



NIPPENOSE
Valley Village



A SENIOR LIVING COMMUNITY

7190 South State Route 44
Williamsport, PA 17702

COVID-19 Reopening Plan
Effective July 16, 2020
Revised February 8, 2021

Facility Contact: Jasmyn Winey, Administrator
Phone Number 570-745-2400

TESTING PLAN

Per the Order of the Secretary of the Pennsylvania Department of Health Directing Testing at Long-Term Care Facilities, issued on June 26, 2020, Nippenose Valley Village conducted baseline Universal Testing for COVID-19 on all residents and staff by August 31, 2020.

Nippenose Valley Village contracted UPMC Susquehanna's Mobile Integrated Health Team to conduct testing at the facility and their lab to process the results. Individual residents and staff's primary care physicians completed the lab slip and provided an order for UPMC Susquehanna. The facility was approved to receive assistance from the Pennsylvania Department of Health to obtain testing supplies. UPMC Susquehanna staff conducted testing, DOH sent testing supplies to our facility.

Staff members who did have medical insurance or were unable to timely obtain an order from their doctor were directed to go to either CVS or Walmart to be tested where they are conducted free tests for health care workers. Staff members who had their COVID-19 baseline testing conducted at CVS or Walmart provided the Administrator with a copy of their results.

Staff who work at another facility that conducted baseline Universal testing after June 12, 2020, were allowed to provide a copy of the test results to the Administrator so that they do not have to be tested again, unless they want to be.

After the initial baseline testing if a resident began to show symptoms of COVID-19, the resident will either be sent to an Emergency Room via ambulance, where they will be tested, or if during normal business hours and the symptoms are not severe, their doctor will be contacted to schedule the resident at a local testing site within 24 hours. Should the test be positive, the facility will notify their licensing agency immediately, isolate the individual from the rest of the facility for quarantine, designate specific staff to treat the individual while wearing full PPE per CDC guidelines, and prepare for re-testing the entire facility through UPMC Susquehanna.

If a staff member develops symptoms, they will be restricted from the facility and their return to work will be based on guidance provided in PAHAN-501 issued on 5/1/2020 by the Pennsylvania Department of Health.

For non-essential staff who have been excluded from the facility, staff who are currently out on medical leave, and volunteers, they will be required to have a COVID-19 test completed prior to reporting back to the facility for work or volunteer service, when they are allowed per Interim guidance issued on June 26, 2020.

If a resident or their designated healthcare power of attorney refused was unable to be tested that resident was required to quarantine in their room for 14 days after the date that all the residents have been baseline tested as the facility must follow the same protocol they would for a resident who tested positive during this 14-day period.

If a staff member refused or was unable to be tested, they were instructed that they would be restricted from working until they test negative for COVID-19 or facility is fully under permission to re-open from the Pennsylvania Department of Health or they may be scheduled to work strictly with any resident who tests positive for COVID-19, if applicable, while following protocol for a positive resident.

Should the facility experience an outbreak before, during, or after the initial baseline testing, the initial plan was to contract with UPMC Susquehanna to conduct diagnostic testing.

Baseline testing was conducted by UPMC on August 3, 2020. All initial baseline tests came back negative, and the facility entered the reopening process at “Step 2,” 14 days later on August 17, 2020.

In October 2020, Nippenose Valley Village contracted with ICM Diagnostics to provide the facility with testing supplies and process results for COVID-19. The facility planned to test based on the positivity rate in the county and suggested testing strategy by the Pennsylvania Department of Health. In November 2021 the facility experienced their first case of COVID-19. As this came right around the holiday season and with the fear of the virus spreading across the nation, the facility decided to start conducting testing weekly. They planned to continue to do so through the middle of January 2021, two weeks after the holiday season ended, however at the point of this update on 2/8/2021 the positivity rate in the county is still over 10% and weekly testing is still recommended.

SCREENING OF RESIDENTS

Residents are being screened daily for symptoms including fevers. Direct care staff keep a log of daily temperature checks. Any resident with symptoms will be isolated from the rest of the community. Staff will follow proper protocol with PPE and infection control for any resident with symptoms. The resident will be served meals in their room. The resident’s primary care physician will be consulted. Minor symptoms will be monitored for 24 hours to see if the symptoms cease before testing, unless otherwise directed by a doctor. Residents with severe symptoms will be sent to a local Emergency Room and a COVID-19 screening test will be required prior to readmission to the facility.

