivers). -Must mask, social distance 6 feet or more, and sanitize hands. -No band or hand weight use.	TBD	TBD
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By appointment</b>	<b>By appointment</b>	<b>By appointment</b>
<b>POOL / SPA</b>	<b>Fully Open</b> -Socially distance 6 feet apart -First come, first served. -Mask off only while in water.	<b>Fully Open</b> -Socially distance 6 feet apart -First come, first served. -Mask off only while in water.	<b>Fully Open</b> -Socially distance 6 feet apart -First come, first served. -Mask off only while in water.
<b>COMMON AREA ROOMS (including main and B2 lobby areas)</b> <i>Residents Only.</i>	<b>No more than 10</b> -Residents only -Must mask, social distance 6 feet or more, and sanitize hands. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	TBD	TBD
<b>COMMUNAL DINING (Dining Room use)</b>	<b>Closed</b> -In room meal delivery <u>at no charge</u> -No morning coffee/tea service	TBD	TBD
<b>BEAUTY SALON</b>  <u>Modified Hours of Operation</u> Mon/Thurs/Fri 9:30a-3p Tues/Wed/Sat/Sun Closed	<b>Open to One K residents only</b> -Socially distance 6 feet apart -Must wear mask. -No Manicures/Pedicures	TBD	TBD
<b>GROUP ACTIVITIES</b> <i>Note: 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.</i> <i>Note: Due to the recent surge in COVID-19 cases and the highly contagious nature of the Delta Variant currently in the outside community we are temporarily cancelling all outside excursions.</i>	<b>10 or less including instructor(s)</b> -In person classes by sign up or first come first served. -Must mask, social distance 6 feet or more, and sanitize hands. -No outside excursions	TBD	TBD

TBD = To Be Determined/evaluated based on tier status at that time

## IMPORTANT REMINDERS:

**NOTE: SOME GUIDELINES BELOW HAVE CHANGED SO BE SURE TO REVIEW CAREFULLY**

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit large group and family gatherings for the next few months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- **VISITATION:** **Only those with urgent or medical reasons permitted.** Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends).  
**Realtors/Owners:** May continue to hold private showings of their unit for sale/rental purposes. **One-on-one showings only.** No touring of common areas.
- **OUTINGS:** When going out remember to always wear your mask, practice good hand hygiene (wash/sanitize hands frequently), and practice social distancing.  
Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities will be required to quarantine for a minimum of 14 days upon return to the facility.
- **TRAVEL:** Continue to avoid any unnecessary travel. If you must travel, see information earlier in memo for specific facility protocols and follow the below infection control safety measures:  
**While traveling (while at the airport and on your flight):**
  - ✓ Wear a mask over your nose and mouth.
  - ✓ Stay 6 feet from others that aren't traveling with you, avoid crowds.
  - ✓ Wash your hands frequently or use hand sanitizer.
  - ✓ Avoid eating in the airport or on the plane if possible.
  - ✓ Bring Clorox or Lysol wipes along with you and wipe down your seat, arm rests, and seat tray.
  - ✓ Follow these same guidelines at your place of accommodation/hotel as well as any public transportation (taxi, shuttle, bus, etc.).
  - ✓ Self-monitor for any symptoms/illness.
- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Utilize the MPR/Garden/Pool areas or view Channel 901 at designated fitness class times to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
  - ✓ 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.**
  - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
  - ✓ **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**
  - ✓ Your participation is **CRITICAL** in keeping our community safe. You should also be very wary when leaving the facility as you don't know the vaccination status of those around you, or if they may be sick. Keep the 3 W's at the forefront of your mind at all times: **W**atch your Distance, **W**ash your Hands, and **W**ear your mask!
  - ✓ **Due to staffing shortages (challenges filling open positions, 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. Should this occur, we will make every effort to notify you as soon as possible.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID-19 measures accordingly. 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.



One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
7/30/21



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

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.

### **VACCINE STATUS**

One Kalakaua completed our COVID-19 vaccination clinics back in March. We continue to encourage the handful of residents who haven't yet received their vaccination to contact our Resident Care Services (RCS) Department to assist with setting up an appointment with an outside vaccination provider. All new move-ins and new hires are also being asked to be vaccinated.

**Now that we have opened up to outside visitors, we ask that you have discussions with your visitors about their vaccination status.** Ask your visitors to refrain from visiting until they are fully vaccinated (2 weeks after their final dose of vaccine) whenever possible. As you will see later in this memo under the Honolulu Status section, **the Delta variant of the COVID-19 virus is aggressive and we are seeing a marked influx in cases of both vaccinated and unvaccinated individuals.** For the safety of our residents and staff we ask that all visitors should be vaccinated so as to lower the risk to our community.

Although most of us are now vaccinated, we must keep diligent in our infection control precautions. As our facility and the outside community slowly and methodically open back up, the risks also rise. Please remember that **the vaccine is simply an additional layer of protection that enhances the infection prevention measures that the facility already has in place** (lpad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.), it is neither a cure nor 100% protection.

### **HONOLULU STATUS**

On 7/8/21, Honolulu moved into the newly revised Tier 5 of the city's reopening plan despite not having fully met the criteria (see [www.oneoahu.org](http://www.oneoahu.org) for more information on Honolulu's Reopening Strategy revised on 6/9/21). The most significant change in the move to Tier 5 was the increasing of social gathering limitations to allow for 25 people for indoor settings, and 75 people when outdoors. The travel guidelines for mainland travel also changed and those traveling from the mainland who are fully vaccinated (whether in Hawaii or elsewhere) are able to avoid quarantine or pre-travel testing requirements. As of 7/27/21, the state was 59.8% fully vaccinated. The state plans to release all COVID-19 restrictions once we reach 70%.

**The Delta variant, that has recently become prevalent in Hawaii, is of great concern.** Honolulu is currently averaging triple digit numbers of cases and has a positivity rate of over 5%. The Delta variant is twice as contagious as the initial COVID-19 strain from Wuhan, and people who have contracted the Delta variant carry a viral load 1000 times greater than the original strain. People are getting sick quicker (including younger people) and each day more and more breakthrough cases are occurring (with those that have been vaccinated). In the cases of those infected with the Delta variant, hospitalizations and deaths are twice as likely

for those that are unvaccinated. Some studies have found that not only do you not need to be within 6 feet of someone carrying the Delta variant to contract it, but time contact with the person for 5-10 minutes may put you at a very high risk. Although vaccinated individuals are not getting nearly as sick, it is still very alarming the number of cases occurring with those vaccinated (they are silent carriers of the virus as often-time, they show no symptoms). This is why we continue to remind everyone to practice safe infection control protocols, and to communicate with your visitors about vaccination. Your participation is **CRITICAL** in keeping our community safe. You should also be very wary when leaving the facility as you don't know the vaccination status of those around you, or if they may be sick. Keep the 3 W's at the forefront of your mind at all times: **W**atch your Distance, **W**ash your Hands, and **W**ear your mask!

As of 7/8/21 the state guidelines for travel are:

- **Interisland travel:** All restrictions have been removed.
- **Mainland travel:** Anyone fully vaccinated may forego pre-travel testing and quarantine requirements. Unvaccinated travelers (still require pre-travel testing or quarantine).
- **International travel:** All travelers require pre-travel testing or quarantine.

**See more information on One K's travel policy later in this memo.**

On May 13, 2021 the Centers for Disease Control and Prevention (CDC) revised its mask wearing guidelines and stated that vaccinated individuals no longer need to wear masks indoors as well as outdoors. However, on July 27, 2021 they again revised their guidance to state that to maximize protection from the Delta variant and prevent possibly spreading it to others, you should wear a mask indoors in public if you are in an area of substantial or high transmission. They went on to say if you have a compromised immune system or underlying medical conditions, wearing a mask is most important and you might choose to wear a mask regardless. **The CDC did not make any changes for healthcare/senior facilities such as ours and wearing of masks is still required in our high risk setting.** On 5/25/21, Honolulu removed the requirement to wear masks outdoors (regardless of vaccine status), however mask use continues to be required indoors. Despite these changes to outdoor mask use, due to the uptick in the Delta variant cases, we highly recommend that you wear your mask even outdoors for your own protection.

We continue to monitor the COVID-19 situation and 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 public. We always lag behind in making any changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.


### **OKSL FACILITY STATUS - Effective 8/1/21**

As the outside community begins to open more, we are following (in a delayed fashion) with loosening some of our facility's COVID-19 restrictions. We feel confident that we can safely do this due to the high in-house vaccination rate and everyone's participation with encouraging their visitors to be vaccinated before entering our facility.

**FOR AUGUST WE ARE VERY HAPPY TO ANNOUNCE A FEW MORE CHANGES:**

- **THE DINING ROOM OPENS TO ALL FLOORS AS OF AUGUST 1.** The Dining Room will now be open to all floors daily for residents only (no caregivers, no visitors). Coffee and Tea service will continue to be held in the dining room.
- **TRAVEL.** We have modified our mainland travel restrictions. See below under **Travel Guidelines** for more information.
- **COMMON AREA ROOM USE.** The MPR will now be permitted to have group sizes of 25 or less. All other common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing of 6 feet or more must be maintained at all times in any of the common areas/rooms, as well as hand sanitizing and wearing of masks.
- **FITNESS CLASSES/GROUP ACTIVITIES.** Sign-ups no longer required for fitness classes. First come, first served. No more than 25 in room including the instructor. Some Group Activities will be opening to 25 - including instructor(s).
- **FITNESS ROOM.** The Fitness Room will no longer require reservations. Limit of 5 in room at any time. 30 minute time limit. Social distancing, hand sanitizing, and mask use required. See below under **Fitness Room** for modified hours.

**Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.**

	AUGUST '21	SEPTEMBER '21	OCTOBER '21
<p><b>VISITORS</b>  <i>Note: Visitors are only permitted in the apartments (not in the common areas).</i></p> <p><i>Refer to the attached One Kalakaua Visitor Guidelines for more information.</i></p>	<p><b>VISITORS PERMITTED INSIDE</b></p> <p><u>Inside Facility</u>            See attached "One Kalakaua Visitor Guidelines" for more information. Same information since 7/1/21.</p> <p><u>Outside Facility</u>            Visits continue to be permitted. Remember to wear masks, social distance and wash your hands.</p> <p><u>Important Note</u>            For visitors who have traveled, there are restrictions. See more information later in this table under "Travel Guidelines-Visitors".</p>	<p><u>Inside Facility</u>            TBD*</p> <p><u>Outside Facility</u>            Visits continue to be permitted. Remember to wear masks, social distance and wash your hands.</p> <p><u>Important Note</u>            For visitors who have traveled, there are restrictions. See more information later in this table under "Travel Guidelines-Visitors".</p>	<p><u>Inside Facility</u>            TBD*</p> <p><u>Outside Facility</u>            Visits continue to be permitted. Remember to wear masks, social distance and wash your hands.</p> <p><u>Important Note</u>            For visitors who have traveled, there are restrictions. See more information later in this table under "Travel Guidelines-Visitors".</p>

<p><b>TRAVEL GUIDELINES</b> <b>Residents</b></p> <p><i>Note: Due to our high risk population we currently still recommend that residents avoid all unnecessary travel.</i></p>	<p><u>Interisland Travel</u> No restrictions.</p> <p><u>Mainland Travel</u> <b>Vaccinated:</b> Must participate in 14 day Daily Wellness Checks upon return. <b>Not vaccinated:</b> 14 day quarantine in unit upon return. <u>International Travel</u> 14 day quarantine in unit upon return.</p>	<p><u>Interisland Travel</u> No restrictions.</p> <p><u>Mainland Travel</u> <b>Vaccinated:</b> Must participate in 14 day Daily Wellness Checks upon return. <b>Not vaccinated:</b> 14 day quarantine in unit upon return. <u>International Travel</u> 14 day quarantine in unit upon return.</p>	<p><u>Interisland Travel</u> No restrictions.</p> <p><u>Mainland Travel</u> TBD*</p> <p><u>International Travel</u> TBD*</p>
<p><b>TRAVEL GUIDELINES</b> <b>Visitors</b></p> <p><i>Note: Due to our high risk population we ask that even though the state has lifted some travel restrictions, that you still refrain from entering out community for at least 14 days after traveling, unless for urgent matters.</i></p> <p><i>Visitors are only permitted in the apartments (not in the common areas).</i></p>	<p><u>Interisland Travel</u> May enter with health screen.</p> <p><u>Mainland Travel</u> <b>Vaccinated:</b> May enter with health screen and copy of vaccination card verifying fully vaccinated (2 weeks after the last dose). <b>Not vaccinated:</b> No entry. Must first do 14 day quarantine outside of facility.</p> <p><u>International Travel</u> No entry. Must first do 14 day quarantine outside of facility.</p>	<p><u>Interisland Travel</u> May enter with health screen.</p> <p><u>Mainland Travel</u> <b>Vaccinated:</b> May enter with health screen and copy of vaccination card verifying fully vaccinated (2 weeks after the last dose). <b>Not vaccinated:</b> No entry. Must first do 14 day quarantine outside of facility.</p> <p><u>International Travel</u> No entry. Must first do 14 day quarantine outside of facility.</p>	<p><u>Interisland Travel</u> May enter with health screen.</p> <p><u>Mainland Travel</u> TBD*</p> <p><u>International Travel</u> TBD*</p>
<p><b>FITNESS CLASSES</b></p> <p><i>Note: 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.</i></p>	<p><b>25 or less including instructor(s)</b></p> <ul style="list-style-type: none"> <li>-No sign up required.</li> <li>-First come, first served.</li> <li>-Residents only (no caregivers).</li> <li>-Also available via Channel 901 (except Dance/pool class classes).</li> <li>-Must mask, social distance 6 feet or more and sanitize hands.</li> </ul>	TBD*	TBD*

<b>FITNESS ROOM (our gym)</b>	<b>NOW OPEN WITHOUT RESERVATION</b>  <u>Modified Hours</u> Monday-Friday 8:30a – 3:00p Saturday/Sunday 8a-1p  -No more than 5 in room at any time. -30 minute time limit. -Residents only (no caregivers). -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	By appointment	By appointment	By appointment
<b>POOL / SPA</b>	<b>Fully Open</b>  -Socially distance 6 feet apart -First come, first served. -Mask off only while in water.	<b>Fully Open</b>  -Socially distance 6 feet apart -First come, first served. -Mask off only while in water.	<b>Fully Open</b>  -Socially distance 6 feet apart -First come, first served. -Mask off only while in water.
<b>COMMON AREA ROOMS</b> <i>Note: Visitors are only permitted in the  apartments (not in the common areas).</i>	<u><b>MPR</b></u> <b>No more than 25</b>  <u><b>All other Rooms</b></u> <b>No more than 10</b> -Residents only -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*
<b>COMMUNAL DINING (Dining Room use)</b>	<b>Open to all Floors</b>  -Residents only (no visitors or caregivers). -Morning coffee/tea service. -In room meal delivery continues at no charge.	<b>Open to all Floors</b>  -Residents only (no visitors or caregivers). -Morning coffee/tea service. -In room meal delivery continues at no charge.	<b>Open to all Floors</b>  -Residents only (no visitors or caregivers). -Morning coffee/tea service. -In room meal delivery will now be charged.

<b>BEAUTY SALON</b>	<b>Open to all clients</b> -Socially distance 6 feet apart -Must wear mask. -Non-resident clients must have visitor badge.	<b>Open to all clients</b> -Socially distance 6 feet apart -Must wear mask. -Non-resident clients must have visitor badge.	<b>Open to all clients</b> -Socially distance 6 feet apart -Must wear mask. -Non-resident clients must have visitor badge.
<b>GROUP ACTIVITIES</b> <i>Note: 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.</i>	<b>25 or less including instructor(s)</b> -In person classes by sign up or first come first served. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*

\*Will be evaluated based on tier status at that time.

## **IMPORTANT REMINDERS:**

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit large group and family gatherings for the next few months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- **VISITATION:** Visitors will now be permitted without urgent/medical needs requirements (with some conditions). Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends).  
**Inside Facility:** See attached *One Kalakaua Visitor Guidelines* for information and guidelines for visits.  
**Outside Facility:** Visits continue to be permitted. Remember to wear masks, social distance and sanitize hands frequently.  
**Realtors/Owners:** May continue to hold private showings of their unit for sale/rental purposes. No touring of common areas.
- **OUTINGS:** When going out remember to always wear your mask, practice good hand hygiene (wash/sanitize hands frequently), and practice social distancing.  
 Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities will be required to quarantine for a minimum of 14 days OR participate in 14 days of wellness checks (daily symptom screening phone calls and in-person temperature checks) upon return to the facility.
- **TRAVEL:** Continue to avoid any unnecessary travel. If you must travel, see information earlier in memo for specific facility protocols and follow the below infection control safety measures:  
**While traveling (while at the airport and on your flight):**
  - ✓ Wear a mask over your nose and mouth.
  - ✓ Stay 6 feet from others that aren't traveling with you, avoid crowds.
  - ✓ Wash your hands frequently or use hand sanitizer.
  - ✓ Avoid eating in the airport or on the plane if possible.
  - ✓ Bring Clorox or Lysol wipes along with you and wipe down your seat, arm rests, and seat tray.
  - ✓ Follow these same guidelines at your place of accommodation/hotel as well as any public transportation (taxi, shuttle, bus, etc.).
  - ✓ Self-monitor for any symptoms/illness.



- **NEW MOVE-INS:** For residents moving in from Oahu or the neighbor islands, we now offer the option of having 14 days of wellness checks from the RCS Dept. in lieu of quarantining in your apartment. Daily Wellness Checks consist of a daily symptom screen (via phone or in-person) and a temperature check. Those who do not wish to participate in the wellness checks or miss their wellness checks will be required to quarantine for 14 days in their unit. Move-ins coming from the mainland or international locations in the prior 14 days before move-in, will be required to quarantine for 14 days in their unit.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Utilize the MPR/Garden/Pool areas or view Channel 901 at designated fitness class times to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
  - ✓ 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.**
  - ✓ Wear your mask inside your unit when contractors, visitors, staff enter your unit to provide services.
  - ✓ **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID-19 measures accordingly. 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.



# ONE KALAKAUA VISITOR GUIDELINES

One Kalakaua is very happy to welcome visitors back into our facility. However, for the safety of our residents and staff, **One Kalakaua is strongly recommending that all visitors are fully vaccinated (2 weeks after receiving your final dose) before entering our community.** We also recommend outside visits over indoor visits whenever possible.

## **During your visit, please adhere to all of the following infection control protocols:**

- Visitors are not allowed if they are sick, have sick symptoms, or have any type of contagious illness.
- No more than 2 visitors per day per apartment and visits are limited to no more than 2 hours.
- Visitors must continue to have a badge and complete a 3 step sign-in process:
  - Step 1: Complete the Ipad health screening at the entrance.
  - Step 2: Complete the temperature screening at the entrance.
  - Step 3: Complete the guest sign-in process on the Ipad at the Front Desk. Sanitize your hands before and after completing each step.
- Visitors must also complete the guest sign-out process on the Front Desk Ipad before leaving.
- Visitors must remain in the apartment. No visiting or roaming in the common areas.
- Visitors must wear masks during their visit. No eating or drinking during visits whenever possible.
- Visitors must socially distance (keep 6 feet or more between the visitor and the resident).
- Visitors must wash/sanitize hands when arriving to the unit, during the visit, and before leaving.
- Children 12 years and older, who are able to adhere to all infection control protocols (wear face mask, hand hygiene, read and follow signage, etc.), will be permitted to visit. They must also obtain a badge and complete the Ipad and temperature screening steps.
- Please see the Front Desk, our latest Resident Memo or our website at [www.onekalakaua.net](http://www.onekalakaua.net) for the latest information on any visitor related travel restrictions.

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
6/30/21



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

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.

### **VACCINE STATUS**

One Kalakaua completed our COVID-19 vaccination clinics back in March. We continue to encourage those residents who haven't yet received their vaccination to see our Resident Care Services (RCS) Department to assist with setting up an appointment with an outside vaccination provider. All new move-ins and new hires are being asked to be vaccinated. It is highly likely that a booster vaccine will be needed and we will be working towards having in-house vaccine clinics for this once more information becomes available.

We know that some of you have been wondering why our residents and staff aren't required to be vaccinated with the COVID-19 vaccine. We have been closely watching and reviewing all the data that is coming out nationally, within our state and our healthcare industry. There are many reasons that people may not be able to take the COVID-19 vaccine (medical/religious reasons, pregnancy, etc.) as well as legal issues that could arise should we mandate the COVID-19 vaccination. Currently we have a very high rate of those vaccinated in our facility (higher than most facilities across the nation) so at this time we have made the decision not to mandate the COVID-19 vaccination and respect each individual's personal situation. We will continue to monitor the legalities/risks and could change our stance in the future, however, there will always be legal reasons not to be vaccinated so we will never reach 100% even if required.

We also continue to monitor the variants. Although most of us are now vaccinated, we must keep diligent in our infection control precautions. As our facility and the outside community slowly and methodically open back up, the risks also rise. Please remember that **the vaccine is simply an additional layer of protection that enhances the infection prevention measures that the facility already has in place** (Ipad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.), it is neither a cure nor 100% protection.

