

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



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

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

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

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


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

## OKSL FACILITY STATUS/UPDATES

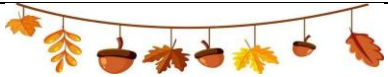
**OPERATIONS CONTINUE TO BE IMPACTED BY COVID-19:** Although case numbers in the community have tapered off over the past month or so, we are still being impacted especially in the area of staffing. Most departments continue to work on skeleton crews due to challenges with finding staff. We continue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

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

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

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

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

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

**IMPORTANT REMINDERS:**

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

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

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

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

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

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

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

This is an update to prior updates:

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

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Memo #34 8/30/22



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

- **POSITIVE COVID-19 RESIDENT CASES:** As previously reported over the past few months we have had several residents test positive for COVID-19, the majority being from outside exposures. As of 8/27/22, we have had a total of 18 residents test positive (1 in 2020, 17 in May-August of this year). All cases but one have since been cleared. We also continue to have reports/close calls where staff and residents have been exposed to outside positive cases.
- **FACILITY COVID-19 PROTOCOLS:** We are anxiously awaiting new COVID-19 guidance for healthcare facilities from the CDC. On 8/11/22, the CDC made several changes for the outside community and although this guidance did not apply to us, they promised that updates would be coming soon for healthcare settings like ours. We are hoping that this new guidance will come out this month so that we are able to make more adjustments in October. When considering the relaxing of our protocols, we do them cautiously while we evaluate the outside situation (case counts are still high, and the BA5 variants which are more contagious, are on the rise) as well as regulatory guidance from government agencies such as the CDC, DOH, etc. See grid later in this memo for more information.
- **PRIVATE DINING ROOM OPENS FOR RESERVATIONS EFFECTIVE 9/1/22:** We are pleased to announce that the Private Dining Room (with the closed door) will now be accepting reservations for groups of 6 or less (residents and licensed caregivers only). See the Front Desk if you would like to make a reservation.
- **COVID-19 BOOSTER SHOTS:** Assuming the FDA makes their final approvals, newly updated COVID-19 booster vaccines should be available soon. These new boosters are tailored to target the more contagious BA.5 omicron subvariants, as well as the original and previous COVID strains. We will continue to monitor the progress and set up clinics for our residents and staff once we become eligible.
- **MASK REQUIREMENTS:** OKSL not only requires mask use in-house for everyone (residents, staff, visitors), we highly recommend that you wear your mask whenever you are with others in the outside community. In addition, due to our increased cases and close calls we ask that you wear a mask whenever a visitor is in your unit (which also includes staff who provides services). **In most of our positive cases and close calls, masks were not being worn or not being worn properly.**
- **CRITICAL STAFFING:** We continue to have staffing shortages as with most healthcare facilities across the state. Due to these staffing shortages (challenges filling open positions due to a statewide shortage of healthcare workers, absences due to staff taking care of sick family, last minute mandatory quarantine protocols for potential risk/exposure, etc.) we may need to change, adjust, reschedule or cancel services. We continue to recruit for vacant positions in all departments.

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

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


**OKSL FACILITY STATUS/UPDATES**

**OPERATIONS CONTINUE TO BE IMPACTED BY COVID-19:** Although case numbers in the community have tapered off over the past few weeks, case numbers are still high and operations are still being impacted especially in the area of staffing. Our contact tracing efforts are showing that the majority of our positive resident cases


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

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

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

	<b>SEPTEMBER '22</b>	<b>OCTOBER '22</b>
<p><b>VISITORS IN TO ONE K</b> Visitors are only permitted in the apartments (not in the common areas).</p> <p>Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.</p>	<p><b><u>Inside Facility</u></b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad screening. -No age restrictions.</p>	<p>TBD*</p>
<p><b>TRAVEL GUIDELINES Residents</b> Due to our high risk population we currently still recommend that residents avoid all unnecessary travel and practice good infection control if travel is necessary.</p>	<p>This section is now combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.</p>	<p>This section is now combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.</p>
<p><b>TRAVEL GUIDELINES Visitors (1)</b> Facility-provided COVID-19 testing may be requested in some higher risk situations.</p> <p>(1) This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</p> <p><b><u>Mainland Travel</u></b> May enter with health screen.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</p> <p><b><u>Mainland Travel</u></b> May enter with health screen.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.</p>
<p><b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS</b> (ie: travel, hospital stays, outside visits with family, etc.)</p> <p>"Up to Date" COVID-19 vaccination is: <u>For those under 50 years of age</u> Primary series + 1 booster <u>For those 50 years and older</u> Primary series + 2 boosters</p>	<p><b><u>Up to Date Vaccinations</u></b> No quarantine required if no symptoms. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p><b><u>Vaccinations are NOT Up to Date</u></b> Quarantine up to 7 days. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p>*Testing fees may apply.</p>	<p><b><u>Up to Date Vaccinations</u></b> No quarantine required if no symptoms. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p><b><u>Vaccinations are NOT Up to Date</u></b> Quarantine up to 7 days. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p>*Testing fees may apply.</p>
<p><b>FITNESS CLASSES (MPR)</b> See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must mask, social distance and sanitize hands before/after class.</p>	<p><b>30 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents and licensed caregivers only (no outside visitors).</p>	<p>TBD*</p>

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

	SEPTEMBER '22	OCTOBER '22
<b>FITNESS ROOM (our gym)</b> 5a-10p daily. <b>Residents can sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No more than <u>4</u> exercisers in room at any time. -Non-exercising registered licensed caregivers allowed to standby. - <u>60</u> minute time limit. -No band or hand weight use.	<b>No Reservation Needed</b> -No more than <u>4</u> exercisers in room at any time. -Non-exercising registered licensed caregivers allowed to standby. - <u>60</u> minute time limit. -No band or hand weight use.
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> Locker rooms are open.	<b>Fully Open</b> Locker rooms are open.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>30 or less including Instructor(s)</b> -Residents and registered licensed caregivers only. -No eating or drinking.	<b>TBD*</b>
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.	<b>Open</b> -Open to all residents and registered licensed caregivers. -No visitors. <b>-Private dining room open to 6 or less by reservation (residents and licensed caregivers only).</b>	<b>TBD*</b>
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must wear masks, socially distance and sanitize hands before and after activity.	<b>MPR: 30 or less including Instructor(s)</b> <b>Other Rooms: 10 or less including Instructor(s)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resumes. -Bingo remains via Channel 901.	<b>TBD*</b>

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

## IMPORTANT REMINDERS:

- **VISITATION:** Badges and Ipad screening are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). **If at any time you come in contact with someone who is positive for COVID-19 or if you are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community.**
- **REALTORS/OWNERS:** Showings of units are allowed for sale/rental purposes (no more than 4 clients at a time). Touring is permitted of indoor common areas with some restrictions. Badges are required (please see the Front Desk 8a-6p Monday – Friday). On Saturdays and Sundays only, a shortened badge process is provided for showings (no need to come in advance to pick up badge). For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.
- **NEW MOVE-INS:**
  - **No Quarantine Required:** IF able to provide documentation of up-to-date vaccination status and a negative PCR test within 48 hours of move-in. Must also take a 5 day post move-in PCR test.
  - **7 Days Quarantine Required:** IF vaccinations are not up-to-date but provide a negative PCR test within 48 hours of move-in. Must also take a 5 day post move-in PCR test.
  - **14 Days Quarantine Required:** IF no PCR test taken within 48 hours of move-in.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. **For stays over 24 hours, see above grid under “RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS” section.**
- **QUARANTINE PROTOCOLS:** Contact the RCS Department at (808)983-4421 with any questions on quarantine protocols for residents with symptoms, close contact with a confirmed positive, or confirmed positive for COVID-19. You may also refer to the grid in your July and August newsletters.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart) especially when in larger gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle.
  - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
  - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
  - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
  - ✓ **If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at 983-4421 and remain in your unit.**

## OUTSIDE COMMUNITY STATUS / UPDATES

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

As of 8/22/22, 77.3 % of the state has completed their primary doses of the vaccination. This does not include any booster shots.

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

This is an update to prior updates:

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



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



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

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

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


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

## OKSL FACILITY STATUS/UPDATES

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

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

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

	AUGUST '22	SEPTEMBER '22
<p><b>VISITORS IN TO ONE K</b> Visitors are only permitted in the apartments (not in the common areas).</p> <p>Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.</p>	<p><b><u>Inside Facility</u></b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad screening. -No age restrictions.</p>	<p><b>TBD.</b></p>
<p><b>TRAVEL GUIDELINES</b> <b>Residents</b> Due to our high risk population we currently still recommend that residents avoid all unnecessary travel and practice good infection control if travel is necessary.</p>	<p>This section is now combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.</p>	<p>This section is now combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.</p>
<p><b>TRAVEL GUIDELINES</b> <b>Visitors (1)</b> Facility-provided COVID-19 testing may be requested in some higher risk situations.</p> <p>(1) This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</p> <p><b><u>Mainland Travel</u></b> May enter with health screen.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</p> <p><b><u>Mainland Travel</u></b> May enter with health screen.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.</p>
<p><b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS</b> (ie: travel, hospital stays, outside visits with family, etc.)</p> <p>"Up to Date" COVID-19 vaccination is: <u>For those under 50 years of age</u> Primary series + 1 booster <u>For those 50 years and older</u> Primary series + 2 boosters</p>	<p><b><u>Up to Date Vaccinations</u></b> No quarantine required if no symptoms. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p><b><u>Vaccinations are NOT Up to Date</u></b> Quarantine up to 7 days. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p><b>*Testing fees may apply.</b></p>	<p><b>TBD*</b></p>

