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Dear Residents and Families:

As you know, we have been in the midst of a large COVID outbreak, and it has put quite a lot of strain on the staff and residents. Between November 22 and December 24, 122 residents at Alta were diagnosed with COVID. Of those, nearly all residents have recovered and are doing well. Sadly, 6 of our beloved residents passed away due to COVID-19. We mourn their passing, and also the way that they passed. Due to the COVID-19 pandemic, it has been a lonely and challenging few months for the entire Alta community.

With the COVID-19 vaccination available, we are starting to look forward to the future. With the vaccine, we have another tool available to prevent the spread and illness associated with COVID-19. The COVID-19 vaccine is a reliable and effective intervention to get our lives back to normal. Over the next few weeks, we have many priorities, including: a) maintaining and improving the quality of life of residents, b) keeping the staff safe from COVID-19, and c) vaccinating consenting staff and residents for COVID-19. In this memo, I address the COVID-19 vaccination, visitation, activities, and group dining.

- 1. COVID-19 Vaccination:** Alta is scheduled to receive the COVID-19 vaccination on January 7th for the first dose and January 28th for the second dose. The vaccination clinic on both days will run from 11AM to 5 PM. This vaccination is available to both residents and staff. On the day of our vaccination clinic, a CVS representative will administer the vaccine and monitor the individual for 15-30 minutes post-administration. We know you might have concerns or questions about the vaccine. Our Infection Control Nurse created a presentation that we encourage you to watch should you have questions or concerns about the COVID-19 vaccine. You can access the video here: <http://bit.ly/altacovidvaccine>. Additionally, if you have questions about the COVID-19 vaccine, please call the facility and be asked to be transferred to the Infection Control Nurse. We HIGHLY recommend all residents and employees get vaccinated. The COVID-19 vaccination is an essential tool to ending the COVID-19 pandemic and getting Alta back to normal..
- 2. Family Visitation:** Visitation at Alta has been closed since November 22. Aside from a Federal and State mandate, the closure of visitations has been necessary for a number of reasons, most specifically trying to contain the spread of COVID-19. Effective

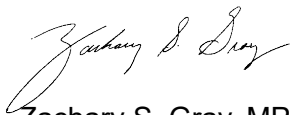
immediately, we will begin scheduled visits for residents. Visits will be done either outside, or coordinated through the dining room window (the resident in the back of the dining room and the family member on the back patio). The most difficult question at this point is, why aren't families allowed inside (especially if they have had COVID and the resident has too?). At this point, approximately 20 residents and 150 staff still have not had COVID. We will plan on opening the building after February 4th, which is one week after the second dose of the vaccine will be administered and protection through vaccination is projected to start.

3. **Activities:** We are opening communal activities effective immediately. The Activities department will begin small group activities (groups of 3) in the activities office. This will include bingo, events, etc. On February 4th, we hope to go back to a normal activities schedule.
4. **Dining:** Communal dining in the dining room will unfortunately remain closed. This is due to the current use of the main dining room as a break room area for staff. We sincerely apologize for this inconvenience, and again, plan to reopen as soon as possible after February 4th.

We are extremely excited there's light at the end of the tunnel. Generally, our feeling is of optimism, and hope. Unfortunately, it is tinged by a great sadness and sense of loss. For privacy reasons, we can not discuss the residents who passed, but post February 4th we do plan on having a memorial service for those residents whose families consent. All will be invited.

Thank you so much for all of your understanding during this difficult time. We appreciate your support and assistance. For the most up-to-date information about COVID-19, please visit our website: <https://www.altanursingandrehab.com/covid19>. If you have any questions, please feel free to reach out by phone or email.

Sincerely,



Zachary S. Gray, MPH, NHA