**Now that vaccine appointments are open to anyone 12 years or older, please encourage your younger family members, loved ones and friends to get their vaccine! As we open up more and more each month, vaccination is critical in keeping our facility safe.**

### **HONOLULU STATUS**

On 6/11/21, Honolulu issued revisions to the city's reopening plan (see [www.oneoahu.org](http://www.oneoahu.org) for more information on Honolulu's Reopening Strategy revised on 6/9/21) and moved into the newly revised Tier 4. Tier 4 metrics include having greater than 50% of the state being fully vaccinated (2 weeks after receiving final dose), case counts of less than 20 and a positivity rate of less than 1%. Moving from Tier 4 to Tier 5 only requires that our state have greater

than 60% of the population fully vaccinated. All restrictions will be lifted when our state reaches 70% or greater fully vaccinated. As of 6/28/21, the state was 58% fully vaccinated.

On 6/15/21, the state announced changes to travel as follows:

- **Interisland travel:** All restrictions have been removed.
- **Mainland travel:** Anyone having had at least one of their vaccination doses done in Hawaii AND are fully vaccinated (2 weeks after final vaccine dose) may forego pre-travel testing and quarantine requirements. No changes were made to mainland travel for unvaccinated travelers or travelers not having had at least one vaccination done in Hawaii (still require pre-travel testing or quarantine).
- **International travel:** No changes (still require pre-travel testing or quarantine).

**See more information on how One K's travel policy will be adjusted to reflect some of these changes later in this memo.**

On May 13, 2021 the Centers for Disease Control and Prevention (CDC) revised its mask wearing guidelines and stated that vaccinated individuals no longer need to wear masks indoors as well as outdoors. **The CDC did not however make any changes for healthcare/senior facilities such as ours and wearing of masks is still required in our high risk setting.** In addition, Honolulu also made changes on 5/25/21 removing the requirement to wear masks outdoors (regardless of vaccine status). Mask use continues to be required indoors. Despite these changes to outdoor mask use, we still highly recommend that you wear your mask even outdoors whenever possible for your own protection.

We continue to monitor the situation and 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 public. We always lag behind in making any changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

#### **OKSL FACILITY STATUS - Effective 7/1/21**

As the outside community begins to open more, we are following closely behind with loosening some of our facility's COVID-19 restrictions. We feel confident that we can safely do this due to the high in-house vaccination rate.


#### **FOR JULY WE ARE VERY HAPPY TO ANNOUNCE MORE EXCITING OPENINGS/ LOOSENING OF RESTRICTIONS:**

- **VISITORS WILL NOW BE PERMITTED WITHOUT URGENT/MEDICAL NEEDS REQUIREMENTS.** Refer to the attached ***One Kalakaua Visitor Guidelines*** handout. We still require daily Ipad and temperature screening.
- **THE DINING ROOM ADDS MORE SERVICE AS OF JULY 1.** The Dining Room will now open up to 6 floors daily. See attached ***Dining Room Schedule*** for more information. Coffee and Tea service will be held in the dining room. Note: The Dining Room will be closed on July 4, 2021.
- **RETURNS FROM ER AND HEALTHCARE FACILITIES, AND NOW NEW MOVE-INS COMING FROM OAHU OR THE NEIGHBOR ISLANDS, MAY ALSO OPT TO DO WELLNESS CHECKS IN LIEU OF QUARANTINE.** For the above, we now offer the option of having 14 days of Daily Wellness Checks

from the RCS Dept. in lieu of quarantining in your apartment. Daily Wellness Checks consist of a daily symptom screen (via phone or in-person) and a temperature check. Those who do not wish to participate in the wellness checks or miss their wellness checks will be required to quarantine for 14 days in their unit.

- **TRAVEL.** We have released all restrictions for interisland travel and have modified our mainland travel restrictions. See below under **Travel Guidelines** for more information.
- **THE POOL AND SPA ARE FULLY OPEN WITHOUT SIGN-UP OR TIME RESTRICTIONS.** Pool classes will also resume. Watch for schedules in the Talk Story and your monthly activity calendar.
- **OUTSIDE EXCURSIONS CONTINUE.** In addition to arranging bus transportation for outside excursions to do essential shopping, we will also be adding on other excursions. Watch for schedules in the Talk Story and your monthly activity calendar. Masks must be worn during the entire excursion.
- **THE BEAUTY SALON IS FULLY OPEN.** The beauty salon is able to return to normal hours and will be increasing days/hours over the next few months until fully back to normal. Manicure/pedicure services will be reinstated.

**Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.**

	JULY '21	AUGUST '21	SEPTEMBER '21
<b>VISITORS</b> Note: Visitors are only permitted in the apartments (not in the common areas).	<p><b>VISITORS NOW PERMITTED (WITH FEWER CONDITIONS).</b></p> <p><u>Inside Facility</u> See attached, <b>One Kalakaua Visitor Guidelines</b> for more information.</p> <p><u>Outside Facility</u> Visits continue to be permitted. Remember to wear masks and social distance.</p> <p><u>Important Note</u> For visitors that have traveled, see more information later in this table, Travel Guidelines-Visitors.</p>	<p><u>Inside Facility</u> TBD*</p> <p><u>Outside Facility</u> Visits continue to be permitted. Remember to wear masks and social distance.</p> <p><u>Important Note</u> For visitors that have traveled, see more information later in this table, Travel Guidelines-Visitors.</p>	<p><u>Inside Facility</u> TBD*</p> <p><u>Outside Facility</u> Visits continue to be permitted. Remember to wear masks and social distance.</p> <p><u>Important Note</u> For visitors that have traveled, see more information later in this table, Travel Guidelines-Visitors.</p>
<b>TRAVEL GUIDELINES Residents</b> Note: Due to our high risk population we currently still recommend that residents avoid all unnecessary travel.	<p><u>Interisland Travel</u> No restrictions.</p> <p><u>Mainland Travel</u> <b>Vaccinated:</b> If you have received at least one vaccine dose in Hawaii AND are fully</p>	<p><u>Interisland Travel</u> No restrictions.</p> <p><u>Mainland Travel</u> <b>Vaccinated:</b> TBD* <b>Not vaccinated:</b> 14 day quarantine in</p>	<p><u>Interisland Travel</u> No restrictions.</p> <p><u>Mainland Travel</u> <b>Vaccinated:</b> TBD* <b>Not vaccinated:</b> 14 day quarantine in</p>

<b>TRAVEL GUIDELINES Residents (continued)</b>	<p>vaccinated (2 weeks past final dose) no COVID test or in unit quarantine required, but <u>Must participate in 14 day Daily Wellness Checks upon return.</u></p> <p><b>Not vaccinated (or no vaccination done in Hawaii):</b> 14 day quarantine in unit upon return.</p> <p><u>International Travel</u> 14 day quarantine in unit upon return.</p>	<p>unit upon return.</p> <p><u>International Travel</u> TBD*</p>	<p>unit upon return.</p> <p><u>International Travel</u> TBD*</p>
<b>TRAVEL GUIDELINES Visitors</b> <i>Note: Due to our high risk population we ask that even though the state has lifted some travel restrictions, that you still refrain from entering out community for at least 14 days after traveling, unless for urgent matters.</i>  <i>Visitors are only permitted in the apartments (not in the common areas).</i>	<p><u>Interisland Travel</u> May enter with health screen.</p> <p><u>Mainland Travel</u>  <b>Vaccinated:</b> May enter with health screen, if you have received at least one vaccine dose in Hawaii AND are fully vaccinated (2 weeks past final dose) no COVID test or quarantine required.  <u>Must provide copy of vaccination card.</u></p> <p><b>Not vaccinated</b> (or no vaccination done in Hawaii): No entry. Must first do 14 day quarantine outside of facility.</p> <p><u>International Travel</u> No entry. Must first do 14 day quarantine outside of facility.</p>	<p><u>Interisland Travel</u> May enter with health screen.</p> <p><u>Mainland Travel</u>  <b>Vaccinated:</b> TBD*</p> <p><b>Not vaccinated</b> (or no vaccination done in Hawaii): No entry. Must first do 14 day quarantine outside of facility.</p> <p><u>International Travel</u> TBD*</p>	<p><u>Interisland Travel</u> May enter with health screen.</p> <p><u>Mainland Travel</u>  <b>Vaccinated:</b> TBD*</p> <p><b>Not vaccinated</b> (or no vaccination done in Hawaii): No entry. Must first do 14 day quarantine outside of facility.</p> <p><u>International Travel</u> TBD*</p>
<b>FITNESS CLASSES</b> <i>(Note: All classes continue to require advance sign up with the Front Desk. For fitness class and fitness room sign-ups, please remember monthly sign up forms are located on each residential floor near the elevator and also in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15<sup>th</sup> day of the month prior. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901.)</i>	<p>10 people or less.</p> <ul style="list-style-type: none"> <li>-In person classes by sign up.</li> <li>-Residents only (no caregivers).</li> <li>-Also available via Channel 901 (except Dance/pool class classes).</li> <li>-9 residents/1 instructor.</li> <li>-Must mask, social distance 6 feet or more and sanitize hands.</li> </ul>	<p>TBD*</p>	<p>TBD*</p>



<b>FITNESS ROOM (our gym)</b>	By reservation. -Residents only (no caregivers). -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	By appointment.	By appointment.	By appointment.
<b>POOL / SPA</b>	<b>POOL / SPA IS NOW FULLY OPEN (no sign up or time restrictions).</b> -Socially distance 6 feet apart -First come, first serve -Mask off only while in water	Fully open. -Socially distance 6 feet apart -First come, first serve -Mask off only while in water	Fully open. -Socially distance 6 feet apart -First come, first serve -Mask off only while in water
<b>COMMON AREA ROOMS</b>	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*
<b>COMMUNAL DINING (Dining Room use)</b>	<b>MODIFIED OPENING CONTINUES.</b> <i>See attached Dining Room schedule for more information.</i> -Increased to 6 floors per day. -Residents only (no visitors or caregivers). -Morning coffee/tea service. -In room meal delivery continues at no charge.	Modified opening continues. -Opened to all floors every day. -Residents only (no visitors /caregivers). -Morning coffee/tea service. -In room meal delivery continues at no charge.	Modified opening continues. -Opened to all floors every day. -Residents only (no visitors/caregivers). -Morning coffee/tea service. <b>-In room meal delivery will now be charged.</b>
<b>BEAUTY SALON</b>	<b>OPEN TO ALL CLIENTS.</b> -Socially distance 6 feet apart -Must wear mask. -Non-resident clients must have visitor badge.	Open to all clients. -Socially distance 6 feet apart -Must wear mask. -Non-resident clients must have visitor badge.	Open to all clients. -Socially distance 6 feet apart -Must wear mask. -Non-resident clients must have visitor badge.
<b>GROUP ACTIVITIES</b>	10 people or less. -In person classes by sign up. -9 residents and 1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*

\*Will be evaluated based on tier status at that time.