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



	AUGUST '22	SEPTEMBER '22
<b>FITNESS CLASSES (MPR)</b> See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must mask, social distance and sanitize hands before/after class.	<b>30 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents <b>and licensed caregivers</b> only (no outside visitors).	TBD*
<b>FITNESS ROOM (our gym)</b> <b>5a-10p daily.</b> <b>Residents can sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No more than <u>4</u> exercisers in room at any time. -Non-exercising registered licensed caregivers allowed to standby. - <del>60</del> minute time limit. -No band or hand weight use.	<b>No Reservation Needed</b> -No more than <u>4</u> exercisers in room at any time. -Non-exercising registered licensed caregivers allowed to standby. - <del>60</del> minute time limit. -No band or hand weight use.
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> Locker rooms are open.	<b>Fully Open</b> Locker rooms are open.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>30 or less including Instructor(s)</b> -Residents and registered licensed caregivers only. -No eating or drinking.	TBD*
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms can accommodate 10.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.	<b>Open</b> -Open to all residents and registered licensed caregivers. -No visitors. -In room meal delivery charge of \$1.50 per meal restarted on 5/1/22.	TBD*
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must wear masks, socially distance and sanitize hands before and after activity.	<b>MPR: 30 or less including Instructor(s)</b> <b>Other Rooms: 10 or less including Instructor(s)</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resumes. -Bingo remains via Channel 901.	TBD*

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

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

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

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

### IMPORTANT REMINDERS:

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Continue to avoid large gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle. Wear your mask, social distance and practice good hand hygiene at all times.
- **VISITATION:** Badges and Ipad screening are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). **If at any time you come in contact with someone who is positive for COVID-19 or if you are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community.**
- **REALTORS/OWNERS:** May now have showings of their unit for sale/rental purposes (no more than 4 clients at a time). Touring is permitted of indoor common areas with some restrictions. Badges are required (please see the Front Desk 8a-6p Monday – Friday). On Saturdays and Sundays only, a shortened badge process is provided for showings (no need to come in advance to pick up badge). For any questions on tours/showings, please Contact Linda Vares at (808) 983-4429 for more information.

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

- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit **OR** have the option to submit a negative PCR test within 48 hours prior to move-in and participate in 14 day wellness checks/facility provided antigen testing.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. **For stays over 24 hours, see above grid under “RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS” section.**
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
  - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
  - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
  - ✓ **If you aren't feeling well, or have come in contact with a positive case, immediately call the RCS Department at 983-4421 and remain in your unit.**

### OUTSIDE COMMUNITY STATUS / UPDATES

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

As of 7/25/22, 77% of the state has completed their primary doses of the vaccination. This does not include any booster shots.

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

This is an update to prior updates:

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



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

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

- **POSITIVE COVID-19 RESIDENT CASES:** As previously reported over the past two months in the Talk Story, Resident COVID-19 Newsletter, and in May's Board Meeting, we have had several residents test positive for COVID-19, the majority being from outside exposures. In May, we had 5 residents test positive for COVID-19. They have all since been cleared. In June, we had 6 residents test positive and all but one case, has been cleared. This is a total of 11 residents in May/June 2022, and 1 resident case back in 2020, for a total resident case count of 12 since the onset of the pandemic. We also continue to have many close calls where staff and residents are being exposed to outside positive cases. **In order to keep our community safe we MUST continue to wear our masks, practice good hand hygiene and practice social distancing.**
- **FACILITY COVID-19 PROTOCOLS:** In May, we relaxed several of our COVID-19 facility protocols and we will continue with basically the same status for July. Due to the recent high number of outside cases, as well as in our facility, we will not be able to safely loosen most of our restrictions any further at this time. We do have some good news related to quarantine protocols – in consult with Hawaii Department of Health, our Medical Director, our COVID-19 team and review of the updated CDC guidelines, we have made revisions to some of our quarantine protocols to be less restrictive for those that are fully vaccinated. See grid later in this Memo.
- **COVID-19 BOOSTER SHOT CLINIC:** The COVID-19 booster shot clinic for the second booster was held on June 8, 2022 in the MPR and was administered by Times Pharmacy. We had 96 residents participate. For those who have not yet received your primary series or your first or second booster, please contact the RCS office at (808)983-4421 and they will assist you in finding an outside provider for you to obtain your COVID-19 vaccination.
- **MASK REQUIREMENTS:** Even though the mask mandate has been lifted in Honolulu, many organizations are reinstating mask-wearing. We at OKSL not only require mask use in-house for everyone (residents, staff, visitors), we highly recommend that you wear your mask whenever you are with others in the outside community. In addition, in order to loosen our quarantine restrictions mentioned above, the CDC states that you must be able to wear your mask properly (well-fitting mask that covers your mouth and nose). **Due to our increased cases and close calls we ask that you wear a mask whenever a visitor is in your unit (which also includes staff who provides services).**
- **CRITICAL STAFFING:** We continue to have staffing shortages as with most healthcare facilities across the state. Due to these staffing shortages (challenges filling open positions due to a statewide shortage of healthcare workers, absences due to staff taking care of sick family, last minute mandatory quarantine protocols for potential risk/exposure, etc.) we may need to change, adjust, reschedule or cancel services. We continue to recruit for vacant positions in all departments.

**Reminder, we must stay diligent with our infection control protocols (masking, social distancing and good hand hygiene) to keep our facility safe! Report any sick symptoms immediately to the RCS Department at (808)983-4421.**


**OKSL FACILITY STATUS/UPDATES**

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

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

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

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

	JULY '22	AUG '22
<p><b>VISITORS IN TO ONE K</b> Visitors are only permitted in the apartments (not in the common areas).</p> <p>Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.</p>	<p><b>Inside Facility</b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad screening. -No age restrictions.</p>	<p>TBD*</p>
<p><b>TRAVEL GUIDELINES Residents</b> Due to our high risk population we currently still recommend that residents avoid all unnecessary travel and practice good infection control if travel is necessary.</p>	<p>This section will now be combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.</p>	<p>This section will now be combined under the "Residents who are out of the facility for more than 24 hours" section. See further below.</p>
<p><b>TRAVEL GUIDELINES Visitors (1)</b> Facility-provided COVID-19 testing may be requested in some higher risk situations.</p> <p>(1) This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.</p>	<p><b>Interisland Travel</b> May enter with health screen.</p> <p><b>Mainland Travel</b> May enter with health screen.</p> <p><b>International Travel</b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.</p>	<p><b>Interisland Travel</b> May enter with health screen.</p> <p><b>Mainland Travel</b> May enter with health screen.</p> <p><b>International Travel</b> Must quarantine 14 days outside facility OR submit negative PCR test within 48 hours prior to arrival.</p>
<p><b>RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS</b> (ie: travel, hospital stays, outside visits with family, etc.)</p> <p>"Up to Date" COVID-19 vaccination is: <a href="#">For those under 50 years of age</a> Primary series + 1 booster <a href="#">For those 50 years and older</a> Primary series + 2 boosters</p>	<p><b>Up to Date Vaccinations</b> No quarantine required if no symptoms. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p><b>Vaccinations are NOT Up to Date</b> Quarantine up to 7 days. PCR test required within 48 hours of return or immediately upon return, and retest on Day 5 of return*.</p> <p>*Testing fees may apply.</p>	<p>TBD*</p>
<p><b>FITNESS CLASSES (MPR)</b> See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must mask, social distance and sanitize hands before/after class.</p>	<p><b>22 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents only (no caregivers/visitors).</p>	<p>TBD*</p>

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



	JUL '22	AUG '22
<b>FITNESS ROOM (our gym)</b> 6a-6p daily. <b>Residents can sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No more than <u>4</u> exercisers in room at any time. -Non exercising registered licensed caregivers allowed to standby. - <u>60</u> minute time limit. -No band or hand weight use.	TBD*
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> Locker rooms are open.	<b>Fully Open</b> Locker rooms are open.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>22 or less including Instructor(s)</b> -Residents and registered licensed caregivers only, however no caregivers in fitness classes. -No eating or drinking.	TBD*
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms are able to accommodate 10.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	TBD*
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.	<b>Open</b> -Open to all residents and registered licensed caregivers. -No visitors. -In room meal delivery charge of \$1.50 per meal restarted on 5/1/22.	TBD*
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must wear masks, socially distance and sanitize hands before and after activity.	<b>22 Occupants - MPR</b> <b>10 Occupants - Other Rooms</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resumes. -Bingo remains via Channel 901.	TBD*

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



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

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

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

**IMPORTANT REMINDERS:**

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Continue to avoid large gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle. Wear your mask, social distance and practice good hand hygiene at all times.
- **VISITATION:** Badges and Ipad screening are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). **If at any time you come in contact with someone who is positive for COVID-19 or if you are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community.**
- **REALTORS/OWNERS:** May continue to hold private showings of their unit for sale/rental purposes. One-on-one showings only. No touring of indoor common areas. Badges are required (please see the Front Desk 8a-6p Monday – Friday). **On Sundays only, a shortened badge process is provided for showings (no need to come in advance to pick up badge). Contact Linda Vares at (808) 983-4429 to learn more.**

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

- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit **OR** have the option to submit a negative PCR test within 48 hours prior to move-in and participate in 14 day wellness checks/facility provided antigen testing.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. **For stays over 24 hours, see above grid under “RESIDENTS WHO ARE OUT OF THE FACILITY FOR MORE THAN 24 HOURS” section.**
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
  - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
  - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
  - ✓ **If you aren't feeling well, immediately call your healthcare provider and the RCS Department at 983-4421 and remain in your unit.**

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

Over the past two months, positivity rates climbed on Oahu from 4.7% on 4/25/22 to almost 22% on 6/6/22. Fortunately we have seen a slight downward turn over the last few weeks. On Oahu, as of 6/27/22, we are averaging 491 cases per day and a 19% positivity rate. Anytime the outside community surpasses a 5% positivity rate, the risk of contracting COVID-19 from the outside community is significantly greater. The rest of the country is also experiencing high case numbers. As such, we need to keep up with good infection control practices (see above). As of 6/27/22, 76.7% of the state has completed their primary doses of the vaccination. This does not include any booster shots.

