



Safe Start Program

Welcome to The Gardens Assisted Living. We appreciate your interest in our community. In these unprecedented times, I'm sure you have many questions about how to find safe care for yourself or your loved-one. That's understandable. At The Gardens, we take great pride in the early preventative measures we have taken against COVID-19 since March 10, 2020. We began with visitor restrictions, continuous sanitizing of our building and high-touch areas, staff in PPE (Personal Protective Equipment), extensive symptom screening and temperature checks of all staff, residents and authorized visitors, suspension of salon services, communal dining and group activities and much more. We kept and continue to keep families and residents informed through emails, memos and in-person visits detailing every change in procedures based on CDC and Health Department guidelines. Our transparency throughout this process has been of great comfort to our residents and families during this time of uncertainty. We have a team of incredible heroes who stuck together with the common goal of keeping our residents safe. They have all risen to the occasion and embraced our "New Normal". We are truly fortunate to have such dedicated professionals in our community.

We created our Safe Start Program with you in mind and in keeping with Health Department guidelines for safety and infection prevention. All new residents are provided with full room-service for meals, apartment activities, 1:1 visits with staff and individualized care and symptom monitoring by our Nursing team, all while they transition through our 14-day Safe Start. Resident updates are regularly provided to families during this time by calls or emails based on their preference. Our residents also enjoy FaceTime and Skype visits with family. This transition period allows us to ensure that you or your loved-one are safe and

healthy before fully integrating into the Assisted Living experience. On day 15, our new residents are oriented to the community and have the ability to freely participate in our modified communal dining, small group activities and porch visits with families, which have now been added back into our program. We work closely with the Fairfax County Health Department to establish new versions of programs that ensure infection prevention and social distancing requirements are met.

I am happy to speak with you in more detail about our initiatives over the last several months. In the midst of all of those changes, we earned a Deficiency-Free state inspection. We have a lot to be proud of and would be honored to care for you or your loved one and have you experience first-hand, the love and care The Gardens is known for. I look forward to meeting you.

Sincerely,

A handwritten signature in cursive script that reads "Lainie Walsh". The signature is written in black ink and is positioned above the typed name and title.

Lainie Walsh, MA LNHA
Administrator