## **IMPORTANT REMINDERS:**

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit large group and family gatherings for the next few months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
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**Inside Facility:** See attached *One Kalakaua Visitor Guidelines* for new/updated information and guidelines for visits.  
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  - ✓ Avoid eating in the airport or on the plane if possible.
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- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Utilize the MPR/Garden/Pool areas or view Channel 901 at designated fitness class times to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
  - ✓ 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.**
  - ✓ **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. 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.



# ONE KALAKAUA VISITOR GUIDELINES

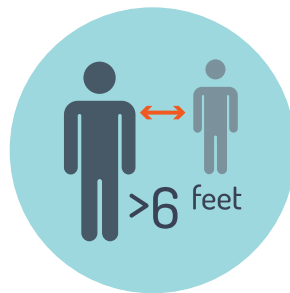
One Kalakaua is very happy to welcome visitors back into our facility. However, for the safety of our residents and staff, **One Kalakaua is strongly recommending that all visitors are fully vaccinated (2 weeks after receiving your final dose) before entering our community.** We also recommend outside visits over indoor visits whenever possible.

## **During your visit, please adhere to all of the following infection control protocols:**

- Visitors are not allowed if they are sick, have sick symptoms, or have any type of contagious illness.
- No more than 2 visitors per day per apartment and visits are limited to no more than 2 hours.
- Visitors must continue to have a badge and complete a 3 step sign-in process:
  - Step 1: Complete the Ipad health screening at the entrance.
  - Step 2: Complete the temperature screening at the entrance.
  - Step 3: Complete the guest sign-in process on the Ipad at the Front Desk. Sanitize your hands before and after completing each step.
- Visitors must also complete the guest sign-out process on the Front Desk Ipad before leaving.
- Visitors must remain in the apartment. No visiting or roaming in the common areas.
- Visitors must wear masks during their visit. No eating or drinking during visits whenever possible.
- Visitors must socially distance (keep 6 feet or more between the visitor and the resident).
- Visitors must wash/sanitize hands when arriving to the unit, during the visit, and before leaving.
- Children 12 years and older, who are able to adhere to all infection control protocols (wear face mask, hand hygiene, read and follow signage, etc.), will be permitted to visit. They must also obtain a badge and complete the Ipad and temperature screening steps.
- Please see the Front Desk, our latest Resident Memo or our website at [www.onekalakaua.net](http://www.onekalakaua.net) for the latest information on any visitor related travel restrictions.

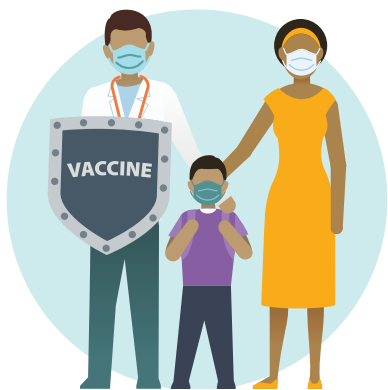
# COVID-19 Vaccines

**Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.**

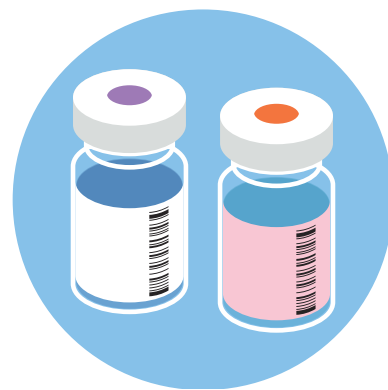


To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



**The vaccines are safe.** The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.



**Different types of COVID-19 vaccines will be available.** Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



[www.cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



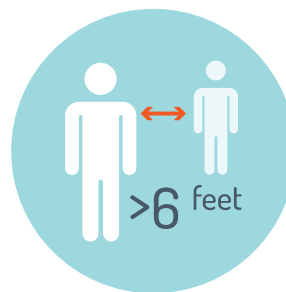
The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

**Having these types of side effects does NOT mean that you have COVID-19.** If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.



**When you get the vaccine, you *and* your healthcare worker will both need to wear masks.**

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



**Even after you get your vaccine**, you will need to keep wearing a mask that covers your nose **and** mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. **We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**

OKSL Dining Room Schedule (update 6/30/2021)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>JULY</b> ↑	1 FLOORS: 3, 4, 5, 6, 7, 8	2 FLOORS: 9, 10, 11, 12, 14, 15	3 FLOORS: 3, 4, 5, 6, 7, 8
4 4 <sup>th</sup> of July CLOSED	5 FLOORS: 9, 10, 11, 12, 14, 15	6 FLOORS: 3, 4, 5, 6, 7, 8	7 FLOORS: 9, 10, 11, 12, 14, 15	8 FLOORS: 3, 4, 5, 6, 7, 8	9 FLOORS: 9, 10, 11, 12, 14, 15	10 FLOORS: 3, 4, 5, 6, 7, 8
11 FLOORS: 9, 10, 11, 12, 14, 15	12 FLOORS: 3, 4, 5, 6, 7, 8	13 FLOORS: 9, 10, 11, 12, 14, 15	14 FLOORS: 3, 4, 5, 6, 7, 8	15 FLOORS: 9, 10, 11, 12, 14, 15	16 FLOORS: 3, 4, 5, 6, 7, 8	17 FLOORS: 9, 10, 11, 12, 14, 15
18 FLOORS: 3, 4, 5, 6, 7, 8	19 FLOORS: 9, 10, 11, 12, 14, 15	20 FLOORS: 3, 4, 5, 6, 7, 8	21 FLOORS: 9, 10, 11, 12, 14, 15	22 FLOORS: 3, 4, 5, 6, 7, 8	23 FLOORS: 9, 10, 11, 12, 14, 15	24 FLOORS: 3, 4, 5, 6, 7, 8
25 FLOORS: 9, 10, 11, 12, 14, 15	26 FLOORS: 3, 4, 5, 6, 7, 8	27 FLOORS: 9, 10, 11, 12, 14, 15	28 FLOORS: 3, 4, 5, 6, 7, 8	29 FLOORS: 9, 10, 11, 12, 14, 15	30 FLOORS: 3, 4, 5, 6, 7, 8	31 FLOORS: 9, 10, 11, 12, 14, 15

**AUGUST** →

Open to all residents daily (any floor). NO visitors

**and** NO caregivers allowed.





## One Kalakaua Senior Living CORONAVIRUS (COVID-19) 5/28/21

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

This is an update to prior updates:

Update #1 distributed 2/3/20  
Update #2 posted 2/10/20  
Update #3 posted 2/24/20  
Update #4 distributed 3/9/20  
Update #5 distributed 3/18/20  
Update #6 distributed 3/24/20

Update #7 distributed 4/20/20  
Update #8 distributed 5/19/20  
Update #9 distributed 6/29/20  
Update #10 distributed 8/26/20  
Update #11 distributed 9/29/20  
Update #12 distributed 10/30/20

Update #13 distributed 11/30/20  
Update #14 distributed 12/21/20  
Update #15 distributed 1/27/21  
Update #16 distributed 2/25/21  
Update #17 distributed 3/31/21  
Update #18 distributed 4/30/21

### **VACCINE STATUS**

One Kalakaua completed our COVID-19 vaccination clinics back in March. Currently we have 97%+ of our residents and 75%+ of our employees vaccinated. We continue to encourage those residents who haven't yet received their vaccination to see our Resident Care Services (RCS) Department to assist with setting up an appointment at an outside vaccination provider. All new move-ins and new hires are being asked to be vaccinated. It is highly likely that a booster vaccine will be needed and we will be working towards having in-house vaccine clinics for this once more information becomes available.

While we are all very excited to have completed our COVID vaccination, **we still need to be very cautious!** At this time, we do not have enough evidence showing that the COVID-19 vaccine will prevent transmission of the virus and are unsure if the vaccine will prevent asymptomatic carriers from unknowingly spreading the virus to others. It may be possible that even though a person has been vaccinated, he/she can still be infected, remain asymptomatic and spread the virus. We are still learning about how long and how effective the vaccine will be in the real world. New variants of the virus continue to be discovered on a fairly regular basis and have recently been shown to infect already vaccinated individuals. In fact, case counts have been quite high lately. So again, we cannot let our guard down!

Two of the biggest challenges are new variants of the virus that aren't covered by the vaccine and our state not yet meeting herd immunity numbers. Until **both** One Kalakaua **and** the outside community are 80-85% vaccinated (this is a higher percentage to reach herd immunity than previously reported due to the variants of COVID-19 not covered by the vaccine) we will not be able to fully open our facility services. Currently only 42% of Honolulu County's population has been fully vaccinated (received all doses of the vaccine). **The vaccine is simply an additional layer of protection that enhances the infection prevention measures that the facility already has in place** (lpad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.), it is neither a cure nor 100% protection.

**Now that vaccine appointments are open to anyone 12 years or older, please encourage your family members, loved ones and friends to get their vaccine! As we start to move towards opening up more in the future, this will be critical in safely allowing visits in our community.**

### **HONOLULU STATUS**

Honolulu moved into Tier 3 of the city's reopening plan on 2/25/21 (see [www.oneoahu.org](http://www.oneoahu.org) for more information on Honolulu's Reopening Strategy announced on 9/23/20). Over the past

several weeks the case counts have spiked back to Tier 2 numbers. The governor and mayor opted to pause moving back to Tier 2 and instead evaluate and further monitor the situation until at the earliest June 2. It is unclear at this time if Honolulu will be moving back to Tier 2 or remain at Tier 3, however we are closely monitoring the situation. On 5/11/21, the state announced changes to interisland travel allowing fully vaccinated travelers to forego pre-travel testing and quarantine. These changes are for interisland travel only; no changes have been made yet for mainland or international travel. See more information on how One K's travel policy will be adjusted to reflect these changes later in this memo.

In addition, on May 13, 2021 the Centers for Disease Control and Prevention (CDC) revised its mask wearing guidelines and stated that vaccinated individuals no longer need to wear masks indoors as well as outdoors. **The CDC did not however make any changes for healthcare/senior facilities such as ours and wearing of masks are still required in our high risk setting.** In addition, Honolulu also made changes on 5/25/21 removing the requirement to wear masks outdoors (regardless of vaccine status). Mask use continues to be required indoors. Despite these changes to outdoor mask use, we still highly recommend that you wear your mask even outdoors whenever possible for your own added protection.

We continue to monitor the situation and 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 public. We always lag behind in making any changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

### **FACILITY STATUS - Effective 6/1/21**

Over the past few months we have carefully and methodically began to loosen some of our facility COVID-19 restrictions due to the high in-house vaccination rate and Honolulu's move to Tier 3. With a lot of planning we were able to move forward with restarting some of our common area leisure activities. This included some smaller (10 or less in room) group activities and fitness classes. Last month, dance class started back up as well. We have also opened up the common area rooms for resident use to allow for up to 10 residents however mask wearing, social distancing and hand hygiene continue to be required.