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

This is an update to prior updates:

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

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #31 5/31/22



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

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

- **POSITIVE COVID-19 RESIDENT CASES:** As previously reported in May's Board Meeting and in our May Talk Stories we have had several residents test positive for COVID-19. On 5/3/22, we had a resident test positive for COVID-19 with the suspected source of exposure being outside the facility. This was our second resident case (our first resident case was back in 2020 and the source was from the resident's outside private duty caregiver). On 5/15/22, resident #3 tested positive with the source of exposure coming from their outside private duty caregiver. Subsequently on 5/17/22, resident #4 (roommate of resident #3) also tested positive. Then, on 5/20/22 resident #5 tested positive with exposure coming from travel. Most recently on 5/24/22, resident #6 tested positive with possible facility acquired exposure (from an employee). All residents and close contacts have either since been cleared or are currently quarantined and are going through the testing process. We also continue to have many close calls where staff and residents have been exposed to outside positive cases. **In order to keep our community safe we MUST continue to wear our masks, practice good hand hygiene and social distance.**
- **FACILITY COVID-19 PROTOCOLS:** In May, we relaxed several of our COVID-19 facility protocols and will continue with the **same status for June**. Due to the recent surge in outside cases as well as in our facility we will not be able to safely loosen restrictions any further at this time. See grid later in this Memo.
- **COVID-19 BOOSTER SHOT CLINIC:** The COVID-19 booster shot clinic for the second booster will be held on June 8, 2022 in the MPR and will be sponsored by Times Pharmacy. Appointments are required. See information flyer that was distributed to all in-house mailboxes in May for more information. Contact the RCS Department at (808) 983-4421 with any questions.
- **MASK REQUIREMENTS:** Even though the mask mandate has been lifted in Honolulu, many organizations are reinstating mask-wearing. We at OKSL not only require mask use in-house for everyone (residents, staff, visitors), we highly recommend that you wear your mask whenever you are with others in the outside community. Please be sure that your mask covers your mouth and nose at all times. **Due to our increased cases and close calls we highly recommend that whenever staff visit your unit to provide services that you wear your mask.**
- **CRITICAL STAFFING:** We continue to have staffing shortages as with most healthcare facilities across the state. Due to these staffing shortages (challenges filling open positions due to a statewide shortage of healthcare workers, absences due to staff taking care of sick family, last minute mandatory quarantine protocols for potential risk/exposure, etc.) we may need to change, adjust, reschedule or cancel services. We continue to recruit for vacant positions in all departments.

**Reminder, we must stay diligent with our infection control protocols (masking, social distancing and good hand hygiene) to keep our facility safe! Report any sick symptoms immediately to the RCS Department at (808)983-4421.**

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

**OKSL FACILITY STATUS/UPDATES**

**OPERATIONS AND RESIDENTS HIT HARD BY NEW SURGE:** We are in the midst of another surge. Our contact tracing efforts are showing that it's not only employees who are bringing COVID-19 into our facility, but also residents. In April, most outside community restrictions that once helped to protect us against COVID-19 had been eliminated, leaving minimal protection outside of our OneK environment. With no restrictions in place, we are all at risk. In May, we also loosened some of our facility COVID-19 restrictions including allowing visitors to come in with minimal


restrictions. During this same timeframe, we also saw an influx in resident positive cases as noted earlier in this memo. Fortunately, with the majority of us having been vaccinated, most are experiencing only mild symptoms.

Healthcare facilities across the state (including us) continue to be severely impacted by these surges (short staffing, supply chain issues, etc.). We are now having positive cases with staff and residents as well as close calls where staff and residents has or had been exposed to positive cases. We must continue to follow strict illness reporting/testing/quarantining protocols, to limit facility spread. **One very important part of our infection control protocols is our quarantine process.** Many residents are getting confused as they have heard that the CDC only requires positive cases to be quarantined for 5 days and wonder why we quarantine for 14 days. Our policy requires that residents that are positive for COVID-19 or presumed positive (those that have come in contact with positive) will remain quarantined until cleared. The CDC recommends that high risk residents (elderly), those that may be immunocompromised and healthcare facilities such as ours quarantine for 10-20 days. In the case of those that are exposed to a positive, it can take up to 10 days for you to know whether or not you have contracted the virus, which is why we also quarantine those that have been exposed for 14 days (this gives us time to take the day 10 PCR test and receive the results). Once the exposed person receives their final (-) PCR test, they will be removed from quarantine. We do not use antigen tests as confirmatory testing as they are not as accurate as the PCR tests. We only quarantine those who are positive or meet the definition of a close contact (someone that came in contact with a positive for 15 min. or more cumulative in a 24 hour period, and less than 6 feet apart). We also quarantine/test any staff members that meet the above requirements per our facility policy for employees and CDC guidelines (which is slightly different for staff of healthcare facilities than for residents).

**EXECUTIVE DIRECTOR MONTHLY FACILITY STATUS UPDATES:** The Channel 901 update, usually held on the first Wednesday of each month at 9am, has been changed to Monday, June 6 at 9am. Following the brief update, you can call in with your COVID-19 memo questions to (808) 202-3084.

**SECOND BOOSTER SHOT CLINIC:** During the recent Omicron surge, those who were boosted were more than 20 times less likely to die from COVID-19 compared to those who were unvaccinated, and 7 times less likely to be hospitalized. Boosters are safe, and people over the age of 50 can now get an additional booster 4 months after their prior dose to further increase their protection. In light of this, One K in partnership with Times Pharmacy, will be conducting our second booster dose clinic here at One K on **June 8, 2022**. You must have an appointment in order to attend this clinic. Information flyers were distributed to all in-house mailboxes in May. Please contact the RCS office at (808)983-4421 for more information.

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


	JUNE '22	JULY '22
<p><b>VISITORS IN TO ONE K</b> Visitors are only permitted in the apartments (not in the common areas).</p> <p>Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.</p>	<p><b><u>Inside Facility</u></b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad screening. -No age restrictions.</p>	<p><b><u>Inside Facility</u></b> TBD*</p>
<p><b>TRAVEL GUIDELINES</b> <b>Residents</b> Due to our high risk population we currently still recommend that residents avoid all unnecessary travel and practice good infection control if travel is necessary.</p> <p>Facility-provided COVID-19 testing may be requested in some higher risk situations.</p>	<p><b><u>Interisland Travel</u></b> No restrictions.</p> <p><b><u>Mainland Travel</u></b> Must participate in 14 day Daily Wellness Checks upon return and a free facility provided antigen test.</p> <p><b><u>International Travel</u></b> 14 days quarantine in unit upon return OR option to only quarantine 5 days in unit and take PCR test on day 5, with negative result can complete 9 days of wellness checks in lieu of quarantine.</p>	<p><b><u>Interisland Travel</u></b> No restrictions.</p> <p><b><u>Mainland Travel</u></b> Must participate in 14 day Daily Wellness Checks upon return and a free facility provided antigen test.</p> <p><b><u>International Travel</u></b> 14 days quarantine in unit upon return OR option to only quarantine 5 days in unit and take PCR test on day 5, with negative result can complete 9 days of wellness checks in lieu of quarantine.</p>

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



	JUNE '22	JULY '22
<b>TRAVEL GUIDELINES</b> <b>Visitors</b> <sup>(1)</sup> Facility-provided COVID-19 testing may be requested in some higher risk situations.  (1) This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> Must quarantine 14 days outside facility.	<u><b>Interisland Travel</b></u> May enter with health screen.  <u><b>Mainland Travel</b></u> May enter with health screen.  <u><b>International Travel</b></u> Must quarantine 14 days outside facility.
<b>FITNESS CLASSES (MPR)</b> See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must mask, social distance and sanitize hands before/after class.	<b>22 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents only (no caregivers/visitors).	TBD*
<b>FITNESS ROOM (our gym)</b> 6a-6p daily. <b>Residents can sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No more than <u>4</u> exercisers in room at any time. -Non exercising registered licensed caregivers allowed to standby. -60 minute time limit. -No band or hand weight use.	TBD*
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> Locker rooms are open.	<b>Fully Open</b> Locker rooms are open.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>22 or less including Instructor(s)</b> -Residents and registered licensed caregivers only, however no caregivers in fitness classes. -No eating or drinking.	TBD*
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms will be able to accommodate 10.	<b>10 Occupants or less</b> -Residents and registered licensed caregivers only. -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	TBD*
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.	<b>Open</b> -Open to all residents and registered licensed caregivers. -No visitors. -In room meal delivery charge of \$1.50 per meal restarted on 5/1/22.	TBD*
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.	<b>Open to all clients</b> - Patrons must wear masks and socially distance. Must also sanitize hands before/after entering the salon.

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

	JUNE '22	JULY '22
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must wear masks, socially distance and sanitize hands before and after activity.	<b>22 Occupants - MPR</b> <b>10 Occupants - Other Rooms</b> -In person classes by sign up or first come first served. -Residents and registered licensed caregivers only. -Outside excursions resumes. -Bingo remains via Channel 901.	TBD*

**IMPORTANT REMINDERS:**

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Continue to avoid large gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle. Wear your mask, social distance and practice good hand hygiene at all times.
- **VISITATION:** Badges and Ipad screening are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). **If at any time you come in contact with someone who is positive for COVID-19 or if you are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community.**
- **REALTORS/OWNERS:** May continue to hold private showings of their unit for sale/rental purposes. One-on-one showings only. No touring of indoor common areas. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends).
- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit **OR** have the option to submit a negative PCR test within 48 hours prior to move-in and participate in 14 day wellness checks/facility provided antigen testing.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, you may opt to participate in 14 day wellness checks/free facility provided antigen test in lieu of quarantining in your unit. Those who do not wish to participate in the 14 day wellness checks or testing will need to quarantine in their unit for the 14 days.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
  - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
  - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
  - ✓ **If you aren't feeling well, immediately call your healthcare provider and the RCS Department at 983-4421 and remain in your unit.**

**OUTSIDE COMMUNITY STATUS / UPDATES**

**CASE COUNTS/POSITIVITY RATES:** Over the past several weeks case counts continue to creep up. **On 4/6/22 Oahu's positivity rate was 4.7% and by 5/23/22 it rose to over 20%, with an average daily case rate of 793.** Once we surpass a 5% positivity rate, the risk of contracting COVID-19 from the outside community is significantly greater. The rest of the country is also experiencing an influx in cases, and Hawaii is usually the last to see the full effects of this. Once cases rise, then hospitalizations also usually follow suit, 2-4 weeks later. We have also seen an increase in hospitalizations. As such, we need to keep up good infection control practices (see above).

