



To: Residents and Staff  
 From: Nadia N. Geigler, CEO *Nadia*  
 Date: Tuesday, April 20, 2021  
 Re: COVID-19 Prevention and Protection

**COVID Count**

ACTIVE cases	
Residents	Staff
0	0

RECOVERED cases	
Residents	Staff
25	46+7

"+7" refers to a non-staff provider

**Visitors in Independent Living**

Starting immediately, visitors to the Independent Living (IL) side of our community are welcome in IL common areas including the IL side living room, library and Bistro. The Waterfront is not open to guests Monday through Saturday as we are regularly reaching capacity in service to our residents. As our capacity limits increase in The Waterfront, we would love to welcome guests back during the week. Guests are welcome in The Waterfront for Sunday brunch, however, as brunch tends to have excess seating available.

Like any member of this community, guests will be expected to follow established safety guidelines regardless of the vaccination status of the visitor or their resident host(s) including:

- Stay home if any symptoms are present or if potential exists for COVID exposure.
- Masks must be worn at all times unless actively eating or drinking. No eating or drinking should happen in any common area outside of the Bistro.
- Social distancing must be maintained. This includes following posted seating limits in the dining areas.
- Practice good hand hygiene including use of hand sanitizer or washing hands prior to and just after being present in common areas of the community.

Additionally, we are asking that guests dining in The Bistro or The Waterfront do so with their resident host(s) only and refrain from joining tables where other Admiral residents/staff are seated, unless mutually agreed to by all parties.

**Vaccination Status and Safety Rules**

The benefit of the COVID vaccine is two-part. First, it can help prevent the vaccinated person from contracting the COVID virus. Second, if the vaccinated person does contract the virus, the vaccine can help lessen the severity of the symptoms. However, it is important to note that a person who has been vaccinated can still contract the COVID virus and is more likely to do so when they deviate from established safety procedures, such as mask wearing and social distancing.

This is important because any positive cases in our community – by a vaccinated or unvaccinated person, by someone who is very ill or who remains asymptomatic – will have consequences

including additional testing, increased restrictions on gatherings, guests and the like. While we are grateful that so many members of our community are protected from serious side effects because they have received the vaccine, the community as a whole is still susceptible to shut downs and restrictions as a result of any positive cases among staff and residents.

Therefore, please continue to exercise caution when socializing with people outside of your household. Mask wearing, social distancing, good hand hygiene and staying home when you have symptoms are still the best recipe to avoid contracting and/or spreading the COVID virus.

**Vaccine Availability**

If you are interested in receiving the Moderna vaccine this coming Monday, April 26, please reach out to Mark Dubovick. You can email him at [mdubovick@admiral.kendal.org](mailto:mdubovick@admiral.kendal.org) or leave a message at 773-654-5121.

cc: Megan Callahan, HealthPro  
Tricia Mullin, SASI

Dr. Eric Mizuno, Medical Director  
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