Note: All classes continue to require advance sign up with the Front Desk. For fitness class and fitness room sign-ups, please remember monthly sign up forms are located on each residential floor near the elevator and also in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15<sup>th</sup> day of the month prior. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901.


### **FOR JUNE WE ARE VERY HAPPY TO ANNOUNCE MORE EXCITING OPENINGS AND LOOSENING OF RESTRICTIONS:**

- **THE DINING ROOM AND COFFEE/TEA SERVICE OPENS JUNE 6.** Please see the attached memo for more information and important protocols that will need to be followed.
- **OUTSIDE EXCURSIONS START UP.** We will be arranging bus transportation for outside excursions to do essential shopping. Masks must be worn on the bus and during the entire excursion. See July's activity calendar for more information.
- **OUTSIDE ENTERTAINMENT TO BE BROADCAST OVER CHANNEL 901.** We will begin bringing in some outside entertainment to be televised over Channel 901. Entertainers must pass our screening and be vaccinated. No in-person audiences will be permitted at this time.
- **GRAB AND GO SNACKS OFFERED IN MPR/LOBBY.** Afternoon snacks will return to the MPR/Lobby areas (as we did prior to COVID-19) but by floor assignments, similar to dining. Masks must be worn and social distancing followed. Snacks will no longer be delivered on your door handles.
- **RETURNS FROM ER / HEALTHCARE FACILITIES HAVE NEW OPTION TO AVOID QUARANTINE.** We will now offer the option of having 14 days of Daily Wellness Checks from

the RCS Dept. in lieu of quarantining in your apartment. Daily Wellness Checks consist of a daily symptom screen (via phone or in-person) and a temperature check. Those who do not wish to participate in the wellness checks or miss their wellness checks will be required to quarantine for 14 days in their unit.

- **INTERISLAND TRAVEL.** Due to our high risk population, we continue to recommend that our residents avoid all unnecessary travel. If you must travel, vaccinated residents will no longer be required to test or quarantine in their unit however will be subject to 14 days of wellness checks upon return. See below under Travel Guidelines for more information.

**Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.**

	JUNE '21	JULY '21	AUGUST '21
<b>VISITORS</b>	<u>Inside Facility</u> Visitors allowed with badge for urgent / medical needs. No one under the age of 18. No visitors in the common areas. <u>Outside Facility</u> Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection control guidelines (masking, hand hygiene, social distancing). <u>Important Note</u> Visitors with approved badges that have traveled interisland, with proof of full vaccination (2 weeks after last dose) or a (-) PCR test can now forego One K's 14 day quarantine policy before entering the building. <b>No changes for mainland or international travel – 14 day quarantine required.</b>	<u>Inside Facility</u> Visitors allowed with badge for urgent / medical needs. No one under the age of 18. No visitors in the common areas. <u>Outside Facility</u> Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection control guidelines (masking, hand hygiene, social distancing). <u>Important Note</u> Visitors with approved badges that have traveled interisland, with proof of full vaccination (2 weeks after last dose) or a (-) PCR test can now forego One K's 14 day quarantine policy before entering the building. <b>No changes for mainland or international travel – 14 day quarantine required.</b>	TBD*
<b>TRAVEL GUIDELINES</b> <b>Residents</b> (Note: Due to our high risk population we currently still recommend that residents avoid all unnecessary travel)	<u>Interisland Travel</u> <b>Vaccinated:</b> Fully vaccinated, no COVID test or 14 day in unit quarantine required. Must participate in 14 day Daily Wellness Checks upon return. <b>Not vaccinated:</b> Negative PCR test or 14 day quarantine in unit upon return. <u>Mainland Travel</u> 14 day quarantine in unit upon return. <u>International Travel</u> 14 day quarantine in unit upon return.	<u>Interisland Travel</u> <b>Vaccinated:</b> Fully vaccinated, no COVID test or 14 day in unit quarantine required. Must participate in 14 day Daily Wellness Checks upon return. <b>Not vaccinated:</b> Negative PCR test or 14 day quarantine in unit upon return. <u>Mainland Travel</u> 14 day quarantine in unit upon return. <u>International Travel</u> 14 day quarantine in unit upon return.	TBD*

<b>FITNESS CLASSES</b>	10 people or less. -In person classes by sign up. -Residents only (no caregivers). -Also available via Channel 901 (except dance class). -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -In person classes by sign up. -Residents only (no caregivers). -Also available via Channel 901 (except dance class). -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
<b>FITNESS ROOM (our gym)</b>	By reservation.	By reservation.	TBD*
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	By appointment.	By appointment.	By appointment.
<b>POOL / SPA</b>	1 person at a time. -Sign up required at Front Desk. -One hour increments.	1 person at a time. -Sign up required at Front Desk. -One hour increments.	TBD*
<b>COMMON AREA ROOMS</b>	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
<b>COMMUNAL DINING (Dining Room use)</b>	Modified Opening (6/6/21) <i>See attached memo for more information.</i> -50% capacity/rotating floors. -Residents only (no visitors or caregivers). -Morning coffee/tea service. -In room meal delivery continues at no charge.	Modified Service -50% capacity/rotating floors. -Residents only (no visitors or caregivers). -Morning coffee/tea service. -In room meal delivery continues at no charge.	TBD*
<b>BEAUTY SALON (limited days/hours)</b>	5 residents or less. -No outside clients.	5 residents or less. -No outside clients.	TBD*
<b>GROUP ACTIVITIES</b>	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*

\*Will be evaluated based on tier status at that time.

### **IMPORTANT REMINDERS:**

- **SOCIAL/GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit group and family gatherings for the next few months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- **VISITATION:**  
**Inside Facility:** Visitors allowed with badge for urgent / medical needs. No one under the age of 18 permitted. Must sign in at the Ipad and do temperature screening before

entering the building and must also wear a mask and sanitize before entering. These urgent or medical only visits are limited to one person per visit (and limited to a primary person, no varying people).

**Outside Facility:** Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection control guidelines (masking, hand hygiene, social distancing).

**Realtors/Owners:** May continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.

**Important Note:**

Visitors with approved badges who have traveled interisland, with proof of full vaccination (2 weeks after last dose) or a (-) PCR test can now forego One K's 14 day quarantine policy before entering the building.

**No changes for mainland or international travel – 14 day quarantine required.**

- **OUTINGS:** Follow the health recommendations for seniors and try to limit going out unless absolutely necessary (ie: medical appts.). When going out remember to always wear your mask, practice good hand hygiene (wash or sanitize hands frequently), and practice social distancing.  
Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take.
- **RETURNS FROM HEALTHCARE FACILITIES:** All emergency room, hospital visits, or admissions to other healthcare facilities will be required to quarantine for a minimum of 14 days or participate in 14 days of wellness checks (daily symptom screening phone calls and in-person temperature checks) upon return to the facility.
- **TRAVEL:** Continue to avoid any unnecessary travel. If you must travel, see information earlier in memo for specific facility protocols and follow the below infection control safety measures:

**While traveling (while at the airport and on your flight):**

- ✓ Wear a mask over your nose and mouth.
  - ✓ Stay 6 feet from others that aren't traveling with you, avoid crowds.
  - ✓ Wash your hands frequently or use hand sanitizer.
  - ✓ Avoid eating in the airport or on the plane if possible.
  - ✓ Bring Clorox or Lysol wipes along with you and wipe down your seat arm rests, and seat tray.
  - ✓ Follow these same guidelines at your place of accommodation/hotel as well as any public transportation (taxi, shuttle, bus, etc.).
  - ✓ Self-monitor for any symptoms/illness.
- **NEW MOVE-INS:** All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
  - **GENERAL INFECTION CONTROL REMINDERS.**
    - ✓ Continue practicing social distancing (6 feet or more apart).
    - ✓ Utilize the MPR/Garden/Pool areas or view Channel 901 at designated fitness class times to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
    - ✓ 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.**

- ✓ **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. 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.





## One Kalakaua Senior Living CORONAVIRUS (COVID-19) 4/30/21

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

This is an update to prior updates:

Update #1 distributed 2/3/20  
Update #2 posted 2/10/20  
Update #3 posted 2/24/20  
Update #4 distributed 3/9/20  
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Update #14 distributed 12/21/20  
Update #15 distributed 1/27/21  
Update #16 distributed 2/25/21  
Update #17 distributed 3/31/21

### **VACCINE UPDATE**

As you are all aware, on March 16, 2021 we held our third and final on-site COVID-19 vaccine clinic with Walgreens. We had an amazing turnout and 97% of our residents have now been fully vaccinated. All new move-ins and new employees are also being asked to get the vaccine. **Now that vaccine appointments are open to anyone 16 years or older, please encourage your family members, loved ones and friends to get their vaccine! As we start to move towards opening up more in the future, this will be critical in safely allowing visits in our community.** If you didn't already receive your vaccination, please contact the RCS Office at (808)983-4421 and they will assist you with finding an outside vaccination location to receive your vaccine.

Again reminding that while we are all very excited to have completed our COVID vaccination, **we still need to be very cautious!** At this time, we do not have enough evidence showing that the COVID-19 vaccine will prevent transmission of the virus and are unsure if the vaccine will prevent asymptomatic carriers from unknowingly spreading the virus to others. It may be possible that even though a person has been vaccinated, he/she can still be infected, remain asymptomatic and spread the virus. We are still learning about how long and how effective the vaccine will be in the real world. New variants of the virus continue to be discovered on a fairly regular basis and have recently been shown to infect already vaccinated individuals. In fact, case counts have been quite high lately. So again, we cannot let our guard down!

We continue to remind everyone that until **both** One Kalakaua **and** the outside community are 70-75% or greater vaccinated (herd immunity) we will not be able to fully open our facility services. Currently, only 34% of Honolulu County's population has been fully vaccinated (received all doses of the vaccine). **Remember, the vaccine is simply an additional layer of protection that enhances the infection prevention measures that we already have in place** (Ipad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.), it is neither a cure nor 100% protection.