**VACCINE STATUS AND BOOSTER SHOTS**

As of 5/24/22, 77.6% of the state was fully vaccinated (fully vaccinated means 2 weeks after receiving 2 shots of Moderna or Pfizer or 1 shot of Johnson & Johnson vaccines). This does not include booster shots.

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

This is an update to prior updates:

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

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

Resident Covid Memo 5.31.22

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #30 4/29/22



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

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

- **More Great Changes for May** as we continue to relax our COVID-19 facility protocols, while keeping a close watch on outside community cases that are still on the rise:
  - **Effective 5/1/22, MPR occupancy increases to 22 occupants (including instructor).**
  - **Effective 5/1/22, Fitness Class schedule update (larger class sizes / longer class times). Residents only. See Talk Story and May's Activity calendar for more info.**
  - **Effective 5/1/22, Fitness Room occupancy increases to 4 exercisers and allows for non-exercising registered licensed caregivers to standby. Time limit increased to one hour.**
  - **Effective 5/1/22, MPR group activity capacity increases to 22 (including instructor). Registered licensed caregivers allowed. Outside excursions resumes.**
  - **Effective 5/1/22, dining remains open and registered licensed caregivers now permitted (no outside visitors). Meal delivery charges resumes at \$1.50 per meal delivered.**
  - **Visitation remains open to both urgent and non-urgent visits. No age restriction.**
- **Booster Shot Clinic for Second Booster:** June 8, 2022 in the MPR. More information to come in May.
- **Mask Use:** One K continues to require masks inside the facility. We also highly recommend mask use outside the facility for your personal protection.
- **Critical Staffing:** We continue to have staffing shortages as with most healthcare facilities across the state. Due to these staffing shortages (challenges filling open positions due to a statewide shortage of healthcare workers, absences due to staff taking care of sick family, last minute mandatory quarantine protocols for potential risk/exposure, etc.) we may need to change, adjust, reschedule or cancel services. We continue to recruit for vacant positions in all departments.

**Reminder, it is due to our visitor rules and other infection control protocols that we have been very successful in keeping COVID-19 (and its numerous variants) out of our facility.**

**Please read the entire memo for full information on these and other important topics.**

**OKSL FACILITY STATUS/UPDATES**

**ONE K CAUTIOUSLY OPTIMISTIC AS WE INCH CLOSER TO PRE-PANDEMIC STATUS:** We continue each month to cautiously transition towards our pre-pandemic facility operations. We are very excited to be moving along this path and although it may seem like a slower process than you would like, we want to do this methodically and safely to prevent us from having to do a mass shut down again. For almost three years, the staff and residents have worked tirelessly to respond to the pandemic and we have done a fantastic job, with very few incidents and no hospitalizations or deaths! As we transition, we all need to remember that this does not mark the end of our COVID-19 response. Some changes made during the COVID-19 pandemic may become permanent changes for our ongoing protection. It is impossible to predict the future of COVID-19, but we know that the world will not eliminate COVID-19 in the foreseeable future and new variants and additional surges are very likely. We will continue to monitor the science and adjust our protocols accordingly as the landscape evolves.


**OPERATIONS STILL REBOUNDING FROM COVID-19 VARIANT SURGES:** The various COVID-19 variants have been challenging over the past several months. Though we are weathering the storm, it isn't without some long term

effects. Healthcare facilities across the state (including us) have been severely impacted by this (short staffing, supply chain issues, etc.). We continue to have some close calls where staff has or had been exposed to positive cases. Thus far, we have been very fortunate that through our strict illness reporting/testing/quarantining protocols, we have not had any facility spread. However, these protective practices, in addition to industry wide recruiting challenges, have resulted in **severe staffing shortages** across all departments. These staffing shortages cannot help but impact our services. All departments have needed to pivot and adjust to address these critical staffing shortages. In addition, effective 5/1/22, an increase in departmental service fees for some of our optional services (not your mandatory Maintenance Fees or Club Dues) was required to cover the increased cost of labor and supplies. **We remind, due to these continued staffing shortages we may need to change, adjust, reschedule or cancel services. Should this occur, we will make every effort to notify residents as soon as possible.**

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


**SECOND BOOSTER SHOT CLINIC:** During the recent Omicron surge, those who were boosted were more than 20 times less likely to die from COVID-19 compared to those who were unvaccinated, and 7 times less likely to be hospitalized. The CDC continues to recommend that all eligible adults be up to date with their COVID-19 vaccination, which includes getting the booster shots. On 3/29/22, the CDC expanded eligibility for an additional booster dose (second booster shot) for certain individuals who may be at higher risk of severe outcomes for COVID-19. Boosters are safe, and people over the age of 50 can now get an additional booster 4 months after their prior dose to further increase their protection. In light of this, One K in partnership with Times Pharmacy will be conducting our second booster dose clinic here at One K on **June 8, 2022**. Watch your in-house mailbox for more information coming in May. 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.

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

	MAY '22	JUNE '22
<p><b>VISITORS IN TO ONE K</b> Visitors are only permitted in the apartments (not in the common areas).</p> <p>Continue to social distance and mask whenever possible especially when outside of One K and/or in crowded areas. Practice good hand hygiene.</p>	<p><b><u>Inside Facility</u></b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad screening. -No age restrictions.</p>	<p><b><u>Inside Facility</u></b> TBD*</p>
<p><b>TRAVEL GUIDELINES</b> <b>Residents</b> Due to our high risk population we currently still recommend that residents avoid all unnecessary travel and practice good infection control if travel is necessary.</p> <p>Facility-provided COVID-19 testing may be requested in some higher risk situations.</p>	<p><b><u>Interisland Travel</u></b> No restrictions.</p> <p><b><u>Mainland Travel</u></b> Must participate in 14 day Daily Wellness Checks upon return and a free facility provided antigen test.</p> <p><b><u>International Travel</u></b> 14 days quarantine in unit upon return OR option to only quarantine 5 days in unit and take PCR test on day 5, with negative result can complete 9 days of wellness checks in lieu of quarantine.</p>	<p><b><u>Interisland Travel</u></b> No restrictions.</p> <p><b><u>Mainland Travel</u></b> Must participate in 14 day Daily Wellness Checks upon return and a free facility provided antigen test.</p> <p><b><u>International Travel</u></b> 14 days quarantine in unit upon return OR option to only quarantine 5 days in unit and take PCR test on day 5, with negative result can complete 9 days of wellness checks in lieu of quarantine.</p>
<p><b>TRAVEL GUIDELINES</b> <b>Visitors (1)</b> Facility-provided COVID-19 testing may be requested in some higher risk situations.</p> <p>(1) This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</p> <p><b><u>Mainland Travel</u></b> May enter with health screen.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside facility.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</p> <p><b><u>Mainland Travel</u></b> May enter with health screen.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside facility.</p>

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



	MAY '22	JUNE '22
<b>FITNESS CLASSES (MPR)</b> See class schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must mask, social distance and sanitize hands before/after class.	<b>22 or less including Instructor(s)</b> -No sign up required. First come, first served. -Residents only (no caregivers/visitors).	TBD*
<b>FITNESS ROOM (our gym)</b> <b>6a-6p daily.</b> <b>Residents to sanitize seat and handles of equipment after each use. Paper towels and cleaning spray are located in the Fitness Room.</b>  Must mask, social distance, and sanitize hands before/after machine use.	<b>No Reservation Needed</b> -No more than <u>4</u> exercisers in room at any time. - <b>Non exercising registered licensed caregivers allowed to standby.</b> - <b>60</b> minute time limit. -No band or hand weight use.	TBD*
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<b>By Appointment</b>	<b>By Appointment</b>
<b>POOL / SPA</b> Must mask (when not in the water), social distance, and sanitize hands before/after using the pool/spa.	<b>Fully Open</b> Locker rooms are open.	<b>Fully Open</b> Locker rooms are open.
<b>MPR OCCUPANCY</b> Must mask, social distance and sanitize hands before/after room use.	<b>22 or less including Instructor(s)</b> -Residents <b>and registered licensed caregivers only, however no caregivers in fitness classes.</b> -No eating or drinking.	TBD*
<b>OTHER COMMON AREA ROOMS</b> All other common area rooms (excluding MPR - which has a higher occupancy allowance). Includes main & B2 lobbies. These common area rooms are limited to no more than 10 to the extent possible with social distancing. Social distancing must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms will be able to accommodate 10.	<b>10 Occupants or less</b> -Residents <b>and registered licensed caregivers only.</b> -No eating or drinking in the common areas including the pool, garden, and rocking chair areas.	
<b>COMMUNAL DINING (Dining Room use)</b> Must wear masks when entering and exiting, social distance to the extent possible and sanitize hands before/after utilizing the dining room.	<b>Open</b> -Open to all residents <b>and registered licensed caregivers.</b> -No visitors. - <b>In room meal delivery charge of \$1.50 per meal restarts on 5/1/22.</b>	TBD*
<b>MORNING COFFEE &amp; TEA SERVICE</b> 7am – 9am daily (Dining Room)	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.	<b>Open</b> -Residents only. -Cups will be provided (no personal containers). -Grab & go, no congregating.
<b>BEAUTY SALON</b> <u>Hours of Operation</u> Mon/Tues/Thurs/Fri 9:30a-3p Wed/Sat/Sun Closed  Patrons must wear masks, socially distance and sanitize hands before/after entering the salon.	<b>Open to all clients</b>	<b>Open to all clients</b>
<b>GROUP ACTIVITIES</b> Similar to prior to COVID-19, some classes are offered first come first served and others are by sign up. See activity schedules on your monthly activity calendar, weekly talk story, and posted in the elevator for more information. For your convenience we will also be continuing to televise some activities and fitness classes over Channel 901. Must wear masks, socially distance and sanitize hands before and after activity.	<b>22 Occupants - MPR</b> <b>10 Occupants - Other Rooms</b> -In person classes by sign up or first come first served. -Residents <b>and registered licensed caregivers only.</b> - <b>Outside excursions resumes.</b> -Bingo remains via Channel 901.	TBD*

