**FREQUENTLY ASKED QUESTIONS – CORONAVIRUS PANDEMIC**

**As of 1pm on 3/18/2020**

1. **Do residents have to remain in their apartment?** No, unless the resident has symptoms of a cold, flu, or any communicable disease. Residents are free to move about the building. Groups need to be 10 or less. Residents may visit other apartments if they wish. Please remember to use physical/social distancing of three to six feet between people.
2. **May residents leave the building?** We highly discourage it. The federal Centers for Disease Control (CDC) is strongly recommending that persons over age 60 and those with underlying chronic health issues not be out in the public, as these groups are at higher risk for developing Coronavirus. If you have a non-essential medical/dental/optometric appointment (a regular checkup, for example), call your medical provider first and ask if you should attend the appointment. Any travel outside the building puts residents at an increased risk. It would be wise during this time to cancel are non-essential trips outside the building.
3. **Will the Wellness Center be open?** Yes. Please read the following guidelines provided by the Wellness Center Staff
	1. **Fitness Center Usage:** In order to regulate the number of residents in the Fitness Center at one time, we are adhering strictly to our timed schedule. Please come at your scheduled time. If you come early or arrive late, you may be asked to wait in the hallway until the numbers are appropriate to come in. If you are a drop-in, we cannot guarantee you will get right in. If possible, shorten your workouts so we can accommodate all residents. If you insist on doing your full workout, ask your coordinator when a more convenient time would be. We are asking for your patience and flexibility with this.
	2. **Group Fitness Classes**- In order to keep the class numbers to 9, plus the instructor, we will be going to a sign-up procedure for classes. Because of the limited space in class, we will be adding some additional classes to meet everyone’s needs starting on Monday, March 23rd.
	3. Miscellaneous Items:

\*Wash your hands before entering and when leaving the Fitness Center.

\*Our fitness staff will continue to clean all surfaces and equipment after each use. We encourage you to disinfect during your workout as well with the supplies provided to you.

\*The Legacy Marathon will be moved to later in 2020.

1. **What Activities will be held?** Our staff are developing a schedule on a week-by-week basis. Per the CDC’s guidelines, we will be restructuring our activity offerings. Group activities are limited to 9 residents to allow for social distancing. Because of these limits, we will also work to increase the frequency of activities so residents that wish to participate can still do in accordance with current CDC guidelines.  All participants and facilitators will be required to wash their hands or use hand sanitizer before & after each activity. Staff will sanitize all materials used before and after each activity or use disposable materials when available. We have also prioritized creating activities residents can do in their apartments such as word puzzles & adult coloring.
2. **May residents get together on their own and play cards, etc.**? Yes. This includes both common areas of the building (Saloon, Puzzle Room, etc.) and individual apartments. Care should be taken to thoroughly wash hands before and after any activity involving other people.
3. **Are visitors allowed?** Onlyessential visitors are allowed at this time. Anyone entering the building must enter through the main entrance and complete a questionnaire. If the person wanting to enter has: a) symptoms of respiratory illness; b) Fever in excess of 100.4 degrees; c) shortness of breath; d) has traveled, or if anyone they have had contact with, has traveled outside the U.S., or to Washington state, California, or New York in the last 14 days; and e) symptoms of the flu, they will not be allowed in the building. All visitors are to thoroughly wash their hands with soap and water for a minimum of 20 seconds prior to their visit and after their visit.

**It is essential that all visitors enter through the main entrance only. If you are going to have visitors, please inform them to NOT come in via the side doors. This is for the health and safety of all of our residents.**

1. **What is the plan for dining?** Assisted Living residents will be served all three meals in their apartments. Staff will assist AL residents in making their selections off the menu.

Independent Living residents will have meals served near the east elevator on each floor. Breakfast will be served from 7:30 a.m. – 9:00 a.m. and dinner will be served from 4:30 – 6:00 p.m. each day. Residents will receive their meals in “to go” containers and can eat in their apartments or in apartments of other residents. Independent residents will be served hot breakfast on the regular Tuesday/Thursday schedule. Lunch is available at an additional charge and will be delivered to your apartment. To order lunch, IL residents should call the front desk.

If Independent Living residents wish, they can have their meals (breakfast, lunch, or dinner) delivered to their apartments. Until further notice, there will be no charge for meal deliveries to apartments.

Menus will be distributed weekly. Coffee, tea, and lemonade are available as usual in the continental breakfast area in the IL dining room. The ice cream parlor will remain open, with popcorn bags pre-filled.

Coffee, tea, and lemonade are available as usual in the continental breakfast area in the IL dining room. The ice cream parlor will remain open, with popcorn bags pre-filled. When using the ice cream, cappuccino, coffee, water, or tea dispensers, please do not touch the handles with your hands. Use a paper towel or napkin to operate these machines.

1. **Are residents allowed to have guests for meals?** Due to the nature of our current operations of dining, we ask that there are no guests for meals until further notice.
2. **Will the Legacy Shoppe, Cornhusker Bank, and Scarlet O’Hair remain open?** Yes, at this time all remain open. Hours may be adjusted.
3. **How long will these adjustments last?** As you are aware, this is a rapidly-changing situation. Further restrictions are certainly possible in response to directives from public health officials. Legacy staff are monitoring the situation in the Lincoln community and within our buildings and will make decisions based on the best interests of our residents and staff. There is no way at this time to predict how long the current adjustments will last. Governmental officials have stated that it may take months before things return to normal.

It is imperative that all residents wash their hands with soap and water thoroughly throughout the day. This is the single biggest thing we can all do to limit the spread of Coronavirus. Keeping “social distance” (three to six feet in between people) will also help, as will limiting exposure to large groups of people.