

St. Ann Rehabilitation and Nursing Center
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November 20, 2020

Good afternoon,

The mobile testing unit was here at St. Ann's today to test all staff and residents who have not previously tested positive for COVID-19. The waiting begins... I will provide you all with an update when the results are in- usually on Sunday but some results spilling over into Monday. We continue with testing until we can go 14 days with no new cases.

On November 12, we had a COVID-19 Focused Infection Control Survey from the New Hampshire Department of Health and Human Services. I am pleased to report that we were found to be in compliance and had no deficiencies. This survey was the result of our facility based COVID-19 outbreak. This good news is a true reflection of the hard work and dedication of our team here at St. Ann who continue to impress me with their commitment to one another and our residents.

The risk to exposure within our state remains substantial. Strafford County has a PCR positivity rate of 4.5% which is higher than the state average of 3.8%, according to data found on the dashboard today at <https://www.nh.gov/covid19/dashboard/schools.htm#dash>.

With the Thanksgiving holiday this week, please know we are not accepting any visitors. The residents and staff will however be enjoying a special meal made by our very own talented dietary team. Our Thanksgiving meal will consist of: roast turkey, stuffing, mashed potatoes, butternut squash, peas with pearl onions, cranberry sauce and of course pumpkin, apple or chocolate cream pie- yum!

Effective today, Governor Sununu has ordered a statewide mask mandate. This mandate is in effect until January 15, 2021. CMS, the Centers for Medicare and Medicaid Services, has also issued some recommendations about holiday gatherings. They are as follows:

- Limit close contact (maintain physical distancing of 6 ft or more)
- Keep gatherings as small as possible, and use technology to engage with others remotely;
- Wear facemasks or cloth face covering at all times (including in cars, homes, restaurants)
- Limit contact with commonly touched surfaces or shared items;
- Keep safe around food and drinks - Avoid communal serving utensils, passing of food, potluck or buffet style food service, and instead opt for individually prepared plates by a single server
- Perform hand hygiene often (wash hands with soap & water or alcohol-based hand sanitizer)
- Avoid large gatherings, crowded areas, and high-risk activities such as singing

- For those attending a gathering, avoid contact with individuals outside of their household for 14 days prior to the gathering;
- Ask anyone who has signs or symptoms of COVID-19, or has been exposed to someone diagnosed with COVID-19, to not attend the gathering;
- If possible, conduct gatherings outdoors. Indoor gatherings should have good ventilation, open windows and doors if possible
- Verbally greet others instead of shaking hands or giving hugs. Think ahead about how you will manage to prevent physical interactions with loved ones of different ages such as young children; and
- Check local conditions and state requirements for precautions and restrictions, including positivity rates and quarantine requirements, before crossing state lines.

Life Enrichment update: In light of our present COVID-19 outbreak status, Life Enrichment activities are provided through visits focusing on conversation, life review, and encouragement. Both residents and staff remain dedicated to coping with current circumstances through positive outlooks and kindness. We are thankful for their community-wide efforts.

On behalf of all my staff here at St. Ann, we wish you Thanksgiving Blessings with time of reflection on family and all we have to be thankful for in spite of the COVID-19 pandemic. This year has been unlike any other, but we continue to take each day as it comes and are thankful for our ability to help provide comfort and compassion to those in need.

Thank you,

Kate McCracken LNHA, MHA

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