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

## IMPORTANT REMINDERS:

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Continue to avoid large gatherings where you may not know the status of those around you. Try to limit gatherings to those in your own social circle. Wear your mask, social distance and practice good hand hygiene at all times.
- **VISITATION:** Badges and Ipad screening are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). **If at any time you come in contact with someone who is positive for COVID-19 or if you are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community.**
- **REALTORS/OWNERS:** May continue to hold private showings of their unit for sale/rental purposes. One-on-one showings only. No touring of indoor common areas. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends).
- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit **OR** have the option to submit a negative PCR test within 48 hours prior to move-in and participate in 14 day wellness checks/facility provided antigen testing.
- **RETURNS FROM HEALTHCARE FACILITIES:** Please inform RCS. All emergency room, hospital visits, or admissions to other healthcare facilities for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, you may opt to participate in 14 day wellness checks/free facility provided antigen test in lieu of quarantining in your unit. Those who do not wish to participate in the 14 day wellness checks or testing will need to quarantine in their unit for the 14 days.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
  - ✓ Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth. A faceshield alone does not meet this requirement. A faceshield can be worn in addition to the mask.
  - ✓ Wear your mask inside your unit when contractors, visitors or staff enters your unit to provide services.
  - ✓ **If you aren't feeling well, call your healthcare provider and the RCS Department at 983-4421 and remain in your unit.**

## OUTSIDE COMMUNITY STATUS / UPDATES

**CASE COUNTS/POSITIVITY RATES:** Over the past several weeks case counts continue to creep up. **On 4/6/22 Oahu's positivity rate was 4.7% and by 4/25/22 it rose to 9.4%, with an average daily case rate of 246.** Once we surpass a 5% positivity rate, the risk of contracting COVID-19 from the outside community is much greater. The rest of the country is also experiencing an influx in cases, and Hawaii is usually the last to see the full effects of this. Once cases rise, then hospitalizations also usually follow suit, 2-4 weeks later. We have seen a recent increase in hospitalizations. As such, we need to keep up good infection control practices (see above).

## VACCINE STATUS AND BOOSTER SHOTS

As of 4/25/22, 77.3% of the state was fully vaccinated (fully vaccinated means 2 weeks after receiving 2 shots of Moderna or Pfizer or 1 shot of Johnson & Johnson vaccines). This does not include booster shots.

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

This is an update to prior updates:

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

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #29 3/30/22



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

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

- **NO...IT'S NOT AN APRIL FOOL'S DAY JOKE, we are relaxing some restrictions!!**  
Outside community cases are down and we are cautiously optimistic that we can begin to relax some of our COVID-19 restrictions with minimal risk and begin to see some sense of normality returning to One K. We are however keeping a close watch on the BA.2 Omicron variant.
  - **On 4/3/22, dining reopens to residents only (no caregivers, no visitors).**
  - **Effective 4/1/22, visitation reopens to both urgent and non-urgent visits. Age restrictions have been lifted (all ages allowed).**
  - **Effective 4/1/22, returns from healthcare facilities (ER, hospital, etc.):**
    - out of facility for less than 24 hours, no quarantine or daily wellness check requirements.
    - out of facility for more than 24 hours, may opt to participate in 14 day wellness checks/free facility provided antigen test or will need to quarantine for 14 days.
  - **Effective 4/1/22, Assisted Living Program members will no longer be required to participate in daily temperature checks and wellness screening.**
  - **On 3/23/22, the Assisted Living Program opened up for some limited admissions (contact the RCS dept. for more information).**
- **Recent regulatory guideline updates:** The CDC and Governor Ige recently loosened some restrictions regarding mask-wearing and visitor rules, however, it DOES NOT APPLY TO HEALTH CARE SETTINGS. Healthcare facilities continue to mask indoors, do visitor screening and social-distancing. **One K continues to require masks in the common areas and outside while on One K property.**
- **Critical Staffing:** We continue to have staffing shortages as with most healthcare facilities across the state. Due to these staffing shortages (challenges filling open positions due to a statewide shortage of healthcare workers, absences due to staff taking care of sick family, last minute mandatory quarantine protocols for potential risk/exposure, etc.) we may need to change, adjust, reschedule or cancel services. We continue to recruit for vacant positions in all departments.
- **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 for all fitness and leisure events.
- **Common Area Use:** All common area rooms are limited to no more than 10 (residents only) to the extent possible with social distancing.
- **Reminder, it is due to our visitor rules and other infection control protocols that we have been very successful in keeping COVID-19 (and its numerous variants) out of our facility.**

**Please read the entire memo for full information on these and other important topics.**

## **OKSL FACILITY STATUS/UPDATES**

**ONE K OPERATIONS STILL REBOUNDING FROM OMICRON VARIANT SURGE:** The Omicron variant of the COVID-19 virus surged in December 2021 through January 2022. Though we weathered the storm, it wasn't without some long term effects. Despite the recent downturn in case numbers, healthcare facilities across the state (including us) have been severely impacted by this (short staffing, supply chain issues, etc.). We have had a number of close calls where staff has or had been exposed to positive cases. Thus far, we have been very fortunate that through our strict illness reporting/testing/quarantining protocols, we have not had any facility spread. However, these protective practices, in addition to industry wide recruiting challenges, have resulted in **severe staffing shortages** across all departments. These staffing shortages cannot help but impact our services. All departments have needed to pivot and adjust to address these critical staffing shortages. In addition, we have had increase departmental service fees in several departments for some of our optional services (not your mandatory Maintenance Fees or Club Dues) to cover the increase cost of labor and supplies. **We remind, due to these staffing shortages we may need to change, adjust, reschedule or cancel services. Should this occur, we will make every effort to notify residents as soon as possible.**

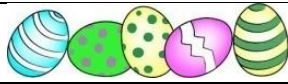
**EXECUTIVE DIRECTOR MONTHLY FACILITY STATUS UPDATES:** Tune in to Channel 901 at 9am on the first Wednesday of every month for a brief summary of the recently distributed COVID-19 memo. Following the brief update, you can call in with your COVID-19 memo questions to (808) 202-3084.

**FACILITY VACCINE / BOOSTER SHOT STATUS:** 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. All new move-ins are also asked to be vaccinated. Residents requesting to be admitted to the Assisted Living Program are required to be vaccinated. Religious and medical exceptions, along with weekly testing, are allowed. We have an extremely high vaccination rate of over 97% for both residents and employees. Although most are now vaccinated and boosted, we continue to remind residents to remain 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.

**Some may be wondering about a COVID-19 4<sup>th</sup> dose.** Per the CDC, at this time the 4<sup>th</sup> dose is only being suggested for immunocompromised individuals with an order for the dose coming directly from an individual's primary care physician (PCP). If you have questions or concerns regarding the 4<sup>th</sup> dose, please contact your PCP directly to determine if the 4<sup>th</sup> dose is necessary. If necessary your PCP can administer the 4<sup>th</sup> dose for you. Should the recommendations change later and suggest that all should receive a 4<sup>th</sup> dose we will work on holding another COVID-19 booster clinic in-house.


We also continue to remind/encourage the handful of residents who haven't yet received their vaccination and/or booster shot to contact our RCS Department to assist with setting up an appointment with an outside vaccination provider. There is supporting data that shows that those who have received both their vaccine and booster doses experience less severe symptoms and complications from COVID-19. For those who have gone outside for their vaccine and/or booster shot, 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.

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

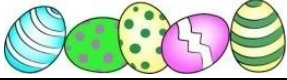


	APRIL '22	MAY '22	JUNE '22
<p><b>VISITORS IN TO ONE K</b></p> <p>Note: Visitors are only permitted in the apartments (not in the common areas).</p>	<p><b><u>Inside Facility</u></b> -Visitors Permitted (urgent and non-urgent). -Must have badge and complete Ipad screening. -No age restrictions.</p> <p><b><u>Outside Facility</u></b> Visits continue to be permitted outside. Continue to social distance and mask whenever possible especially when in crowded areas. Practice good hand hygiene.</p>	<p><b><u>Inside Facility</u></b> TBD*</p> <p><b><u>Outside Facility</u></b> Visits continue to be permitted outside. Continue to social distance and mask whenever possible especially when in crowded areas. Practice good hand hygiene.</p>	<p><b><u>Inside Facility</u></b> TBD*</p> <p><b><u>Outside Facility</u></b> Visits continue to be permitted outside. Continue to social distance and mask whenever possible especially when in crowded areas. Practice good hand hygiene.</p>
<p><b>TRAVEL GUIDELINES Residents</b></p> <p><i>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></p> <p><i>Note: Facility-provided COVID-19 testing may be requested in some higher risk situations.</i></p>	<p><b><u>Interisland Travel</u></b> No restrictions.</p> <p><b><u>Mainland Travel</u></b> Must participate in 14 day Daily Wellness Checks upon return and a free facility provided antigen test.</p> <p><b><u>International Travel</u></b> 14 days quarantine in unit upon return <b>OR option to only quarantine 5 days in unit and take PCR test on day 5, with negative result can complete 9 days of wellness checks in lieu of quarantine.</b></p>	<p><b><u>Interisland Travel</u></b> No 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> No restrictions.</p> <p><b><u>Mainland Travel</u></b> TBD*</p> <p><b><u>International Travel</u></b> TBD*</p>
<p><b>TRAVEL GUIDELINES Visitors (1)</b></p> <p><i>Note: Facility-provided COVID-19 testing may be requested in some higher risk situations.</i></p> <p>(1) This applies only to visitors not staying in-house. If planning to stay in-house, please contact Linda Vares at (808) 983-4429 for more information and requirements.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</p> <p><b><u>Mainland Travel</u></b> May enter with health screen.</p> <p><b><u>International Travel</u></b> Must quarantine 14 days outside the facility.</p>	<p><b><u>Interisland Travel</u></b> May enter with health screen.</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.</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> -No sign up required. -First come, first served. -Residents only (no caregivers). -Also available via Channel 901 (except Dance/pool classes). -Must mask, social distance 6 feet or more and sanitize hands.</p>	<p>TBD*</p>	<p>TBD*</p>

