



**Tuesday, December 8, 2020**

Dear Residents,

Today is day 15 of our COVID-19 outbreak. We tested all residents of Penrose Harbor today and all staff through the evening shift. I'll report night shift results to you tomorrow. We have also tested all Heron's Key staff members who have frequent contact with residents.

I am pleased to share that we continue to have a COVID-free environment in Assisted Living and The Lighthouse. All Heron's Key team members also tested negative. In Skilled Nursing, three residents tested positive today, along with two staff members. One staff member is a nursing assistant and the other staff member works in Penrose Harbor Administration and has had frequent contact with residents in Skilled Nursing.

The staff members and residents who tested positive today are all experiencing symptoms. There have been no transfers today and our residents who are hospitalized are reported to be in stable condition.

Our current numbers are now:

- **Residents currently residing within Independent Living**  
total: 0 (no change) | with symptoms: 0 | without symptoms at this time: 0  
| recovered and removed from list: 2
- **Residents currently residing within Penrose Harbor Skilled Nursing**  
total: 12 (up 3 from yesterday) | with symptoms: 12 | without symptoms at this time: 0  
| recovered and removed from list: 1
- **Penrose Harbor staff recovering at home**  
total: 13 (up 2 from yesterday) | with symptoms: 9 | without symptoms at this time: 4  
| recovered and removed from list: 2
- **Total Transfers of COVID-19 positive residents**
  - Penrose Harbor transfer to another facility: 1 (no change)
  - Penrose Harbor transfer to hospital: 4 (no change)
  - Residents originally residing in Independent Living admitted to Skilled Nursing: 1 (no change)
- **COVID-19-positive residents who have passed away: 1 (no change)**

(over)

Governor Inslee held a press conference this morning regarding COVID-19 and the impacts our high transmission rates are having on hospitals in our state. (<https://tinyurl.com/y4sq9vpt>).

During this press conference the Governor also extended his current restrictions on gatherings through January 4, 2021. The Governor explained that Washington's healthcare system is reaching dangerous occupancy levels stating, "This is because we remain concerned about COVID activity and we still do not have a clear picture of the situation following the Thanksgiving weekend." You may recall that these restrictions include no indoor gatherings, outdoor gatherings are limited to 5 people from outside your household, restaurants and bars are closed for indoor service as are a number of other businesses in our Washington State.

The three-week extension will give the state's medical system more time to increase Intensive Care Unit (ICU) capacity before it's overwhelmed. Governor Inslee urged, "***What we do between now – when COVID activity is still at crisis levels – and the time when vaccines are widely available, is literally a matter of life and death.***"

According to Governor Inslee's December 8, 2020, post on Medium.com (<https://tinyurl.com/yxpf9xcr>), nearly 80% of ICU beds in the state are occupied. To ensure there are enough ICU beds for COVID-19 patients, even in the best-case scenario, hospitals would need to add "surge capacity" in the upcoming weeks and months. "In the worst-case scenario, state ICU capacity would need to be doubled before the end of the year." During today's press conference, the Governor reminded the public, "They're not all COVID patients taking up the ICU beds, which is very important to remember: If COVID overwhelms our medical facilities, every other person with a significant medical need will be affected, not just COVID-19 patients. We are all, quite literally, in this together."

We have seen first-hand how easily this virus can be transmitted. I urge all Independent Living residents to reconsider projects that require outside contractors to enter your residence. Unless it is a matter of safety, think about postponing until later in January. If you must have a visitor or work completed, please reach out to the Director of Resident Services at 253.313.0716 to discuss options.

Thank you.

A handwritten signature in black ink, appearing to read "Amy", written in a cursive style.

Executive Director