

Communique

January 15, 2021

Center for Vitality Reopening at the Cultural Center

Monday - Friday, 6:00 AM - 6:00 PM | Saturday, 8:00 AM - 2:00 PM

We are pleased to announce the reopening of the Center for Vitality at the Cultural Center, beginning Monday, January 18, 2021. The satellite centers – The Clubhouse, Manor, Garden Apartments, North/Glen, Vistas, Lakes, Spring Run – all remain closed at this time.

The protocols that we put into place back in the fall will continue to help minimize risk of Coronavirus exposure:

- 1) **Daily Screening** – Residents are required to be screened prior to utilizing the Center for Vitality.
- 2) **Occupancy Limits** – conservative occupancy limits have been established to provide access to equipment while minimizing exposure.
- 3) **Reservations** – a reservation ‘Amenity Pass’ is required and can be accessed through the **Living Forward App** (beginning 01/14/2021). Reservation times have been built to allow cleaning time in between sessions.
- 4) **Locker Rooms/Shower Closed** – locker rooms and showers are closed to minimize contact exposure.
- 5) **Masks** – masks are REQUIRED while using the Fitness Center; if you are unable to wear a mask, we ask you to limit your exercise to in your apartment or outdoors.
- 6) **Air Quality** – our air handlers servicing the fitness center have been adjusted to provide maximum air flow. Additionally, ionization units have been added to the units to sanitize the air through our duct work.
- 7) **UV Technology** – UV wands will be used to sanitize small equipment – pens, clipboards, etc. between users.
- 8) **Electrostatic Sprayers** – although Residents are still required to utilize the gym wipes to wipe down equipment after use; electrostatic sprayers will be used in between sessions to sanitize equipment.

GENERAL GUIDELINES FOR USING THE CENTER FOR VITALITY

- Residents Only - No Guests
- If you are not feeling well, please stay home
- A reservation ‘Amenity Pass’ is required and can be accessed through the **Living Forward App**
- Access through lower level only (upper level is closed to Residents)
- Residents MUST check in with the Concierge
- Residents will be screened if they have not already been through a checkpoint. Going through the screening checkpoint prior to arriving at the Concierge Desk helps to quicken the check-in process
- Please do not show up early; you will not be permitted to sit indoors and wait for your reservation
- Residents will be asked to leave at the end of the reserved time; do not congregate or socialize in the lobby. Those with back-to-back reservations will be asked to go out to their car with their belongings so we can clean and sanitize before the next group
- Please wear your mask when entering/exiting and when going in/out of the bathrooms
- A table will be set up with baskets for personal items such as keys, cell phones, etc. Please leave your personal items in the baskets and not on the floor beside machines. Baskets will be sanitized after each use
- Headphones and strength training bands are available for purchase and should be brought back and forth
- The Aerobics Room is not available for use. No group classes at this time
- Staff will be available to help you acclimate to the machines once again – helping with settings; reviewing your workout, etc. Personal Training will be accommodated based upon availability

(over please)

AQUATICS CENTER | Max Occupancy: 24 total | (10) Main Pool | (6) Therapy Pool | (8) Deep Water Area

Daily Passes (M-F): 6:30 AM - 8:00 AM | 8:30 AM - 10:00 AM | 10:30 AM - 12:00 PM | 12:30 PM - 1:30 PM |
2:00 PM - 3:00 PM | 3:30 AM - 4:30 PM | 4:45 PM - 5:45 PM

Saturday Passes: 8:30 AM - 9:30 AM | 9:45 AM - 10:45 AM | 11:00 AM - 12:00 PM | 12:15 PM - 1:30 PM

- **UPDATED RULE: Masks are required while on the pool deck, up until you are ready to get in the water.** Masks are not required in the pool as long as social distancing is maintained – you may be asked to put a mask on if you do not stay 6' apart. Please wear your mask when entering/exiting and when going in/out of the bathrooms
- Pool towels (1 per person) will be offered at check in. Please discard your towel in the designated bin when leaving
- The locker rooms and showers are closed. Please come dressed to swim
- Pool noodles will not be provided; but, you may bring your own. If you would like to purchase one to bring back/forth, see the Concierge
- Pool weights are not be available for use.
- Flotation belts for use in the deep water pool will be available from the attendant on duty. Please return the belt to the attendant when you are finished, so that it can be cleaned and sanitized

FITNESS CENTER | Max Occupancy: 24 (daily) | 15 (Saturday)