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

	APRIL '22	MAY '22	JUNE '22
<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 <u>3</u> 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>All common area rooms are limited to no more than 10 residents to the extent possible with social distancing. Social distancing of 6 feet must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms will be able to accommodate 10. The common area rooms including the main and B2 lobbies are for the use of 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>Open on Sunday 4/3/22</b> -Dining room opens to all residents only (no visitors, no caregivers). Social distancing applies. <b>-In room meal delivery continues at no charge through 4/30/22.</b>	TBD*	TBD*
<b>MORNING COFFEE AND TEA SERVICE</b>  7am – 9am daily (Lobby)	<b>Open to One K Residents Only</b> -Cups will be provided (no personal containers) -Grab & go, no congregating.	<b>Open to One K Residents Only</b> -Cups will be provided (no personal containers) -Grab & go, no congregating.	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 all clients</b> -Socially distance 6 feet apart. -Must wear mask. -Manicures/Pedicures allowed.	<b>Open to all clients</b> -Socially distance 6 feet apart. -Must wear mask. -Manicures/Pedicures allowed.	<b>Open to all clients</b> -Socially distance 6 feet apart. -Must wear mask. -Manicures/Pedicures allowed.

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

	APRIL '22	MAY '22	JUNE '22
<p><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></p>	<p><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</p>	TBD*	TBD*

**IMPORTANT REMINDERS:**

- **SOCIAL/LARGE GROUP GATHERING REMINDERS:** Although case counts are going down and we have been vaccinated and boosted and we all miss family/friends and want to spend time with them, it's best to do this in smaller groups. You need to have conversations with your social groups and make sure they have been vaccinated and haven't been exposed to risky situations (such as came in contact with a positive case). Our senior population remains a high risk group. Let's do our best to limit larger group and social gatherings 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:** Badges and Ipad screening are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). **If at any time you come in contact with someone who is positive for COVID-19 or if you are experiencing any of the COVID-19 symptoms, please have yourself tested before coming to our community. 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 indoor common areas. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends).
- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit **OR have the option to submit a negative PCR test within 48 hours prior to move-in and participate in 14 day wellness checks/facility provided antigen testing.**
- **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 for less than 24 hours will no longer require quarantine or wellness checks. For stays over 24 hours, you may opt to participate in 14 day wellness checks/free facility provided antigen test in lieu of quarantining in your unit. Those who do not wish to participate in the 14 day wellness checks or testing will need to quarantine in their unit for the 14 days.**
- **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.

Note: Facility provided COVID-19 testing may be requested in some higher risk situations.
- **GENERAL INFECTION CONTROL REMINDERS.**
  - ✓ Continue practicing social distancing (6 feet or more apart).
  - ✓ If you do not attend the fitness classes in person, then 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.

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

- ✓ **If you aren't feeling well, call your healthcare provider and the RCS Department 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.**

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

**CASE COUNTS/POSITIVITY RATES:** During the past month or so, case counts have been generally trending down however we saw a slight increase in numbers over the last week. As of 3/28/22, the state's 7 day average of daily cases was 129. The positivity rate (the percent of tests performed during the date range that resulted in a positive result) for the same time period was 3.3%. We are hopeful that we will continue on a positive path and that we will continue to be able to relax more of our facility's COVID-19 restrictions and settle into a new norm for our facility operations.

**OUTSIDE RESTRICTIONS:** 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. These measures were put in place following extensive consultations with healthcare leaders including the State Department of Health. Then, most recently in March 2022, Safe Access, Safe Travels and the mask mandates ended. However masking is still required in airports, public transportation, healthcare facilities and those businesses that still require it. **These rules are subject to change at any time. As such, please stay informed and see [www.oneoahu.org](http://www.oneoahu.org) for more details.**

Also a reminder that back in 2021, the Centers for Disease Control and Prevention (CDC) provided guidance to state that to maximize protection from COVID-19 and prevent 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. Although the CDC did update mask-wearing guidance on 2/25/22, **the CDC did not make any changes for healthcare/senior facilities such as ours and wearing of masks (along with visitor screening and social-distancing) is still required in our high risk setting because the consequences of spread and risk of triggering outbreaks is greater. We also highly recommend that you wear masks outdoors as well for your own protection.** The Healthcare Association of Hawaii (HAH), the state's trade organization for healthcare facilities and the American Hospital Association (AHA) also continue to advise that healthcare facilities do not release their indoor masking policies. One K continues to require mask use both in the common areas and outside on One K property. **Again, these rules are subject to change at any time.**

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

As of 3/28/22, 76.9% of the state was fully vaccinated (fully vaccinated means 2 weeks after receiving 2 shots of Moderna or Pfizer or 1 shot of Johnson & Johnson vaccines). This does not include booster shots.

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

This is an update to prior updates:

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

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

Resident Covid Memo 3.30.22



One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
Memo #28 2/28/22



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

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

- **Omicron Surge:** We are starting to trend down from the recent surge attributed to the highly contagious Omicron variant, however cases remain high. Because of the still high case counts we are keeping most of our COVID-19 restrictions for the next month the same, but will be relaxing in a few areas (see below for more information).
- **Recent CDC guideline updates:** The CDC recently loosened some restrictions regarding mask-wearing and visitor rules, however, it **DOES NOT APPLY TO HEALTH CARE SETTINGS**. Healthcare facilities continue to mask indoors, do visitor screening and social-distancing.
- **Critical Staffing:** We continue to have staffing shortages as with most healthcare facilities across the state. Due to these staffing shortages (challenges filling open positions due to a statewide shortage of healthcare workers, absences due to staff taking care of sick family, last minute mandatory quarantine protocols for potential risk/exposure, etc.) we may need to change, adjust, reschedule or cancel services. Currently, Resident Care Services (RCS) Department has a freeze on new services. We continue to recruit for vacant positions in all departments.
- **Morning Coffee / Tea Service to Reopen 3/1/22:** We are happy to announce that morning coffee and tea services will be reopened. This service will be grab and go, no congregating.
- **Communal Dining:** Communal dining remains temporarily closed. Meals continue to be delivered to your units at no charge.
- **Visitation:** Visitation remains at no visitors allowed (unless for urgent / medical reasons). Those visitors that have urgent / medical need must screen and have a badge.
- **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 for all fitness and leisure events. All outside excursions have been cancelled.
- **Common Area Use:** All common area rooms are limited to no more than 10 (residents only) to the extent possible with social distancing.
- **Returns from Healthcare Facilities Protocol Change:** We have relaxed our return to facility protocols after a visit to the emergency room, hospital, or other healthcare facility. Effective 3/1/22, anyone going out for less than 24 hours to a healthcare facility will be able to avoid the 14 day quarantine by agreeing to participate in daily wellness checks (a temperature check and phone call or visit from RCS to check on your status). Some facility provided testing may also apply. Those residents staying out more than 24 hours will continue to be required to quarantine for a minimum of 14 days upon return to the facility.
- **Reminder, it is due to our visitor rules and other infection control protocols that we have been very successful in keeping COVID-19 out of our facility.**

**OKSL FACILITY STATUS/UPDATES**

**OMICRON VARIANT CONTINUES TO IMPACT ONE K OPERATIONS:** The Omicron variant of the COVID-19 virus surged in December 2021 through January 2022. The variant is highly contagious and despite the recent downturn in case numbers, healthcare facilities across the state (including us) have been severely


impacted by this (short staffing, supply chain issues, etc.). We have had a number of close calls where staff has or had been exposed to positive cases. Close calls are situations where our staff has come in close contact with a positive case (household members, friends, family, etc.) or situations where the staff themselves start having sick symptoms and are taken off the schedule immediately per COVID-19 protocols. Thus far, we have been very fortunate that through our strict illness reporting/testing/quarantining protocols, we have not had any facility spread. However, these protective practices, in addition to industry wide recruiting challenges, have resulted in **severe staffing shortages** across all departments. These staffing shortages cannot help but impact our services. All departments, such as housekeeping (changes to schedules and services) and RCS (no longer accepting admissions), have needed to pivot and adjust to address these critical staffing shortages. **Due to these staffing shortages we may need to change, adjust, reschedule or cancel services. Should this occur, we will make every effort to notify residents as soon as possible.**

We also saw an increase in close calls with residents (from their visitors who have been approved for urgent/medical needs). Due to the number of close calls we have seen with staff and visitors, we have asked that residents wear their masks anytime our staff or visitors are in their unit. In addition, we continue to remind residents that they should be socially distancing from our staff and visitors whenever possible.


**FACILITY VACCINE / BOOSTER SHOT STATUS:** 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. All new move-ins are also asked to be vaccinated. Residents requesting to be admitted to the Assisted Living Program are required to be vaccinated. Religious and medical exceptions, along with weekly testing, are allowed. We have an extremely high vaccination rate of over 97% for both residents and employees. Although most are now vaccinated and boosted, we continue to remind residents to remain 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.

We also continue to remind/encourage the handful of residents who haven't yet received their vaccination and/or booster shot to contact our RCS Department to assist with setting up an appointment with an outside vaccination provider. There is supporting data that shows that those who have received both their vaccine and booster doses experience less severe symptoms and complications from COVID-19. For those who have gone outside for their vaccine and/or booster shot, 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.