SCREENING OF EMPLOYEES

Staff must be screened into and out of the facility at the front office at the beginning and ending of their shift per Nippenose Valley Village's "COVID-19 Active Screening Upon Entry and Exit for All Employees and Essential Visitor's Policy" enacted on March 22, 2020 and most recently updated on July 1, 2020 and complete the entry and exit screening questionnaires during each shift. Following the guidance on the screening forms will indicate whether an employee should be restricted from working due to COVID-19 concerns. Screening questionnaires are stored in the Administrator's office.

Any employee restricted based on their questionnaire response will be COVID-19 tested at the facility. Should the employee's test be negative and the employee's symptoms have ceased, they shall be allowed to return to work.

SCREENING OF VISITORS

Any essential personnel, non-essential personnel, volunteers, and visitors, as allowed per the *Interim Guidance for Personal Care Homes and Assisted Living Residences and Private Intermediate Care Facilities During COVID-19*, must be screened into the facility. All visitors indicated above are directed to ring the doorbell at the front entrance to be allowed entry to the office where they will have their temperature taken and answer questions related to their temperature, signs for symptoms of COVID-19, interaction with anyone who has had COVID-19 in the past 21 days and travel. Visitors may be denied entry to the facility based on their answers. Any visitors who has traveled to a hot spot as indicated on the Pennsylvania Department of Health's list for countries or states who have not been tested for COVID-19 within 72 of entering the state or quarantined upon entry or return to Pennsylvania within the past 14 days will not be allowed to enter the building. This policy is frequently updated and their website should be consulted for current protocol. A log of all visitors and their screening will be kept at the front office.

Any essential personnel who is in the building three or more days per week, aside from family of a hospice patient who is actively dying, must have completed a baseline COVID-19 test and provide a copy of the results to the administrator of facility to keep on file. The Administrator will be contacting the essential personnel or their employer to notify them of this requirement.

PPE

Staff are provided with masks to wear at all times in the facility. The facility has secured a cache of N95 and surgical masks as well as gowns, goggles, face shields, cleaning supplies and hand sanitizer. The administrator checks with suppliers on a bi-weekly basis to determine the supply-demand chain for PPE items and determines if she needs to order more. Should the facility need additional PPE supplies and they are unable to obtain them from their suppliers, they will utilize the RCAT program for assistance.

ISOLATING POSITIVE CASES

Should a resident test positive for COVID-19 they will be restricted from the rest of the facility to isolate in their room. Management will notify all residents, the resident's main contact for the facility, and staff of the positive case within 48 hours.

Nippenose Valley Village has appropriate air control to mitigate the spread of COVID-19 by isolating residents in their room. Appropriate staffing levels including Medication Technicians will be designated to care strictly for COVID-19 positive individuals. These individuals will wear PPE and have a separate room to gown up and sanitize and/or dispose of PPE. The designated staff will be advised to bring a change of clothes to shower and change into prior to exiting the building each shift.

If there is an outbreak, the facility will work to further mitigate risks of spreading the virus by designating one or two hallways of the building for COVID-19 positive individuals. These hallways have separate entrances to the building and doors that can be closed to shut the rest of the facility off. If we need to utilize this route, residents may need to be temporarily moved from their room. The facility will arrange for rooms to be moved and if needed, storage pods, will be procured for outside storage of belongings. Up to two residents of the same sex may co-hort in each room in both hallways at a time.

Rooms will be sanitized according to CDC sanitation guidelines prior to any moving of residents back and forth during an outbreak.

STAFFING

Currently, Nippenose Valley Village has been able to maintain an adequate staffing level to avoid staffing shortage. Should staff test positive, depending on the number

of positive staff, the facility will decide the proper course of action from the following options:

- Offering or mandating overtime
- Switching from 8-hour shifts to 12 hours shifts to maximize employees
- Hiring temporary employees
- Contracting with a nursing agency for staffing

The course of action decided is fluid and can change at any time depending upon an outbreak and needed staffing levels.

ACTIVITIES

Nippenose Valley Village resumed limited activities per the Pennsylvania Department of Human Services guidance for personal care homes regarding an incremental reopening when they opened in “Step 2” two weeks after the initial baseline testing.

Residents participating in activities are encouraged to wash their hands prior to leaving their room to attend the event. Hand sanitizer will be made available and frequent use will be encouraged, especially prior to and after the activity.

