

Fowler Christian Apartments Reopening Plan

Updates are shown in red

Federal, state and local health authorities encourage all individuals over 65 to continue social isolation practices and leave home for essential reasons only.

This Reopening Plan is based on data and is our attempt to mitigate your risk and protect those who are most vulnerable to COVID-19. Phases will flex forward or backward based on requirements and/or recommendations of national, state and local authorities. Phases could also shift if Fowler experiences a positive COVID-19 case. Proposed dates are subject to change. The Love Your Neighbor Basics exist in all phases.

Love Your Neighbor Basics

- Face masks worn outside of residence, social distancing of 6 feet apart, and proper hygiene protocol required
- Residents and teammates are required to notify the front desk or manager of any symptoms. Symptoms will be monitored and documented
- Quarantine and COVID-19 tests may be required based on symptoms
- Screening upon entry to include temperature checks and questions
- Continue to utilize telemedicine as appropriate

Phase 1- Effective May 9th and until further notice

- Love Your Neighbor Basics required (see above)
- Restrictive Access for all visitors remains in place
- Resident departures remain limited to essential medical appointments
- Spiritual Live programming continues on Channel 6; pastoral care visits via phone remain
- Residents should pick up meal plans, Friends Helping Friends and Tommie Gee meals at the Means screening area
- Life Enrichment
 - NEW! Yoga with Tressa on Channel 6
 - Small group activities with 10 or less residents resume
 - Residents can go into other residential buildings at FCA except for the C/D building that houses the Licensed Assisted Living.
- Other Vendors
 - Routine pest control resumes

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- Incoming and Outgoing Mail resumes at mailboxes
- Vendor screening sticker required

Phase 2 Additions – Effective May 22, 2020 until further notice

- Love Your Neighbor Basics required
- Restricted Access for all visitors remains in place
- Mobile Groomers may resume with parking lot handoff
- External contractors will resume to complete renovations of empty apartments and will be screened upon entry. No interaction with resident population allowed.
- Amazon, UPS and FedEx packages to be delivered directly to front desk of each program
- Resident apartment move ins and move outs will resume with preapproval and coordination with program management
- Residents departures may occur for the following purposes:
 - Drive your car
 - Fast food drive through
 - Curbside pick-up of groceries or restaurant prepared food
 - Any groceries or food pick up can be taken directly to your apartment. Please take groceries out of bags immediately and then wash your hands with soap and water or 70% or higher hand sanitizer. Wipe down all surfaces that groceries bags touch.
 - No social visits, dine-in restaurants, malls, salons/barbers, congregating in public spaces or large gatherings

Phase 3 Additions – Effective June 3, 2020 until further notice

- **Current recommendation of Dallas County Health Department: RED/Stay Home Stay Safe**
- Love Your Neighbor Basics Required
- VISITOR ACCESS REMAINS RESTRICTED
- **Grocery Shopping**
 - RECOMMENDATION: Maintain curbside pickup or Instacart Deliveries

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- Fowler staff will continue to place InstaCart grocery orders through 6/8 which will be delivered throughout the following week
- Beginning 6/9, grocery ordering will transition to residents, family members or resident friend
- **Swimming Pool**
 - Residents may choose to go to the Fowler pool
 - You must continue to social distance
 - Mask is not required in the pool; mask is required outside of the pool
- **Randall Park**
 - Residents may choose to go to the park outside of Fowler
 - Refrain from large crowds
 - Maintain your mask
 - Wash your hands when you return
- **Outings**
 - Residents may choose to leave Fowler with family members or friends
 - These visits must be scheduled Monday-Saturday, 9am-5pm
 - Visitors will not be allowed inside any Fowler building
 - Pickup to take place in the parking lot
 - Refrain from groups larger than 10 people
 - We encourage residents to be cautious in this choice and to ask important screening questions:
 - Have you been following Stay Home Stay Safe protocols?
 - Have you been wearing a mask?
 - Have you been washing your hands, sanitizing?
 - Have you been social distancing?
 - Do you have a fever of 99.4 or greater?
 - Have you been around anyone with COVID19 or around anyone showing symptoms?
 - While in the car with another individual that you have not been sheltering in place with, wear a face mask
- **FCA ASSISTED LIVING DINING SERVICES**
 - Residents may choose to eat in the dining room
 - Tables and chairs have been positioned for social distancing

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- Residents may also choose to continue the room service option