

October 2, 2021

Dear Residents, Families and Friends,

After a month of lock-down we could not be happier to announce that we have been liberated! Because we have had no positive COVID-19 tests in 14 days, we have now passed into the **“no outbreak phase.”** If you are interested in all the official terminology, the link to the DC Department of Health guidelines is at the bottom of this letter.

Here is the news you’ve no doubt been waiting for:

- The Residents are now back in their dining rooms for meals. The following activities have also resumed: non-essential medical visits, non-medical personal care activities such as the beautician, attendance at chapel services.
- Group activities have also resumed, without the Residents being required to wear face coverings, except for those who are unvaccinated or immunocompromised. If these Residents are present at activities everyone must be masked and practice social distancing.
- **Visitation of all Residents** by loved ones has resumed. Visits may take place in the Residents’ rooms or outdoors. The latter is preferred while the weather still permits this. Window visits, video chats and phone calls are still possible as well.
- Resident outings are permitted for community activities.

If any Resident should require quarantine or isolation due to COVID-19, he or she would not be permitted in any communal settings.

Residents who are unvaccinated or immunocompromised must wear cloth face coverings when outside their rooms or when anyone enters their room.

Just as this last period of lockdown began we completed the set-up of our in-house closed circuit TV system, so we have been able to project live programs and videos to the Residents’ rooms multiple times per day. I am sure that this made the lockdown period more tolerable for them.

I have seen many of the Residents taking advantage of their newfound freedom to get outdoors this weekend. I hope you too are enjoying the beautiful autumn weather with which we’ve been gifted.

God bless you!  
Mother Mary Michael and the Little Sisters

P.S. The guidance we are following for each of these “Outbreak” phases was issued by DC Health and is entitled “Coronavirus 2019 (COVID-19) Reopening Guidance (Phase Two) for Skilled Nursing Facilities and Assisted Living Residences” You can find the link below.

[https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page\\_content/attachments/Phase\\_2\\_Reopening\\_Guidance\\_SNF\\_ALR\\_DCHealth\\_COVID-19\\_5.3.21.pdf](https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Phase_2_Reopening_Guidance_SNF_ALR_DCHealth_COVID-19_5.3.21.pdf)