

October 16, 2020

Good Afternoon. It is my hope this finds you all well. We had another round of COVID -19 testing this week, on October 13th and are awaiting the results of 6 tests. We have not heard anything from the lab so no news is good news in my opinion.

COVID testing in the facility is making a shift in the frequency and number of staff tested each week as directed by the NH DHHS and CMS. We will begin testing only 10% of staff weekly and 100% of staff every 28 days. While this is a significant change for us, we at the facility will continue to take this virus very seriously, as we all should, and continue to practice social distancing, wearing facial coverings and completing thorough hand hygiene.

With the holidays quickly approaching, I wanted to be sure to let you know that we will NOT be hosting a family invite for our holiday meal(s) as we have done in the past. While I know this will be very disappointing for all of you, as it is for us, we have to keep the safety of the residents at the top of our priority.

The CDC has put out some recommendations for gatherings during the holidays. You can find more information at this link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

I do encourage each of you to review these recommendations and make good decisions about gatherings with others outside your own home and community. I know for myself and my family we will be celebrating Thanksgiving in our own home, without guests for the first time. While this may seem sad, I feel this is the safest decision for my immediate family, my extended family and my staff and residents.

Visitation Update: **Limited indoor visitation** begins on October 19th here at St. Ann. As a reminder, the outdoor visits will cease to exist as this new format rolls out. As a reminder, below are the restrictions that are implemented for **indoor visitation**.

- Visitations will be limited to 2 visitors per resident and will be booked for 20-minute intervals.
- **Each resident** will only be able to have 1 visit per week- initially. We will do our best to accommodate all visit requests.
- All visitors are required to complete the pre-screening questions (just as you are currently doing) when booking you appointment/visit with Karen in reception.
- You will be screened again at the time of the visit and asked those same questions you will enter the facility at the front door. The front door is locked so please call the facility at 603-742-2612 to be let in.

- Indoor visits will take place in a designated area- they will not occur in the resident's room.
- You will be required to wear a mask/facial covering at all times.
- No food or drink is permitted to be consumed during the visit (as this would require the removal of facial covering)

Window visits: these remain available to those who access to a window in his/her room at ground level. Window visits are to be scheduled with social services. Please contact Jesse Taylor at sta.swdir@nh-cc.org or Krista Charles at sta.sw@nh-cc.org in our Social Services department to coordinate a window visit. We do ask that you keep these visits limited to 20 minutes.

Life Enrichment update: Fitness programs and a new take on Columbus Day highlighted activities at St. Ann this week. We started the week with a look at National Indigenous Peoples Day on October 12 featuring YouTube videos and discussion on this observance versus Columbus Day. Our conversation was made especially sweet as we baked and enjoyed Choctaw Chocolate Cake, a Native American dessert. Along with our Fitness Fun and Gentle Stretch exercise programs, several of our ladies engaged in friendly competition through our Women's Chair Bocce team, one of two such teams at St. Ann. Residents indulged in a variety of interests through our Adult Coloring, Crafts with Krista (featuring hand-made Halloween decorations) and the Scrapbooking Club. Word games and trivia, always favorites, capped off the week with Letter Scramble (in which residents built words using letter dice) and October Trivia. Another busy, fun-filled week!

Please continue to stay positive and safe. We encourage you to get the flu vaccine to protect yourself and others and refer to the CDC website for information about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Thank you again for your continued support, love and prayers.

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