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

	MARCH '22	APRIL '22	MAY '22
<p><b>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 Omicron Variant in the outside community we reverted back to our previous COVID-19 policy of only permitting those with URGENT OR MEDICAL NEEDS since January 2022. You must contact RCS at 983-4421 for prior approval for medical visits.</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>Inside Facility</u></b>            TBD*</p>	<p><b><u>Inside Facility</u></b>            TBD*</p>

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

	MARCH '22	APRIL '22	MAY '22
<b>VISITORS IN TO ONE K – cont.</b> <b>URGENT/MEDICAL REASONS ONLY</b>	<b>Outside Facility</b> 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>Outside Facility</b> 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>Outside Facility</b> 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>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>  <i>Note: Facility-provided COVID-19 testing may be requested in some higher risk situations.</i>	<b>Interisland Travel</b> Must participate in 14 day Daily Wellness Checks upon return.  <b>Mainland Travel</b> Must participate in 14 day Daily Wellness Checks upon return.  <b>International Travel</b> 14 days quarantine in unit upon return.	<b>Interisland Travel</b> Must participate in 14 day Daily Wellness Checks upon return.  <b>Mainland Travel</b> Must participate in 14 day Daily Wellness Checks upon return.  <b>International Travel</b> 14 days quarantine in unit upon return.	<b>Interisland Travel</b> TBD*  <b>Mainland Travel</b> TBD*  <b>International Travel</b> TBD*
<b>TRAVEL GUIDELINES Visitors</b>  <i>Note: Facility-provided COVID-19 testing may be requested in some higher risk situations.</i>	<b>Interisland Travel</b> May enter with health screen and proof of vaccination for urgent or medical reasons.  <b>Mainland Travel</b> May enter with health screen and proof of vaccination for urgent or medical reasons.  <b>International Travel</b> Must quarantine 14 days outside the facility.	<b>Interisland Travel</b> TBD*  <b>Mainland Travel</b> TBD*  <b>International Travel</b> TBD*	<b>Interisland Travel</b> TBD*  <b>Mainland Travel</b> TBD*  <b>International Travel</b> 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 classes). -Must mask, social distance 6 feet or more and sanitize hands.	<b>TBD*</b>	<b>TBD*</b>

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

	MARCH '22	APRIL '22	MAY '22
<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 <u>3</u> 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 <u>3</u> 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.
<b>COMMON AREA ROOMS (including main and B2 lobby areas)</b> <i>All common area rooms are limited to no more than 10 residents to the extent possible with social distancing. Social distancing of 6 feet or more must be maintained at all times, as well as hand sanitizing and wearing of masks. As such, not all common area rooms will be able to accommodate 10). The common area rooms including the main and B2 lobbies are for the use of residents only. No eating or drinking allowed.</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 (Dining Room use)</b>	<b>Closed</b> -In room meal delivery at no charge.	<b>TBD*</b>	<b>TBD*</b>
<b>MORNING COFFEE AND TEA SERVICE</b>  7am – 9am daily (Lobby)	<b>Open to One K Residents Only</b> -Cups will be provided (no personal containers) -Grab & go, no congregating.	<b>TBD*</b>	<b>TBD*</b>
<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	<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>TBD*</b>	<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 boosted and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated and boosted, 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 indoor common areas. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends).
- **NEW MOVE-INS:** All new move-ins will be required to quarantine for 14 days in their unit.
- **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 for less than 24 hours will be offered the option to participate in daily wellness checks (a temperature check and phone call or visit from RCS to check on your status). Some facility provided testing may also apply. For those residents that do not agree to daily wellness checks, or for stays over 24 hours, you will continue to 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.Note: Facility provided COVID-19 testing may be requested in some higher risk situations.
- **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 Department 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.**

## OUTSIDE COMMUNITY STATUS / UPDATES

**CASE COUNTS/POSITIVITY RATES:** During the past month, case counts have been trending down. As of 2/28/22, the state's 7 day average of daily cases was 202. The positivity rate (the percent of tests performed during the date range that resulted in a positive result) for the same time period was 2.71%. We are hopeful that should we continue on this downward trajectory that we will continue to be able to relax more of our facility's COVID-19 restrictions in the very near future!

**OUTSIDE RESTRICTIONS:** 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 with proof of vaccination and masking. From November 2021 through January 2022, the government further loosened restrictions on international travel, as well as, outdoor/indoor activities (however still requiring masking and proof of vaccination). These measures were put in place following extensive consultations with healthcare leaders including the State Department of Health. **These rules are subject to change at any time. As such, please stay informed and see [www.oneoahu.org](http://www.oneoahu.org) for more details.**

Also a reminder that back in 2021, the Centers for Disease Control and Prevention (CDC) provided guidance to state that to maximize protection from COVID-19 and prevent 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. Although the CDC did update mask-wearing guidance on 2/25/22, **the CDC did not make any changes for healthcare/senior facilities such as ours and wearing of masks (along with visitor screening and social-distancing) is still required in our high risk setting. We also highly recommend that you wear masks outdoors as well for your own protection.** **Again, these rules are subject to change at any time.**

### VACCINE STATUS AND BOOSTER SHOTS

As of 2/28/22, 76.4% of the state was fully vaccinated (fully vaccinated means 2 weeks after receiving 2 shots of Moderna or Pfizer or 1 shot of Johnson & Johnson vaccines). This does not include booster shots.

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

This is an update to prior updates:

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

Resident Covid Memo r2.28.22

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
1/28/22



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

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

- ❖ **New Year / New Format:** We have changed the format of our monthly COVID-19 newsletter and moved our facility important news first with the outside community updates to follow.
- ❖ **Omicron Surge:** Cases are surging and the highly contagious Omicron variant is causing staffing shortages at One Kalakaua and at other healthcare facilities as well. One Kalakaua services are being modified as needed.
- ❖ **Communal Dining and Morning Coffee / Tea Service:** Remains temporarily closed due to the high case counts in the outside community. Meals have reverted back to room delivery at no charge.
- ❖ **Visitation:** Remains at no visitors allowed (unless for urgent / medical reasons). Those visitors that have urgent / medical need must screen and have a badge.
- ❖ **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 for all fitness and leisure events. All outside excursions have been cancelled.
- ❖ **Common Area Use:** All common area rooms are limited to no more than 10 (residents only) to the extent possible with social distancing. As such, not all common area rooms will be able to accommodate 10 (i.e. the large conference room will not). No eating nor drinking allowed. Must mask and sanitize hands.
- ❖ **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.

**Please read the entire memo for full information on these and other important topics!**

**OKSL FACILITY STATUS/UPDATES**

**OMICRON VIRUS HITS HOME:** The Omicron variant of the COVID-19 virus has hit us hard with some days Hawaii having cases over 6,000. This variant is highly contagious and healthcare facilities across the state (including us) are being severely impacted by this (short staffing, supply chain issues, etc.). We have had a number of close calls where staff has or had been exposed to positive cases. Close calls are situations where our staff has come in close contact with a positive case (household members, friends, family, etc.) or situations where the staff themselves start having sick symptoms and are taken off the schedule immediately per COVID-19 protocols. Thus far, we have been very fortunate that through these strict illness reporting/testing/quarantining protocols, we have not had any facility spread. However, this protective practice, in addition to industry wide recruiting challenges, has resulted in **severe staffing shortages** across all departments. These staffing shortages cannot help but impact our services. You have seen over the past few weeks how it has impacted on departments such as housekeeping (changes to schedules and services) and RCS (no longer accepting new services/admissions).

We are also seeing an increase in close calls with residents (from their visitors who have been approved for urgent/medical needs). **Due to the number of close calls we have seen with staff and visitors, we are**

**asking that residents wear their masks anytime our staff or visitors are in your unit.** In addition, you should be socially distancing from our staff and visitors whenever possible.

Again, reminding that due to staffing shortages 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.


**FACILITY VACCINE/BOOSTER SHOT STATUS:** 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 over 97% for both residents and employees. Although most of us are now vaccinated, we must remain 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.

We continue to encourage the handful of residents who haven't yet received their vaccination and/or booster shot to contact our Resident Care Services (RCS) Department to assist with setting up an appointment with an outside vaccination provider. There is supporting data that shows that those who have received both their vaccine and booster doses experience less severe symptoms and complications from COVID-19. For those who go outside for their vaccine and/or booster shot, 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.

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.

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

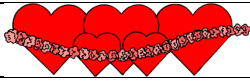
**FOR THE SAFETY OF OUR ONE K COMMUNITY WE HAVE REVERTED BACK TO OUR PREVIOUS COVID-19 RESTRICTIONS (this is due to the recent surge in COVID-19 cases and the highly contagious nature of the Omicron Variant).**

	FEBRUARY '22	MARCH '22	APRIL '22
<p><b>VISITORS IN TO ONE K</b> <b>URGENT/MEDICAL REASONS ONLY</b></p> <p><i>Note: On 1/1/22, due to the recent surge in COVID-19 cases and the highly contagious nature of the Omicron Variant in the outside community we reverted back to our previous COVID-19 policy of only permitting those with URGENT OR MEDICAL NEEDS. You must contact RCS at 983-4421 for prior approval for medical visits.</i></p>	<p><b>Inside Facility</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>Inside Facility</b> TBD*</p>	<p><b>Inside Facility</b> TBD*</p>
	<p><b>Outside Facility</b> 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.</p>	<p><b>Outside Facility</b> 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.</p>	<p><b>Outside Facility</b> 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.</p>





	FEBRUARY '22	MARCH '22	APRIL '22
<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 and practice good infection control if travel is necessary.</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> Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b><u>International Travel</u></b> 14 days 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> Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b><u>International Travel</u></b> 14 days 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> TBD*</p>
<p><b>TRAVEL GUIDELINES Re: Visitors</b></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> Must quarantine 14 days outside the facility.</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> TBD*</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 classes).</li> <li>-Must mask, social distance 6 feet or more and sanitize hands.</li> </ul>	TBD*	TBD*
<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 <b>3</b> 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 <b>3</b> 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>	TBD*



	<b>FEBRUARY '22</b>	<b>MARCH '22</b>	<b>APRIL '22</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.
<b>COMMON AREA ROOMS (including main and B2 lobby areas)</b> <i>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, as well as hand sanitizing and wearing of masks. As such, not all common area rooms will be able to accommodate 10). The common area rooms including the main and B2 lobbies are for the use of residents only. No eating or drinking allowed.</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 (Dining Room use)</b>	<b>Closed</b> -In room meal delivery at no charge. -No morning coffee/tea Service.	<b>TBD*</b>	<b>TBD*</b>
<b>BEAUTY SALON</b>  Modified Hours of Operation 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>TBD*</b>	<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 boosted and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated and boosted, 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 indoor 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 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.**

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## **OUTSIDE COMMUNITY STATUS / UPDATES**

**CASE COUNTS/POSITIVITY RATES:** During the past month, cases continue to sky-rocket. As of 1/25/22, the state's 7 day average of daily cases was 3,537 (compared to 1,398 last month). Due to the volume of incoming lab results, the state has temporarily stopped processing negative results in order to prevent delaying the processing of positive results. Because of this, percent positivity information is not currently available. This is an alarming and rapid increase in cases and the reason why we have had to revert back to prior restrictions to keep our community safe.

