

October 23, 2020

Good Afternoon. We started our day out today COVID testing the staff and 10% of our residents. Specimens will be picked up tomorrow and taken to the state lab in Concord for processing. Results should be in by early next week.

Yesterday we had a staff appreciation day and celebrated the longevity of some of the recent milestones of our staff employed at St. Ann Rehabilitation and Nursing Center. We had 13 staff celebrate their 1-year anniversary, 11 staff marking their 3-year anniversary, 4 Staff at 5 years, 1 celebrating 10 years of service, 1 at 15 years, 1 at 20 years, 1 at 25 years and even 1 with 35 years of service. That is something to be proud about!

We also want to let you know we received a donation of decorated pumpkins from St. Mary's Academy. The kids did a great job and were so creative. See below:



As I mentioned last week, 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>

Again, I do encourage each of you to review these recommendations and make good decisions about gatherings with others outside your own home and community.

Visitation update: **Limited indoor visitation** has begun and is in full swing. 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**. 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 your 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)

Life Enrichment update: Highlights for this week included a virtual overseas trip and fun trivia. We started the week with Women's Chair Bocce featuring friendly competition. Our players are getting so good at this game that we are now frequently measuring ball placement to determine points! Our focus on health continued with Guided Meditation, as well as favorites Gentle Stretch and Fitness Fun). Tasty treats made two activities especially sweet: Flan, the classic Spanish dessert, was served with our virtual visit to Andalusia in Southern Spain (many thanks to Chef Wayne and his dietary staff for this delicious addition) and our resident-made Pumpkin Bars were savored as we played Halloween Jingo (a version of Bingo). Two games – Bingo and word game "Begins With" were well received by participating residents. And there were plenty of laughs as we looked at crazy inventions throughout the ages in our Invention Trivia game. Finally, residents helped pay tribute to our hard-working staff during our Staff Appreciation Event. It's been a very good 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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