Daily Passes (M-F): 6:00 AM - 7:30 AM | 8:00 AM - 9:30 AM | 10:00 AM - 11:30 AM | 12:00 PM - 1:00 PM
1:30 PM - 2:30 PM | 3:00 PM - 4:00 PM | 4:30 PM - 5:30 PM

Saturday Passes: 8:00 AM - 9:30 AM | 10:00 AM - 11:00 AM | 11:30 AM - 12:30 PM | 12:45 PM - 1:45 PM

- Some equipment has been taped off to maintain social distancing. Please do not attempt to use these machines
- MASKS ARE REQUIRED – NO EXCEPTIONS!
- Sweat towels will NOT be provided; bring your own
- Residents MUST use the gym wipes to wipe down the equipment after use
- The locker rooms and showers are closed. Please come dressed to exercise – no changing on-site
- Please wear your mask when entering/exiting and when going in/out of the bathrooms
- Fitness Cards to log your work-outs should be taken back/forth each day – we will not be filing on-site
- Clipboards/pens are available and will be sanitized between users

Making a Reservation Through the Living Forward App:

Please ensure that your Living Forward app has been updated to the latest release and enable push notifications.

- 1) A Resident can book up to 2 passes per time period; but, may book passes for multiple time periods in one day. Passes are displayed on the app one week in advance.
- 2) From the menu (≡) in upper left hand corner, choose **Amenity Reservations**.
- 3) Choose (click on) **Cultural Center Aquatics OR Cultural Center Fitness Center Amenity Pass**.
- 4) At the bottom of the screen, click on **Select from Available Dates**.
- 5) View the Amenity Passes available for each timeslot and **select the pass that you wish to reserve**; then, click **Select This Pass** to continue.
- 6) Indicate the number of adults by tapping on the plus (+) symbol. After confirming the number of reservations you want – one or two – click on **Continue Reservation**.
- 7) Click on **Confirm Reservation**. You will receive a push notification indicating your reservation is confirmed. Please note, you will be waitlisted if the timeslot is full. If a cancellation is processed, you will be automatically confirmed and notified via push notification.
- 8) View confirmed passes from the **My Living Forward > My Passes** button.
- 9) Push notification reminders for entry and exit will be sent to your device 10 minutes prior to your start time and 10 minutes prior to your end time.
- 10) For assistance or issues, please contact your Resident Life Coordinator.

Pam—Pam Schorr, Wellness Manager

Stacy—Stacy Musser, Senior Director of Resident Life & Wellness

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COVID-19 Vaccine Update

This past week, the Lakeside Skilled Care area administered the first dose of the COVID vaccine to its Residents and Team Members. Additional vaccination dates are scheduled for other Supportive Living areas at Willow Valley Communities.

Leaders from our vaccine committee have been in conversations daily with CVS/Omincare about vaccine needs for the Independent Living areas at Willow Valley Communities. It is our goal to expedite vaccination of Independent Living Residents as soon as Willow Valley Communities receives the vaccine.

Denny — Dennis W. Griest, President & CFO

Security Alert

Please be aware that there has been a growing increase in vehicle crimes in the Willow Street area. This includes our WVC campuses. Some examples of known incidents include unlawfully entering a vehicle, rummaging through a vehicle, and vehicle theft. As a result, WVC Security is increasing our auto and foot patrolling of areas effective immediately.

Most vehicle related crimes are crimes of opportunity. To combat these crimes, we must all be proactive and take away these opportunities for criminal activities to occur. Here are a few steps that we can all take to help prevent vehicle crimes:

- Keep vehicles locked when they are parked and unattended
- Ensure all vehicle windows are closed when not in use
- Never leave a running vehicle unattended
- Always take the car key with you
- Never keep a spare key in your vehicle
- Do not store valuables or currency in your vehicle
- Be alert and immediately report any suspicious activity directly to the Concierge Desk who will contact the WVC Security Team. WVC Security is available 24 hours/day, 7 days/week

Thank you in advance for your attention to details and vigilance. Be safe!

Neile — Neile Hicks, Manager, Safety and Security

COVID-19 Broadcasts Now Available on the Resident Intranet

We are happy to announce that we have added a link for the COVID-19 Broadcast to the Resident Intranet. You will notice that there is a new button at the top of the home page titled "COVID-19 UPDATE." When clicking on this button, you will be directed to a video window where you can watch the broadcast live at 4:00 PM on Thursday afternoons. Outside of that timeframe, you can watch the most recent broadcasts by selecting one from the dropdown playlist in the top left-hand corner of the video window.



Neil — Neil Hershey, Theater & Technical Systems Manager
Stacy — Stacy Musser, Senior Director of Resident Life & Wellness