All activities are set up so residents are socially distanced at least 6 feet apart from each other.

Activities with up to 10 participants, which can include bingo, arts and crafts, trivia games, and reminiscing. Currently activities involving singing are restricted from the facility. Activities where residents share items are also prohibited. Residents participating in activities are required to wear a mask.

“Step 3” allows all residents unexposed to COVID-19 to participate in the same activities listed above with social distancing, hand hygiene and universal masking in place.

If the community experiences an outbreak (defined as one or more residents or staff person being affected with COVID-19) activities will be restricted until the community has been free of COVID-19 for two weeks.

Depending on the positivity rate in the county, the facility may decide to suspend activities regardless of which Step they are in, to limit contact of residents and staff.

These steps are outlined below in the “Steps to Re-Open” section to provide details regarding the flow between steps.

DINING

Nippenose Valley Village is following the Pennsylvania Department of Human Services guidance for personal care homes regarding an incremental reopening. These steps are outlined below in the “Steps to Re-Open” section to provide details regarding the flow between steps.

Residents eating in the dining room will be encouraged to wash their hands prior to leaving their room. Hand sanitizer will be made available and frequent use will be encouraged, especially prior to and after the meal.

VISITATION

At this time Nippenose Valley Village is not accepting formal visitation unless for personal care residents unless they are at end of life on hospice care. Staff are happy to assist in scheduling a video chat or window visit with residents.

Visitors for hospice patients at end of life must pass a screening process before entering the community and must schedule a visit by calling our main number.

End of life visitation to any resident on hospice who is positive for COVID-19 will also require the visitor to sign an assumption of risk and waiver of liability to exposure to, or infection from, COVID-19 upon arrival at the community.

The Pennsylvania Department of Human Services has issued guidance for personal care homes regarding an incremental step visitation reopening. These steps are outlined below in the “Steps to Re-Open” section to provide details regarding the flow between steps.

Visitation will begin no earlier than 14 days after our universal baseline testing has been conducted and we have received all resident and staff results back. Laboratories are currently experiencing a delay in obtaining results, as a result, we may not be able to start accepting visitors on August 17, 2020, as anticipated. The facility will keep families informed by contacting each resident’s primary contact person. We appreciate these individuals relaying information to the rest of the resident’s loved ones.

In “Step 2” the state will allow us to offer outside visitation. We will offer these visits under the courtesy of a tent. These visits must be socially distanced and monitored by a staff member of the facility. Seating will be set up and may not be rearranged. During inclement weather, the facility is permitted to move the visit inside in a neutral area that is socially distanced and able to be monitored by a staff member.

Upon calling all families, we will schedule an initial visitation for the resident with loved ones. Per the guidance released by our licensing agency, we must prioritize scheduled visitation for residents with cognitive diseases and those who have expressed feelings of loneliness.

Further information regarding visitations is outlined below in the “Steps to Re-Open” section. Visitations may be scheduled by calling the Facility at 570-745-2400 at least 24 hours in advance.

Crossover visitation between Personal Care and Independent Living Residents is permitted to begin in “Step 3” as long as there is no facility onset of COVID-19.

In accordance with the Guidance on COVID-19 for Personal Care Homes, Assisted Living Residences and Private Intermediate Care Facilities, updated on January 28, 2021, the facility should also base visitation on the County Percentage of Positivity Rate. During periods of moderate to substantial community level transmission rates, visitation will be restricted. The Administrator will check the positivity rate for Lycoming county on the first and third Monday of each month and base visitation decisions on this rate if the facility is otherwise in good standing to accept visitation.

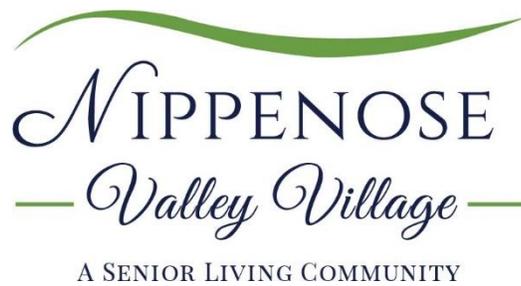
RESIDENT OUTINGS

Under the “Interim Guidance for Personal Care Homes and Assisted Living Residences and Private Intermediate Care Facilities During Covid-19” issued on June 26, 2021, residents may not leave the facility for personal reasons except for necessary medical appointments that cannot be conducted via telemedicine.