### **HONOLULU STATUS**

Honolulu moved into Tier 3 on 2/25/21 (see [www.oneoahu.org](http://www.oneoahu.org) for more information on Honolulu's Reopening Strategy announced on 9/23/20). Over the past several weeks the case counts have spiked back to Tier 2 numbers. The governor and mayor opted to pause moving back to Tier 2 and instead evaluate and further monitor the situation until at the earliest May 5. It is unclear at this time if Honolulu will be moving back to Tier 2 or remain at Tier 3, however we are closely monitoring the situation. We again remind everyone that 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 continue to be very

cautious and have greater restrictions than the public. You can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

There is expected to be some changes to the interisland travel requirements mid-May however, at this time, **One Kalakaua's 14 day quarantine for residents for all travel remains in effect.**

#### **FACILITY STATUS - Effective 5/1/21**


On 4/1/21, we were very pleased that with some careful consideration of required precautions, the high in-house vaccination rate, the move to Tier 3, and a lot of planning, we were able to move forward with restarting some of our common area leisure activities. This included some smaller (10 or less in room) group activities and fitness classes. **In May, at 5/1/21, we will further add back a dance class (note: due to safety reasons, this class will not be available on Channel 901).**

All classes continue to require advance sign up with the Front Desk. For fitness class and fitness room sign-ups, please remember monthly sign up forms are located on each residential floor near the elevator and also in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15<sup>th</sup> day of the month prior. For your convenience we will also be continuing to offer floor activities and televise some activities and fitness classes over Channel 901. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructors if you are interested.

We have also opened up the common area rooms to allow for up to 10 residents however mask wearing, social distancing and hand hygiene continue to be required.

**AND FOR THE NEWS EVERYONE HAS BEEN WAITING FOR....DRUM ROLL....DINING WILL OPEN IN JUNE!! We are tentatively planning to open dining at 50% capacity to residents only (no caregivers) starting on Sunday, 6/6/21 (by floor assignments). We will also be opening up the morning coffee service for takeout only. Please see next month's memo for more information on these very exciting plans!**

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

	MAY '21	JUNE '21	JULY '21
<b>VISITORS</b>	<u>Inside Facility:</u> Visitors allowed with badge for urgent / medical needs. No one under the age of 18. <u>Outside Facility:</u> Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection	<u>Inside Facility:</u> Visitors allowed with badge for urgent / medical needs. No one under the age of 18. <u>Outside Facility:</u> Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection	TBD*

	control guidelines (masking, hand hygiene, social distancing).	control guidelines (masking, hand hygiene, social distancing).	
<b>FITNESS CLASSES</b>	10 people or less. -In person classes by sign up. -Residents only (no caregivers). -Also available via Channel 901 (except dance class). -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -In person classes by sign up. -Residents only (no caregivers). -Also available via Channel 901 (except dance class). -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
<b>FITNESS ROOM (our gym)</b>	By reservation.	By reservation.	TBD*
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	By appointment.	By appointment.	By appointment.
<b>POOL / SPA</b>	1 person at a time. -Sign up required at Front Desk. -One hour increments.	1 person at a time. -Sign up required at Front Desk. -One hour increments.	TBD*
<b>COMMON AREA ROOMS</b>	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*
<b>COMMUNAL DINING (Dining Room use)</b>	Closed. -In room meal delivery continues.	Modified Opening (6/6/21) <i>More information coming in next month's memo.</i> -50% capacity/rotating floors. -Residents only (no caregivers). -Morning coffee service. -In room meal delivery continues.	TBD*
<b>BEAUTY SALON (limited days/hours)</b>	5 residents or less. -No outside clients.	5 residents or less. -No outside clients.	TBD*
<b>GROUP ACTIVITIES</b>	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*

\*Will be evaluated based on tier status at that time.

### **IMPORTANT REMINDERS:**

- **SOCIAL/GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit group and family gatherings for the next few months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.

- **VISITATION:**

**Inside Facility:** Visitors allowed with badge for urgent / medical needs. No one under the age of 18 permitted. Must sign in at the lpad and do temperature screening before entering the building and must also wear a mask and sanitize before entering. These urgent or medical only visits are limited to one person per visit (and limited to a primary person, no varying people).

**Outside Facility:** Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection control guidelines (masking, hand hygiene, social distancing).

**Realtors/Owners:** May continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.

- **OUTINGS:** Follow the health recommendations for seniors and try to limit going out unless absolutely necessary (ie: medical appts.). When going out remember to always wear your mask, practice good hand hygiene (wash or sanitize hands frequently), and practice social distancing. **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take.**
- **RETURNS FROM HEALTHCARE FACILITIES:** All emergency room, hospital visits, or admissions to other healthcare facilities will be required to quarantine for a minimum of 14 days upon return to the facility.
- **TRAVEL:** Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine for a minimum of 14 days.
- **NEW MOVE-INS:** All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Utilize the MPR/Garden/Pool areas or view Channel 901 at designated fitness class times to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
  - ✓ 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.**
  - ✓ **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. 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.



One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
3/31/21

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

This is an update to prior updates:

Update #1 distributed 2/3/20  
Update #2 posted 2/10/20  
Update #3 posted 2/24/20  
Update #4 distributed 3/9/20  
Update #5 distributed 3/18/20  
Update #6 distributed 3/24/20

Update #7 distributed 4/20/20  
Update #8 distributed 5/19/20  
Update #9 distributed 6/29/20  
Update #10 distributed 8/26/20  
Update #11 distributed 9/29/20  
Update #12 distributed 10/30/20

Update #13 distributed 11/30/20  
Update #14 distributed 12/21/20  
Update #15 distributed 1/27/21  
Update #16 distributed 2/25/21

### **VACCINE UPDATE**

On March 16, 2021 we held our third and final vaccine clinic with Walgreens coming on site to administer the COVID-19 vaccine at no charge to our residents. We had an amazing turnout and 97% of our residents have now been vaccinated. CONGRATULATIONS! If you didn't already receive your vaccination, please contact the RCS Office at (808)983-4421 and they will assist you with finding an outside vaccination location to receive your vaccine.

While we are all very excited to complete this first step in helping to slow the spread of COVID-19, **we still need to be very cautious!** At this time, we do not have enough evidence showing that the COVID-19 vaccine will prevent transmission of the virus and are unsure if the vaccine will prevent asymptomatic carriers from unknowingly spreading the virus to others. It may be possible that even though a person has been vaccinated, he/she can still be infected, remain asymptomatic and spread the virus. We are still learning about how long and how effective the vaccine will be in the real world. New variants of the virus continue to be discovered on a fairly regular basis and have recently been shown to infect already vaccinated individuals. So again, we cannot let our guard down!

We continue to remind everyone that until **both** One Kalakaua **and** the outside community are 70% or greater vaccinated (herd immunity) we will not be able to fully open our facility services. Currently, only 24% of Oahu's population has been vaccinated. **The vaccine is simply an additional layer of protection that enhances the infection prevention measures that we already have in place** (Ipad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.).

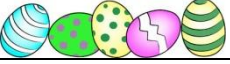
### **HONOLULU STATUS**

Honolulu moved into Tier 3 on 2/25/21 (see [www.oneoahu.org](http://www.oneoahu.org) for more information on Honolulu's Reopening Strategy announced on 9/23/20). Unfortunately over the past week the case counts have spiked back to Tier 2 numbers. It is unclear at this time if Honolulu will be moving back to Tier 2 however we are closely monitoring the situation. We again remind everyone that 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 continue to be very cautious and have greater restrictions than the public. You can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner. There has also been several changes to the travel requirements by the government, however, **One Kalakaua's 14 day quarantine for residents for all travel remains in effect.**


## **FACILITY STATUS - Effective 4/1/21**

Effective 4/1/21, we are very pleased to announce that with some careful consideration of required precautions, the high in-house vaccination rate, the recent move to Tier 3, and a lot of planning, we will move forward with our plans to restart some of our common area leisure activities. This will include some smaller (10 or less in room) group activities and fitness classes. All will require advance sign up with the Front Desk. For fitness class and fitness room sign-ups, please remember monthly sign up forms are located on each residential floor near the elevator and also in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15<sup>th</sup> day of the month prior. For your convenience we will also be continuing to offer floor activities and televise some activities and fitness classes over Channel 901. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructor if you are interested.

We have also opened up the common area rooms to allow for more residents however mask wearing, social distancing and hand hygiene continue to be required. Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.

	APRIL '21	MAY '21	JUNE '21
<b>VISITORS</b>	<u>Inside Facility:</u> Visitors allowed with badge for urgent / medical needs. No one under the age of 18. <u>Outside Facility:</u> Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection control guidelines (masking, hand hygiene, social distancing).	TBD*	TBD*
<b>FITNESS CLASSES</b>	10 people or less. -In person classes by sign up. -Also available via Channel 901. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -In person classes by sign up. -Also available via Channel 901. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
<b>FITNESS ROOM (our gym)</b>	By reservation.	By reservation.	TBD*
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	By appointment.	By appointment.	By appointment.
<b>POOL / SPA</b>	1 person at a time. -Sign up required at Front Desk. -One hour increments.	1 person at a time. -Sign up required at Front Desk. -One hour increments.	TBD*



	APRIL '21	MAY '21	JUNE '21
<b>COMMON AREA ROOMS</b>	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
<b>COMMUNAL DINING (Dining Room use)</b>	Closed. -In room meal delivery continues.	Closed. -In room meal delivery continues.	TBD*
<b>BEAUTY SALON (limited days/hours)</b>	5 residents or less. -No outside clients.	5 residents or less. -No outside clients.	TBD*
<b>GROUP ACTIVITIES</b>	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*

\*Will be evaluated based on tier status at that time.

### **IMPORTANT REMINDERS:**

- **SOCIAL/GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit group and family gatherings for the next several months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- **VISITATION:**  
**Inside Facility:** Visitors allowed with badge for urgent / medical needs. No one under the age of 18 permitted. Must sign in at the lpad and do temperature screening before entering the building and must also wear a mask and sanitize before entering. These URGENT OR MEDICAL ONLY visits are limited to one person per visit (and limited to a primary person, no varying people).  
**Outside Facility:** Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection control guidelines (masking, hand hygiene, social distancing).  
**Realtors/Owners:** May continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.
- **OUTINGS:** Follow the health recommendations for seniors and try to limit going out unless absolutely necessary (ie: medical appts.). When going out remember to always wear your mask, practice good hand hygiene (wash or sanitize hands frequently), and practice social distancing. **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take.**
- **RETURNS FROM HEALTHCARE FACILITIES:** All emergency room, hospital visits, or admissions to other healthcare facilities will be required to quarantine for a minimum of 14 days upon return to the facility.



- **TRAVEL:** Per CDC guidelines, continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine for a minimum of 14 days.
- **NEW MOVE-INS:** All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
  - ✓ 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.**
  - ✓ **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. 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.



