

Summary of Resident Guidelines
WITHOUT an Active COVID-19 Resident Case
August 21, 2020

The following is a summary of the guidelines Timbercrest has in place for the safety of all who live and work at Timbercrest when Timbercrest does NOT have an active resident case of COVID-19. Please note, these guidelines may change if the Indiana State Department Health issues new guidance for Long Term Care organizations. Changes will be communicated when known.

- Wear your masks when you leave your apartment or when a staff member enters.
- Remain a safe distance (6 feet) away from others when you socialize.
- Wash your hands often. Use hand sanitizer when soap and water are not available.
- If you are sick, stay home and let the nurse know.
- Meals are served in the Courtyard Dining Room, 7:00 a.m. to 7:00 p.m. for Residential residents.
 - Wait for the host/hostess to seat you.
 - Keep safe distancing as you wait to be seated.
 - Dining times of 8:00 a.m., Noon, and 5:00 p.m. are the busiest. You may want to consider coming at either an earlier or later time.
- Meals are served in Health Care and Crestwood dining rooms at their respective dining service times.
- Manor residents are able to leave the campus for the day without the need to quarantine. This can be for the purpose of attending a medical appointment, meeting family or friends for a meal, etc.
- Manor residents who leave the campus for an overnight leave of absence are required to quarantine and be monitored by nursing staff for 14 days per the Indiana Department of Health (ISDH) guidelines. However, the quarantine may be reduced to 5 days if the resident wishes to obtain a negative rapid results COVID-19 test. See Sabine Thomas Or Melissa Miller for more information.
- Visits with Manor residents must follow regulatory guidelines. These guidelines only allow visits as follows:
 - Outdoor Visits are available only by appointment and hosted by Timbercrest staff in order to ensure sanitation and safety protocols are maintained. Outdoor visits can be scheduled through Timbercrest's website by you or your visitor. Weekend and evening visits are available. During inclement weather, including high temperatures, visits will be moved indoors.
 - Essential Family Caregiver visits must be approved and scheduled. These caregivers aid residents who relied on outside caregivers prior to COVID-19.
- Packages or items are to be dropped off by visitors in the Main Entrance foyer when not part of a scheduled visit.
- Surgical face masks are now available to Manor residents from the Front Desk and Residential Nursing. If you wish to switch out to a surgical face mask, please return the

cloth face cover(s). We recommend replacing the cloth masks if they do not fit your face well. Surgical face masks should be replaced every 3-4 days.

- Neighborhood Home residents may access the Manor for the following uses. Please screen in at the front office, wear a face mask at all times, and keep a safe distance from others. During screening, disclose the purpose for your visit to the Manor and go only to that location(s). Free-access to the entire building is not available at this time.
 - Beauty Shop
 - Timbercrest Fitness Center – No more than 3 residents at one time. Equipment sanitation required after each use by all users. Face masks must be worn to and from the Fitness Center, but can be worn as tolerated while exercising.
 - Onsite care providers (hearing aid clinics, podiatrist, etc.)
 - Weekday Chapel Devotions – limit to 10 participants, first come basis
 - EvenSong & Sunday Worship – Signup required in the Main Entry Foyer
 - Exercise, Strength Training, Tai Chi, and Yoga Classes – Contact Rhonda Nettrover for availability
 - Music in the Courtyard (seasonal opportunity)
- Neighborhood Home residents may signup to get the Mid-Week Break treat – served Wednesdays at the HUB Entrance – signup in the Main Entry Foyer (no screening necessary)