

## WESTMINSTER AT LAKE RIDGE

To: Residents and Employees  
From: Kera Wooten  
Date: December 20, 2021  
RE: Revised Restriction Changes

Regarding COVID-19, it seems that each time we reach a comfortable balance between safety and quality of life here at Westminster, a new variant comes along which makes us question our practices. As late as last week, we planned to open our dining venues and indoor events to visitors without regard to vaccination status. In that short time, the then relatively unknown Omicron variant has garnered worldwide attention due to its apparent high rate of transmission and unknown severity. Even with high rates of vaccination here at Westminster (to date, 97% of residents have received the booster shot and 94.3% of the WLR staff have been vaccinated), caution is warranted.

As we continue to balance safety and quality of life, the following changes for visitation are being made. These replace the changes I announced in my memo dated Dec. 3. These changes reflect the fact that we will allow guests to visit residents in their apartments or cottages regardless of vaccination status, but we will require guests who attend events or eat in our dining venues to show proof of vaccination. The changes are listed in **bold ink** and are effective beginning Sunday, December 26.

Common Areas - We will continue to require that properly fitting masks be worn at all times by all people while in common areas, regardless of vaccination status.

### Visitors to Independent Living

- **Vaccinated and unvaccinated people can visit residents in their apartments or cottages.**
- **Visitors ages 6+ will need to show a vaccination card at the front desk.**
- **Only vaccinated people can eat in the IL dining venues.**
- **Only vaccinated people can attend indoor group events.**
- **Only vaccinated people can attend fitness programs.**
- **The front desk will advise visitors of our policy as they are screening in.**

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- **People who are unable to show proof of vaccination will be considered unvaccinated.**
- Guests must be always masked unless they are actively eating or drinking.
- Visitors should always keep an appropriate distance.
- Overnight guests are allowed but guests must adhere to these guidelines.

### Dining

- **If a guest is not vaccinated, they can carryout food from the Bistro and dine in a resident's home or outdoors.**
- Dining Services will now welcome **vaccinated** guests in all IL dining venues.
- Residents will continue to make reservations to dine in the Main Dining Room. Reservations are not required in the Bistro.
- Masks must always be worn when not actively eating or drinking.
- Each person must weigh their own risk tolerance. If you are uncomfortable eating in public, please opt for the "carryout" dining option. The charge for deliveries will continue.

### Indoor Group Activities (and Chapel)

- **Vaccinated** visitors can attend.
- All participants and attendees must always wear masks, **regardless of vaccination status.**
- A public speaker or performer who needs to remove a mask in order to be heard, can do so when they are distanced from others.
- Attendees should maintain appropriate physical distance.
- Audience chairs will be placed at an appropriate distance from one another. Please be aware that capacity in rooms will be affected by spacing chairs.

Transportation - For Westminster-provided transportation, we ask that residents wear masks.

### Fitness and Pool

- We will now welcome **vaccinated** visitors to the Fitness Center and Pool.
- We ask that residents follow current sanitation guidelines and practice physical distancing.
- Masks are not required while actively exercising.
- Pool classes will continue.
- Fitness classes will continue with physical distancing.

## Health Center

- Visitation at Westminster at Lake Ridge is now permitted at any time for all residents without regard of vaccination status.
- Visitors no longer are required to schedule their visits.
- There is no limit to the number of visitors, length or frequency of visitors, or number of overall visitors at one time.
- Masks are required for anyone entering the Health Center.
- We will continue to screen all who enter the community regardless of vaccination status.
- Visitors who have a positive viral test for COVID-19, symptoms of COVID-19, or who currently meet the criteria for quarantine, will not be permitted to enter the facility.
- Should the indicators of community spread increase, further steps may be needed to protect the health of our community.
- Mask or face covering and physical distancing at least six feet between people must be maintained regardless of vaccination status.
- However, a resident may choose to have physical contact with their loved ones during visitation.
- Visitation is permitted in the resident's room and hand hygiene is highly encouraged and enforced. We always provide alcohol-based hand rub and are accessible to all entering the facility.
- We strongly encourage you to limit your visits between the hours of 8:00 A.M. and 8:00 P.M. If a visit must occur outside these hours, please contact Otmar Donald, Life Enrichment manager prior to the visit to ensure screening is completed. Otmar can be reached on 703-496-3462.

If Omicron, or any other unforeseen variant, proves to warrant changes to these practices in order to preserve the health and safety of our population, then we will notify you of these changes as quickly as we can.

These changes are effective Dec. 20, 2021.