## One Kalakaua Senior Living CORONAVIRUS (COVID-19)

2/26/21

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

This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)  
Update #2 posted 2/10/20 (Corona Virus Update)  
Update #3 posted 2/24/20 (Corona Virus/COVID-19 Update)  
Update #4 distributed 3/9/20 (Health Alert: COVID-19)  
Update #5 distributed 3/18/20 (Health Alert: COVID-19)  
Update #6 distributed 3/24/20 (Coronavirus/COVID-19 Update)  
Update #7 distributed 4/20/20 (Coronavirus/COVID-19)

Update #8 distributed 5/19/20 (Coronavirus/COVID-19)  
Update #9 distributed 6/29/20 (Coronavirus/COVID-19)  
Update #10 distributed 8/26/20 (Coronavirus/COVID-19)  
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Update #13 distributed 11/30/20 (Coronavirus/COVID-19)  
Update #14 distributed 12/21/20 (Coronavirus/COVID-19)  
Update #15 distributed 1/27/21 (Coronavirus/COVID-19)

### **VACCINE UPDATE**

On February 16, 2021 we held our second COVID-19 vaccine clinic with Walgreens and it was a huge success. We had an amazing turnout from both residents and staff! As of this memo, 97% of our residents have been vaccinated and 75% of our employees. This gives us a combined facility rate of 87% participation. I know with this very exciting news you may be wondering “when can we get back to normal?” We continue to remind everyone that until **both** One Kalakaua **and** the outside community are 70% or greater vaccinated (herd immunity) we will not be able to fully open our facility services. The outside community is not at this point and it isn't anticipated that the outside community will reach these levels until much later in the year.

We are still learning about how effective the COVID-19 vaccine will be. While we are very excited for this first step of vaccinating our residents and staff to help to slowly move our community forward, we still need to be very cautious. We know that the vaccine helps to prevent us from developing the disease but there isn't enough data yet to show that the vaccine will have an effect on preventing transmission of the virus. We still need to learn if the vaccine will prevent asymptomatic carriers from unknowingly spreading the virus to others. At this time, from what we know, even though a person has been vaccinated, he/she can still be infected, remain asymptomatic and spread the virus. We also don't know how long the vaccine will be effective. However, with our facility having such a high participation rate, we can now definitely say that there is light at the end of the tunnel!

The third vaccine clinic will be held on 3/16/21. Appointment times will be assigned and distributed during the beginning weeks of March. **Although Walgreens had previously announced that only 2<sup>nd</sup> vaccines would be administered at this clinic, they have agreed now to administer 1<sup>st</sup> doses.** If you haven't received your vaccine, it's not too late! Contact the RCS department for more information.

### **IMPORTANT VACCINE REMINDERS FOR FINAL CLINIC #3 (3/16/21):**

- For those who received their first dose of the vaccine at Clinic #2 (on 2/16/21), you **must** come for your 2<sup>nd</sup> dose in order for your vaccine to be fully effective. The final clinic will be held on 3/16/21. Appointments times will be preassigned and distributed via Appointment Reminders during the beginning weeks of March.

- If you missed the first two clinics, you may still get your 1<sup>st</sup> dose during this clinic. You will, however, need to take your 2<sup>nd</sup> dose outside at a participating Walgreen's Pharmacy. You will need to make this appointment online. This will be your final opportunity to receive the vaccine here at One Kalakaua. Please contact RCS at (808) 983-4421 as soon as possible if you are interested as you will need to:
  1. Review the Emergency Use Authorization information for the Moderna vaccine. Note any indications that may preclude you from receiving the vaccination.
  2. Complete a Vaccination Administration Record.
  3. Provide copies of your insurance cards.
  4. Schedule an appointment.
- Avoid receiving any other immunizations 2 weeks before or 2 weeks after your COVID-19 vaccination.
- Contact RCS at (808) 983-4421 if you have any questions.

### **HONOLULU STATUS**


As Honolulu begins its move into Tier 3 (see [www.oneoahu.org](http://www.oneoahu.org) for more information on Honolulu's Reopening Strategy announced on 9/23/20), we again remind everyone that 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 continue to be very cautious and have greater restrictions than the public. You can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner. There has also been several changes to the travel requirements by the government, however, **One Kalakaua's 14 day quarantine for all travel remains in effect.**


### **FACILITY STATUS - Effective 3/1/21**

Effective 3/1/21, we will continue with our current facility status, see table below. We will continue to hold our Fitness Classes, BINGO, and other applicable facility activities via broadcast over Spectrum Channel 901. We will also continue to offer some fun floor activities. The Fitness Room continues to be open but by reservation only. Please be reminded that you need to sign up each month in advance. Monthly sign up forms are located on each floor near the elevator and in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15<sup>th</sup> day of the month prior. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructor if you are interested in these 1 to 1 services.

### **GOOD NEWS ON THE HORIZON...**

With Honolulu moving into Tier 3, we are excited to also be preparing to open up our facility more (within the Tier 3 guidelines) hopefully on 4/1/21. Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.

	<b>MARCH '21</b>	<b>APRIL '21</b>	<b>MAY '21</b>
Visitors	No visitors. -Urgent or medical needs only.	No visitors. -Urgent or medical needs only.	TBD*

	MARCH '21	APRIL '21	MAY '21
Fitness Classes	Via Channel 901. -Monday through Thursday various times. See Talk Story for more info.	10 people or less. -In person classes by sign up. -Also available via Channel 901. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
Fitness Room (our gym)	By reservation.	By reservation.	TBD*
1 to 1 Personal/Fitness Training	By appointment.	By appointment.	By appointment.
Pool/Spa	1 person at a time. -Sign up required at Front Desk. -One hour increments.	1 person at a time. -Sign up required at Front Desk. -One hour increments.	TBD*
Common Area Rooms	5 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
Communal Dining (Dining Room use)	Closed. -In room meal delivery continues.	Closed. -In room meal delivery continues.	TBD*
Beauty Salon (limited days/hours)	1 resident at a time. -No outside clients.	5 residents or less. -No outside clients.	TBD*
Group Activities	See monthly calendar.	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*

\*Will be evaluated based on tier status at that time.

**IMPORTANT REMINDERS (note: even after you take your 2 dose of the vaccine, we still need to follow all the below precautions until the majority of the outside community is immunized):**

- **SOCIAL/GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit group and family gatherings for the next several months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- Please remind your family and friends of the **NO VISITATION POLICY** except for urgent/medical needs. For those who have been issued colored badges for urgent/medical needs, please remind them to sign in at the Ipad and also do their temperature screen before entering the building. They must also wear a mask and sanitize before entering. **These URGENT OR MEDICAL ONLY visits are limited to one person per visit (and limited to a primary person, no varying people).**
- Realtors/owners may continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed.

Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.

- Follow the government guidelines for seniors and **do not go out unless absolutely necessary (ie: medical appts.)**. **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.**
- Continue practicing social distancing (6 feet or more apart).
- Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
- 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.**
- Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine in their unit for a minimum of 14 days.
- Residents returning to OneK from the emergency room/hospital or any healthcare facility will continue to be required to quarantine in their apartment for a minimum of 14 days.
- All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. 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.



One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
1/27/21

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

This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)  
Update #2 posted 2/10/20 (Corona Virus Update)  
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Update #13 distributed 11/30/20 (Coronavirus/COVID-19)  
Update #14 distributed 12/21/20 (Coronavirus/COVID-19)

### **VACCINE UPDATE**

On January 18, 2021 we held our first COVID-19 vaccine clinic with Walgreens and it was a huge success. We had an amazing turnout from both residents and staff! We expect that after the 2<sup>nd</sup> clinic, over 90% of our resident/employee population will have been vaccinated. This is great news because until our facility and the outside community have at least 70% immunization rates, we will not be able to relax our COVID-19 restrictions.

**IMPORTANT UPDATE: Walgreens has changed our second clinic date to 2/16/21 (was previously 2/18/21) watch your mailboxes for your new appointment reminder.**

### **IMPORTANT VACCINE REMINDERS:**

- For those who received their first dose of the vaccine, you **must** come for your 2<sup>nd</sup> dose in order for your vaccine to be fully effective. The next clinic will be held on 2/16/21 from 10a-6p. Appointment times will be preassigned and distributed via Appointment Reminders next week.
- If you missed the first clinic, you **must** come to the 2<sup>nd</sup> clinic if you want to get your vaccine here at One K at no charge. This will be your **final opportunity** to start your 2 dose series. Please contact RCS at (808) 983-4421 as soon as possible if you are interested as you will need to:
  1. Review the Emergency Use Authorization information for the Moderna vaccine that has been attached to this memo. Note any indications that may preclude you from receiving the vaccination.
  2. Complete a Vaccination Administration Record.
  3. Provide copies of your insurance cards
  4. Schedule an appointment
- Avoid receiving any other immunizations 2 weeks before or 2 weeks after your COVID-19 vaccination.
- Contact RCS at (808) 983-4421 if you have any questions.

### **HONOLULU STATUS**

We will continue on Tier 2 as we have not met the criteria to move to Tier 3 (see [www.oneoahu.org](http://www.oneoahu.org) for more information on Honolulu's Reopening Strategy announced on



9/23/20). Since then, there have been several changes to the travel requirements by the government, **however, One Kalakaua's 14 day quarantine for all travel remains in effect.**


There has been an uptick in positive cases in the outside community and we need to remember, that 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 continue to be very cautious and have greater restrictions than the public and you can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

### **FACILITY STATUS - Effective 2/1/21**

Effective 2/1/21, we will continue with our current facility status, see table below. We will continue to hold our Fitness Classes, BINGO, and other applicable facility activities via broadcast over our new Spectrum Channel 901. Please remember however, that this new channel is subject to restrictions under the Spectrum contract and applicable laws and thus we will not be able to cast copyrighted DVDs/movies, UH Pay-Per-View Sports, etc. We will also continue to offer some fun floor activities.

The Fitness Room continues to be open but by reservation only. Please be reminded that you need to sign up each month in advance. Monthly sign up forms are located on each floor near the elevator and in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15<sup>th</sup> day of the month prior. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructor if you are interested in these 1 to 1 services.

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

	<b>FEBRUARY '21</b>	<b>MARCH '21</b>	<b>APRIL '21</b>
Visitors	No visitors (urgent or medical needs only)	No visitors (urgent or medical needs only)	TBD*
Fitness Classes	Via Channel 901 (Monday-Thursday various times. See Talk Story for more info.)	Via Channel 901 (Monday-Thursday various times. See Talk Story for more info.)	TBD*
Fitness Room (our gym)	By reservation	By reservation	TBD*
1 to 1 Personal/Fitness Training	By appointment	By appointment	By appointment
Pool/Spa	1 person at a time (sign up required at Front Desk/one hour increments)	1 person at a time (sign up required at Front Desk/one hour increments)	TBD*
Common Area Rooms	5 people or less (must mask, social distance 6 feet or more, and sanitize hands)	5 people or less (must mask, social distance 6 feet or more, and sanitize hands)	TBD*
Communal Dining (Dining Room use)	Closed (in room meal delivery continues)	Closed (in room meal delivery continues)	TBD*
Beauty Salon (limited days/hours)	1 resident at a time (no outside clients)	1 resident at a time (no outside clients)	TBD*
Group Activities	See monthly calendar	See monthly calendar	TBD*

\*Will be evaluated based on tier status at that time



**IMPORTANT REMINDERS (note: even after you take your vaccine (2 dose series), we still need to follow all the below precautions until the majority of our staff, residents, and the outside community is immunized):**

- **SOCIAL/GROUP GATHERING REMINDERS:** Although we all miss family/friends and want to spend time with them, until the majority of our residents, staff and outside community is vaccinated, you are at the highest risk of contracting COVID-19. Let's do our best to limit group and family gatherings for the next several months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- Please remind your family and friends of the **NO VISITATION POLICY** except for urgent/medical needs. For those who have been issued colored badges for urgent/medical needs, please remind them to sign in at the lpad and also do their temperature screen before entering the building. They must also wear a mask and sanitize before entering. **These URGENT ONLY visits are limited to one person per visit (and limited to a primary person, no varying people).**
- Realtors/owners may continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.
- Follow the government guidelines for seniors and **do not go out unless absolutely necessary (ie: medical appts.).** **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.**
- Continue practicing social distancing (6 feet or more apart).
- Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
- 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.**
- Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine in their unit for a minimum of 14 days.
- Residents returning to OneK from the emergency room/hospital or any healthcare facility will continue to be required to quarantine in their apartment for a minimum of 14 days.
- All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. 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.