Residents who attend medical visits or are sent to the hospital will be required to quarantine for 10 days after returning to the facility. These residents may walk around the facility as long as they follow social distancing guidelines and wear a mask. Residents under quarantine precautions must eat in their room unless they are considered to be at danger of choking, at which point they will be assigned a private dining room table.

HAIR SALON

Under the “Interim Guidance for Personal Care Homes and Assisted Living Residences and Private Intermediate Care Facilities During Covid-19” updated on January 28, 2020, the hair salon may open up in “Step 2.” The stylist will need to be tested for COVID-19 with a negative test result prior to being able to report back to the facility.



STEPS TO RE-OPEN

A community may only proceed to the next step in their reopening if there have been no new cases of COVID-19 among residents or staff for 14 consecutive days. This means that anytime a staff member or resident tests positive for COVID-19, our facility must complete the pre-opening phase prior to re-entering Step 1.

Additionally, if Lycoming County reverts to the Red Phase of the Governor's Reopening Plan, all reopening processes will be halted.

Any questions regarding Nippenose Valley Village's phased re-opening plan may be addressed by calling the facility at 570-745-2400 and asking to speak with our Administrator.

Pre-Opening:

Facility must conduct baseline testing of all residents and staff per the Order of the Secretary of the Pennsylvania Department of Health Directing Testing at Long-Term Care Facilities, issued June 26, 2020 to being re-opening process.

Step 1:

- Visitation is Restricted
- Activities are limited and may be conducted with no more than 5 residents who have been unexposed to COVID-19 with social distancing, hand hygiene, and universal masking required
- Communal Dining is limited to residents unexposed to COVID-19 with social distancing in place

Facility must be free of new COVID-19 cases for 14 consecutive days before proceeding to Step 2.

Step 2:

- Pending the positivity rate in the county, outdoor visitation is permitted for residents who have not been exposed to COVID-19 and must take place in a neutral zone established by the facility. Nippenose Valley Village has purchased canopy tents that will be set up with social distancing in place for these visits. During inclement weather, visits may be inside.
 - Visits must be scheduled by calling the facility at 570-745-2400
 - Visits are limited to 30 minutes each
 - Visitors must be screened prior to the visit by staff
 - Any potential visitor who resides in or has visited another state per the Pennsylvania Department of Health's website may not visit until they have self-isolated for 14 days or received a negative COVID-19 test result, whichever occurs first
 - No more than four visitors at a time are per visit
 - Children may visit, but must maintain social distancing, children under 5 should be in their parent's lap
 - Visitors older than 2 and residents must wear a mask at all times during the visits
 - Visits will be monitored by staff to ensure compliance
 - Activities are limited and may be conducted with no more than 10 residents who have been unexposed to COVID-19 with social distancing, hand hygiene, and universal masking required
 - Communal Dining is limited to residents unexposed to COVID-19 with social distancing in place
 - Hair stylist services are permitted for residents unexposed to COVID-19
- Facility must be free of new COVID-19 cases for 14 consecutive days before proceeding to Step 3.*

Step 3:

- Pending the positivity rate in the county, indoor visitation is allowed in neutral zones, outdoor visitation is preferred, for residents who have not been exposed to COVID-19 and must take place in a neutral zone established by the facility. Nippenose Valley Village has purchased canopy tents that will be set up with social distancing in place for outside visits. Only hospice patients may have visitors inside their rooms
 - Visits must be scheduled by calling the facility at 570-745-2400
 - Visits are limited to 30 minutes each
 - Visitors must be screened prior to the visit by staff
 - Any potential visitor who resides in or has visited another state per the Pennsylvania Department of Health's website may not visit until they have self-isolated for 14 days or received a negative COVID-19 test result, whichever occurs first
 - No more than four visitors at a time are allowed per visit
 - Children may visit, but must maintain social distancing, children under 5 should be in their parent's lap
 - Visitors older than 2 and residents must wear a mask at all times during the visits
 - Visits will be monitored by staff to ensure compliance
 - Staff will sanitize chairs after each visit
- Cross over visitation from Independent Living residents is allowed only if there are no cases of COVID-19 in the facility
- Activities are limited and may be conducted with residents who have been unexposed to COVID-19 with social distancing, hand hygiene, and universal masking required.
- Communal Dining is limited to residents unexposed to COVID-19 with social distancing in place

There is no further guidance at this time to allow for private visitation.