

St. Ann Rehabilitation and Nursing Center
Bishop Gendron Senior Living Community
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March 19, 2021

The COVID testing that took place on March 15th for all staff has returned with all staff having Negative test results.

The NH Department of Health and Human Services has recently made some changes in their guidance for travel. The document can be found at

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/travel-guidance.pdf>

And was just released on March 16, 2021. I encourage each of you to look at this document for the updated guidance changes. Of note- it does indicate that if one travels outside of New England, a 14-day quarantine is no longer required but still recommends following the CDC's travel guidance, wearing a well-fitted face mask while traveling, practicing social distancing and getting tested 3-5 days after travel-while also limiting public interactions after travel. There are also additional changes for exceptions to travel quarantine for those whom have received a COVID-19 vaccine series and those who have had COVID within the last 90 days.

We are so glad to start seeing some of you coming back into our doors to visit with your loved ones. We truly appreciate your cooperation in scheduling visits with our receptionist and following all the necessary precautions we have in place for a safe visit. As I mentioned last week, we do have the ability to offer rapid COVID testing- results are available in 15 minutes- and we thank you for allowing us this opportunity to offer this to each of you. While it is not required that you agree to this testing, it does offer a small bit more reassurance.

Again, visits will be limited to 20 minutes- some of our residents are not tolerating longer visits than this and we are trying to monitor his/her active engagement in the visit. Only 2 visitors at a time are permitted and we are trying to be mindful of who had a visit already in a week and spacing them out to help prevent each individuals risk with the number of visitors at a time within a week.

Any resident who may be on quarantine or isolation will need to await the completion of his/her 14-day quarantine before an in-person visit can be scheduled. Window and virtual visits, however, are still available.

All visitation will require screening upon entrance into the facility, hand hygiene, the wearing a well-fitted face mask (covering the mouth and nose at all times), and social distancing of 6 feet.

Physical Contact during visitation- IF A RESIDENT is fully vaccinated he/she may choose to have close contact (including touch) while wearing a well fitted face mask and performing hand hygiene before and after. We are monitoring this closely to ensure any touching is done as safely as possible. In lieu of this change- we will be offering the use of N95 masks or requesting visitors to double mask as an extra precautionary measure for any close contact/touch/hugging that the resident is agreeable to. We hope you agree that this extra measure is for everyone's safety.

Life Enrichment update:

We started the week listening to one of our own LTC residents playing hymns on the organ. We learned some new things from the daily chronicle, challenged our brain with a few brain game handouts, and played hallway bingo. We celebrated St. Patty's day with two options for a festive Irish lunch meal of corned beef and cabbage or Irish stew with shamrock cake for dessert. In the afternoon we had green mint chocolate chip ice cream as a special treat. Friday, we finish up the week with Hallway Happy Hour and a little fitness fun.

Again, we are so thankful to all of you for your support and patience as we slowly worked through the many changes this past year brought us. We are truly blessed to have all of you.

Kate McCracken, LNHA, MHA

Administrator

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