**OUTSIDE RESTRICTIONS:** 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. **On 1/5/22, a new emergency proclamation capped large indoor gatherings of more than 1,000 people at 50% capacity. For example, if an event expects to have 1,000 attendees the total capacity of the venue must be more than 2,000 people. This measure was put in place following extensive consultations with healthcare leaders including the State Department of Health. These rules are subject to change at any time. As such, please stay informed and 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.** **Again, these rules are subject to change at any time.**

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

As of 1/25/22, 74.5% of the state was fully vaccinated (fully vaccinated means 2 weeks after receiving 2 shots of Moderna or Pfizer or 1 shot of Johnson & Johnson vaccines). This does not include booster shots.

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

This is an update to prior updates:

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

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
12/27/21



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, #25 11/29/21.

## **HONOLULU STATUS**

**During the past month, cases have sky-rocketed. As of 12/27/21, the state's 7 day average of daily cases was 1,398 (compared to 84 last month) with the highest day being 2,205 on 12/26/21. The Honolulu positivity rate was 13.93% (compared to 1.16% last month). This is an alarming and rapid increase in cases and we will need to revert back to prior restrictions to keep our community safe. Read on and refer to the grid later in this Memo for more details on the restrictions.**

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. **These rules are subject to change at any time. As such, please stay informed and 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. Again, these rules are subject to change at any time.**

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.

## **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 12/26/21, 73.9% of the state was fully vaccinated (compared to 72.5% reported in our last memo). 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 over 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** (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 Immediately or per specific dates below:**

**FOR THE SAFETY OF OUR ONE K COMMUNITY WE ARE REVERTING BACK TO OUR PREVIOUS COVID-19 RESTRICTIONS (this is due to the recent surge in COVID-19 cases and the highly contagious nature of the Omicron Variant):**


- **COMMUNAL DINING & MORNING COFFEE / TEA SERVICE.** Effective 12/28/21, 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.** Effective immediately 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. As such, not all common area rooms will be able to accommodate 10 (i.e. the large conference room will not). 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.**

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

	JANUARY '22	FEBRUARY '22	MARCH '22
<p><b>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 Omicron Variant in the outside community we are reverting back to our previous COVID-19 policy of only permitting those with URGENT OR MEDICAL NEEDS. You must contact RCS at 983-4421 for prior approval for medical visits.</i></p>	<p><b>Inside Facility</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>Outside Facility</b>  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.</p>	<p><b>Inside Facility</b>  TBD*</p> <p><b>Outside Facility</b>  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.</p>	<p><b>Inside Facility</b>  TBD*</p> <p><b>Outside Facility</b>  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.</p>
<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 and practice good infection control if travel is necessary.</i></p>	<p><b>Interisland Travel</b>  Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b>Mainland Travel</b>  Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b>International Travel</b>  14 days quarantine in unit upon return.</p>	<p><b>Interisland Travel</b>  No restrictions.</p> <p><b>Mainland Travel</b>  TBD*</p> <p><b>International Travel</b>  TBD*</p>	<p><b>Interisland Travel</b>  No restrictions.</p> <p><b>Mainland Travel</b>  TBD*</p> <p><b>International Travel</b>  TBD*</p>
<p><b>TRAVEL GUIDELINES Re VISITORS</b></p>	<p><b>Interisland Travel</b>  May enter with health screen and proof of vaccination for urgent or medical reasons.</p> <p><b>Mainland Travel</b>  May enter with health screen and proof of vaccination for urgent or medical reasons.</p> <p><b>International Travel</b>  Must quarantine 14 days outside the facility.</p>	<p><b>Interisland Travel</b>  TBD*</p> <p><b>Mainland Travel</b>  TBD*</p> <p><b>International Travel</b>  TBD*</p>	<p><b>Interisland Travel</b>  TBD*</p> <p><b>Mainland Travel</b>  TBD*</p> <p><b>International Travel</b>  TBD*</p>

	JANUARY '22	FEBRUARY '22	MARCH '22
<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 classes).</li> <li>-Must mask, social distance 6 feet or more and sanitize hands.</li> </ul>	TBD*	TBD*
<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>	TBD*
<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>
<p><b>COMMON AREA ROOMS (including main and B2 lobby areas)</b></p> <p><i>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, as well as hand sanitizing and wearing of masks. As such, not all common area rooms will be able to accommodate 10). The common area rooms including the main and B2 lobbies are for the use of residents only. No eating or drinking allowed.</i></p>	<p><b>No more than 10</b></p> <ul style="list-style-type: none"> <li>-Residents only</li> <li>-Must mask, social distance 6 feet or more, and sanitize hands.</li> <li>-No eating or drinking in the common areas including the pool, garden, and rocking chair areas.</li> </ul>	TBD*	TBD*
<p><b>COMMUNAL DINING (Dining Room use)</b></p>	<p><b>Closed effective 12/28</b></p> <ul style="list-style-type: none"> <li>-In room meal delivery <u>at no charge</u></li> <li>-No morning coffee/tea service</li> </ul>	TBD*	TBD*



	JANUARY '22	FEBRUARY '22	MARCH '22
<b>BEAUTY SALON</b>  Modified Hours of Operation Mon/Thurs/Fri/Sat 9:30a-3p Tues/Wed/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>	<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 Honolulu/COVID 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). **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 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: **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.

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** (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 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 Ipad 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

 HAPPY THANKSGIVING	DECEMBER '21	JANUARY '22	FEBRUARY '22
<p><b>VISITORS IN TO ONE K</b>            Note: Visitors are only permitted in the apartments (not in the common areas).</p>	<p><b>VISITORS NOW PERMITTED (WITH 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 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.</p>	<p><u>Inside Facility</u>            TBD*</p> <p><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.</p>	<p><u>Inside Facility</u>            TBD*</p> <p><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.</p>
<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 and practice good infection control if travel is necessary.</i></p>	<p><u>Interisland Travel</u>            No restrictions.</p> <p><u>Mainland Travel</u>            Must participate in 14 day Daily Wellness Checks upon return.</p> <p><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.</p>	<p><u>Interisland Travel</u>            No restrictions.</p> <p><u>Mainland Travel</u>            TBD*</p> <p><u>International Travel</u>            TBD*</p>	<p><u>Interisland Travel</u>            No restrictions.</p> <p><u>Mainland Travel</u>            TBD*</p> <p><u>International Travel</u>            TBD*</p>



	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>TBD*</p>
<b>FITNESS ROOM (our gym)</b>  <u>Modified Hours of Operation</u> Monday-Friday 8:30a – 3:00p Saturday/Sunday 8:00a – 1:00p	<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>TBD*</p>
<b>1 TO 1 PERSONAL FITNESS TRAINING</b>	<p><b>By appointment</b></p>	<p><b>By appointment</b></p>	<p><b>By appointment</b></p>
<b>POOL / SPA</b>	<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 (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.	TBD*
<b>COMMUNAL DINING (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.	TBD*
<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.	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>	<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	TBD*

\*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.

One Kalakaua Senior Living  
**CORONAVIRUS (COVID-19)**  
10/29/21



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.

### **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 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
<p><b>NO VISITORS IN TO ONE K</b> <b>URGENT/MEDICAL REASONS ONLY</b></p> <p><i>Visitors with urgent/medical reasons are only permitted in the apartments (not in the common areas).</i></p>	<p><b>Inside Facility</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>Outside Facility</b> 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.</p>	<p><b>Inside Facility</b> TBD*</p> <p><b>Outside Facility</b> Visits continue to be permitted outside however, it is strongly recommended that you social distance and mask at all times. Practice good hand hygiene.</p>	<p><b>Inside Facility</b> TBD*</p> <p><b>Outside Facility</b> Visits continue to be permitted outside however, it is strongly recommended that you social distance and mask at all times. Practice good hand hygiene.</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 and practice good infection control if travel is necessary.</i></p>	<p><b>Interisland Travel</b> <b>Vaccinated Residents:</b> No restrictions. <b>Unvaccinated Residents:</b> Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b>Mainland Travel</b> <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.</p> <p><b>International Travel</b> 14 day quarantine in unit upon return.</p>	<p><b>Interisland Travel</b> <b>Vaccinated Residents:</b> No restrictions. <b>Unvaccinated Residents:</b> Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b>Mainland Travel</b> <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.</p> <p><b>International Travel</b> 14 day quarantine in unit upon return.</p>	<p><b>Interisland Travel</b> <b>Vaccinated Residents:</b> No restrictions. <b>Unvaccinated Residents:</b> Must participate in 14 day Daily Wellness Checks upon return.</p> <p><b>Mainland Travel</b> TBD*</p> <p><b>International Travel</b> TBD*</p>

	NOVEMBER '21	DECEMBER '21	JANUARY '22
<p><b>TRAVEL GUIDELINES</b>  <b>VISITORS WITH URGENT/MEDICAL REASONS ONLY</b></p> <p><i>Visitors with urgent/medical needs 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>
<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 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 <b>3</b> 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 <b>3</b> 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>

	NOVEMBER '21	DECEMBER '21	JANUARY '22
<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.	<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 (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: **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.