**FACT SHEET FOR RECIPIENTS AND CAREGIVERS  
EMERGENCY USE AUTHORIZATION (EUA) OF  
THE MODERNA COVID-19 VACCINE TO PREVENT CORONAVIRUS DISEASE 2019  
(COVID-19) IN INDIVIDUALS 18 YEARS OF AGE AND OLDER**

You are being offered the Moderna COVID-19 Vaccine to prevent Coronavirus Disease 2019 (COVID-19) caused by SARS-CoV-2. This Fact Sheet contains information to help you understand the risks and benefits of the Moderna COVID-19 Vaccine, which you may receive because there is currently a pandemic of COVID-19.

The Moderna COVID-19 Vaccine is a vaccine and may prevent you from getting COVID-19. There is no U.S. Food and Drug Administration (FDA) approved vaccine to prevent COVID-19.

Read this Fact Sheet for information about the Moderna COVID-19 Vaccine. Talk to the vaccination provider if you have questions. It is your choice to receive the Moderna COVID-19 Vaccine.

The Moderna COVID-19 Vaccine is administered as a 2-dose series, 1 month apart, into the muscle.

The Moderna COVID-19 Vaccine may not protect everyone.

This Fact Sheet may have been updated. For the most recent Fact Sheet, please visit [www.modernatx.com/covid19vaccine-eua](http://www.modernatx.com/covid19vaccine-eua).

**WHAT YOU NEED TO KNOW BEFORE YOU GET THIS VACCINE**

**WHAT IS COVID-19?**

COVID-19 is caused by a coronavirus called SARS-CoV-2. This type of coronavirus has not been seen before. You can get COVID-19 through contact with another person who has the virus. It is predominantly a respiratory illness that can affect other organs. People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2 to 14 days after exposure to the virus. Symptoms may include: fever or chills; cough; shortness of breath; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea.

**WHAT IS THE MODERNA COVID-19 VACCINE?**

The Moderna COVID-19 Vaccine is an unapproved vaccine that may prevent COVID-19. There is no FDA-approved vaccine to prevent COVID-19.

The FDA has authorized the emergency use of the Moderna COVID-19 Vaccine to prevent COVID-19 in individuals 18 years of age and older under an Emergency Use Authorization (EUA).

For more information on EUA, see the “**What is an Emergency Use Authorization (EUA)?**” section at the end of this Fact Sheet.

## **WHAT SHOULD YOU MENTION TO YOUR VACCINATION PROVIDER BEFORE YOU GET THE MODERNA COVID-19 VACCINE?**

Tell your vaccination provider about all of your medical conditions, including if you:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

## **WHO SHOULD GET THE MODERNA COVID-19 VACCINE?**

FDA has authorized the emergency use of the Moderna COVID-19 Vaccine in individuals 18 years of age and older.

## **WHO SHOULD NOT GET THE MODERNA COVID-19 VACCINE?**

You should not get the Moderna COVID-19 Vaccine if you:

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine

## **WHAT ARE THE INGREDIENTS IN THE MODERNA COVID-19 VACCINE?**

The Moderna COVID-19 Vaccine contains the following ingredients: messenger ribonucleic acid (mRNA), lipids (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, and sucrose.

## **HOW IS THE MODERNA COVID-19 VACCINE GIVEN?**

The Moderna COVID-19 Vaccine will be given to you as an injection into the muscle.

The Moderna COVID-19 Vaccine vaccination series is 2 doses given 1 month apart.

If you receive one dose of the Moderna COVID-19 Vaccine, you should receive a second dose of the same vaccine 1 month later to complete the vaccination series.

## **HAS THE MODERNA COVID-19 VACCINE BEEN USED BEFORE?**

The Moderna COVID-19 Vaccine is an unapproved vaccine. In clinical trials, approximately 15,400 individuals 18 years of age and older have received at least 1 dose of the Moderna COVID-19 Vaccine.

## **WHAT ARE THE BENEFITS OF THE MODERNA COVID-19 VACCINE?**

In an ongoing clinical trial, the Moderna COVID-19 Vaccine has been shown to prevent COVID-19 following 2 doses given 1 month apart. The duration of protection against COVID-19 is currently unknown.

## WHAT ARE THE RISKS OF THE MODERNA COVID-19 VACCINE?

Side effects that have been reported with the Moderna COVID-19 Vaccine include:

- Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

There is a remote chance that the Moderna COVID-19 Vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the Moderna COVID-19 Vaccine. For this reason, your vaccination provider may ask you to stay at the place where you received your vaccine for monitoring after vaccination. Signs of a severe allergic reaction can include:

- Difficulty breathing
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness

These may not be all the possible side effects of the Moderna COVID-19 Vaccine. Serious and unexpected side effects may occur. The Moderna COVID-19 Vaccine is still being studied in clinical trials.

## WHAT SHOULD I DO ABOUT SIDE EFFECTS?

If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital.

Call the vaccination provider or your healthcare provider if you have any side effects that bother you or do not go away.

Report vaccine side effects to **FDA/CDC Vaccine Adverse Event Reporting System (VAERS)**. The VAERS toll-free number is 1-800-822-7967 or report online to <https://vaers.hhs.gov/reportevent.html>. Please include “Moderna COVID-19 Vaccine EUA” in the first line of box #18 of the report form.

In addition, you can report side effects to ModernaTX, Inc. at 1-866-MODERNA (1-866-663-3762).

You may also be given an option to enroll in **v-safe**. **V-safe** is a new voluntary smartphone-based tool that uses text messaging and web surveys to check in with people who have been vaccinated to identify potential side effects after COVID-19 vaccination. **V-safe** asks questions that help CDC monitor the safety of COVID-19 vaccines. **V-safe** also provides second-dose reminders if needed and live telephone follow-up by CDC if participants report a significant health impact following COVID-19 vaccination. For more information on how to sign up, visit: [www.cdc.gov/vsafe](http://www.cdc.gov/vsafe).

**WHAT IF I DECIDE NOT TO GET THE MODERNA COVID-19 VACCINE?**

It is your choice to receive or not receive the Moderna COVID-19 Vaccine. Should you decide not to receive it, it will not change your standard medical care.

**ARE OTHER CHOICES AVAILABLE FOR PREVENTING COVID-19 BESIDES MODERNA COVID-19 VACCINE?**

Currently, there is no FDA-approved alternative vaccine available for prevention of COVID-19. Other vaccines to prevent COVID-19 may be available under Emergency Use Authorization.

**CAN I RECEIVE THE MODERNA COVID-19 VACCINE WITH OTHER VACCINES?**

There is no information on the use of the Moderna COVID-19 Vaccine with other vaccines.

**WHAT IF I AM PREGNANT OR BREASTFEEDING?**

If you are pregnant or breastfeeding, discuss your options with your healthcare provider.

**WILL THE MODERNA COVID-19 VACCINE GIVE ME COVID-19?**

No. The Moderna COVID-19 Vaccine does not contain SARS-CoV-2 and cannot give you COVID-19.


**KEEP YOUR VACCINATION CARD**

When you receive your first dose, you will get a vaccination card to show you when to return for your second dose of the Moderna COVID-19 Vaccine. Remember to bring your card when you return.

**ADDITIONAL INFORMATION**

If you have questions, visit the website or call the telephone number provided below.

To access the most recent Fact Sheets, please scan the QR code provided below.

Moderna COVID-19 Vaccine website	Telephone number
<a href="http://www.modernatx.com/covid19vaccine-eua">www.modernatx.com/covid19vaccine-eua</a> 	1-866-MODERNA (1-866-663-3762)

**HOW CAN I LEARN MORE?**

- Ask the vaccination provider
- Visit CDC at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Visit FDA at <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization>
- Contact your state or local public health department

### **WHERE WILL MY VACCINATION INFORMATION BE RECORDED?**

The vaccination provider may include your vaccination information in your state/local jurisdiction's Immunization Information System (IIS) or other designated system. This will ensure that you receive the same vaccine when you return for the second dose. For more information about IISs, visit: <https://www.cdc.gov/vaccines/programs/iis/about.html>.

### **WHAT IS THE COUNTERMEASURES INJURY COMPENSATION PROGRAM?**

The Countermeasures Injury Compensation Program (CICP) is a federal program that may help pay for costs of medical care and other specific expenses of certain people who have been seriously injured by certain medicines or vaccines, including this vaccine. Generally, a claim must be submitted to the CICP within one (1) year from the date of receiving the vaccine. To learn more about this program, visit [www.hrsa.gov/cicp/](http://www.hrsa.gov/cicp/) or call 1-855-266-2427.

### **WHAT IS AN EMERGENCY USE AUTHORIZATION (EUA)?**

The United States FDA has made the Moderna COVID-19 Vaccine available under an emergency access mechanism called an EUA. The EUA is supported by a Secretary of Health and Human Services (HHS) declaration that circumstances exist to justify the emergency use of drugs and biological products during the COVID-19 pandemic.

The Moderna COVID-19 Vaccine has not undergone the same type of review as an FDA-approved or cleared product. FDA may issue an EUA when certain criteria are met, which includes that there are no adequate, approved, and available alternatives. In addition, the FDA decision is based on the totality of the scientific evidence available showing that the product may be effective to prevent COVID-19 during the COVID-19 pandemic and that the known and potential benefits of the product outweigh the known and potential risks of the product. All of these criteria must be met to allow for the product to be used during the COVID-19 pandemic.

The EUA for the Moderna COVID-19 Vaccine is in effect for the duration of the COVID-19 EUA declaration justifying emergency use of these products, unless terminated or revoked (after which the products may no longer be used).

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Patent(s): [www.modernatx.com/patents](http://www.modernatx.com/patents)

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