

St. Ann Rehabilitation and Nursing Center
Bishop Gendron Senior Living Community
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May 21, 2021

This week, on Monday, May 17th, we completed another round of testing only with the NON-vaccinated staff for our weekly COVID testing. We remain Negative.

Strafford County's PCR Positivity rate continues to be on a decline- which is very promising, but we must all still be diligent to promote this continued decrease in positivity rates. On Monday we were at 4.4%- and today we are at 3.9%. If we can remain under 5% we will be able to decrease our testing rotation to once a month- which I know the staff would welcome happily.

Masking update:

Although the Mask mandate within NH expired on April 16, 2021, many businesses and communities have opted to remind residents that local mask rules remain in effect- per WMUR. Masks remain mandatory here at St. Ann for all staff and visitors.

Visitation update:

Visitation will continue to be scheduled through our receptionist Karen, by calling 603-742-2612. We will need to continue to limit the amount of traffic in the facility for infection control purposes.

We are asking if visitors have been vaccinated- however visitors ARE NOT required to share that information. If you choose not to disclose your vaccination status- you will be required to wear a face mask and maintain social distancing of 6 feet as a precautionary measure.

This week I am also enclosing a reference tool for taking residents outside the facility. Outings will need to be planned in advance much like a visit, but will need to be coordinated with the Social Services Department- Jesse Taylor at sta.swdir@nh-cc.org or Krista Charles at sta.sw@nh-cc.org or by calling the facility at 742-2612 and asking for one of them. We want to be sure we are creating the most opportunity for visiting with one another while also ensuring the safety of our community.

Life Enrichment update:

Last week we celebrated Nursing Home Week- themed Together through the seasons. Each day celebrated a season. Monday was winter Olympics. The highlight of the day was a hot cocoa bar which included hot cocoa and a variety of toppings; we had everything from the basic whipped cream and marshmallows, to syrups, to candies and sprinkles. Our Olympics went from fun filled events to let's take a nap instead. For fall we celebrated Halloween. Many of the staff and residents dressed in costumes and then celebrated with a Halloween parade. Dietary served a fall themed meal for lunch along with Halloween inspired cupcakes. Summer was celebrated with a good ole' fashion barbeque. We all dressed in our summer attire, played outdoor lawn games and topped it off with burgers, hotdogs, and watermelon. Wrapping up our week, we took a time machine back to our high school days and had our very own spring formal. Dietary put together an amazing assortment of appetizers along with desserts and punch. Everything you would find at a school dance. Many of the staff dressed up and escorted the residents to the dance. With music in the background, and some dancing, many of the residents enjoyed

the social and snacking. The smiles and laughs we received this week were amazing. Everyone came together to make nursing home week was the best week possible.

We'd like to extend our gratitude to one of our families for the pizza luncheon donated today- the staff enjoys a variety of pizza, salad and sweet treats!

Thank you so much for your ongoing support and cooperation with us with our rules in visitation and your compliance with our safeguards. We thank you for working with us.

Kate McCracken, LNHA, MHA

Administrator

St. Ann Rehabilitation and Nursing Center

195 Dover Point Road

Dover, NH 03820

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RESIDENT TRIPS OUTSIDE FACILITY

These guidelines are based on current CDC and Federal requirements and are subject to change as the guidance is updated. As you know, the state guidance has been lifted, but nursing homes are required to follow CDC and CMS directives. We are slowly normalizing, but not as fast as the outside world. The rate of COVID-19 in nursing homes has decreased dramatically. We ask that you help to protect our residents and staff when you take your loved one for a car ride, whether that be to an appointment, your home to visit family, or to a restaurant.

- The safest trip is going for a car ride and not stopping anywhere, with all passengers in the car vaccinated. Please have all passengers wear masks and the windows down if weather permits, as a car is considered a small enclosed space.
- If you stop for an ice cream, we ask that you sit outside on a bench or a picnic table, while you have your masks off enjoying your ice cream. It is always safest to be outside when masks are removed. Please wear masks when you are not actively enjoying your ice cream.
- Going to a restaurant is not advisable at this time, but if you do dine out, please consider going at times before or after the noon or dinner rush. Many restaurants are no longer enforcing the wearing of masks and the fewer people you encounter, the safer it will be for everyone. If eating outside is an option, this would be preferable over dining indoors. If your server approaches without a mask, please ask him or her to put one on. If everyone in your party is fully vaccinated, you may bring take-out food from a restaurant to the facility and enjoy your meal while all together.
- Home Visits with Family - This gets a little tricky and will vary depending on who is present during the visit. If you are indoors and everyone in the group is vaccinated, masks may be removed for short periods of time, with social distancing. This applies even in a small group. When visiting indoors, open some windows for ventilation, weather permitting. If you are outdoors and everyone in your small group is vaccinated, you may consider taking off your masks for short periods, while maintaining social distancing of 6 feet. If unvaccinated visitors are present, everyone should keep their masks on for the entire visit.
- A visit home with unvaccinated family requires more caution, however we understand there may be times when unvaccinated individuals are present, such as young children. If you are just going for a car ride with no stops, please keep some windows open and have everyone keep their mask on at all times and social distance as much as possible while in the vehicle. Remember even fully vaccinated people can get COVID-19 and can spread it. Families have been separated for more than a year and of course we understand that nothing is going to stop a grandparent from hugging their grandchild. It is important for families to begin to establish such connections again. We do ask that this physical contact be limited and when there is physical touch, both people should wear a mask, unless the child is under 2 years old and unable to wear a mask.
- A visit home to go to a party with a large group of people, especially if there will be both vaccinated and unvaccinated guests, is not recommended at this time. If there is an upcoming event, such as a wedding, graduation or some other type of special occasion that would really be important to your loved one, please discuss this in advance along with the type of event, number of guests, etc., with the Director of Nursing, the Assistant Director of Nursing or the Administrator. We want your loved one to enjoy such an important family occasion, and we can work together to help ensure the event is attended as safely as possible. We are committed to keeping all the residents in our care safe, so depending on the circumstances, or if we feel there has been a potential exposure, we may need to have your loved one quarantine after returning to the facility for a period of time. It is helpful to us to know this in advance so we can plan a smooth transition.

Visits in small groupings with all attendees fully vaccinated is the best and safest option for everyone. Outside is best – And it's a great opportunity for us to take advantage of the nicer weather.

Generally, exposing residents to unvaccinated people in the community, who may not mask, is NOT recommended. We hope you will assist us in keeping our community and residents safe. Please share your plans with us, so we can offer guidance. Keeping communication open will avoid any surprises.

These lifts in restrictions have been a long time coming and we are very happy our residents and families are able to socialize and be together again. Our goal is to keep everyone safe so we will be able to maintain and continue loosening restrictions as guided by the CDC and CMS. Thank you for your cooperation. Please contact us with any questions.