

St. Ann Rehabilitation and Nursing Center
Bishop Gendron Senior Living Community
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July 23, 2021

Greetings from St. Ann

We had a new change to the porch this week with the addition of new screens in the windows and two new seating areas. We have some décor ordered and we are excited to share this updated space with all of you and the residents.

Upcoming events:

Staff Summer Olympics:

Who's ready for some fun? This summer we are bringing back our Staff Summer Olympics and they will take place on Thursday, August 12th in the afternoon. We will have 4 competitions this year:

- A water balloon toss- **measuring distance** between pairs when balloon pops
- Knee ball- **timed event**
- Bean Bag toss- **points**
- Golf- each ball in is a **point**



A new event this year is a **Dunk Booth!** That's right- you've heard the rumors and its true- Your Administrator will be sitting in the Dunk Booth and each of the employees, residents and tenants will have the opportunity to Dunk the Boss!! A donation of \$1.00 for 2 balls for a chance to dunk me with all proceeds going to the Alzheimer's Association.

Mass Update:

This Wednesday, we joined the St. Ann and Bishop Gendron Community for Mass Services with Father Ryan. It was so wonderful having the two communities back together- albeit separate sides as a precaution- to hear the gospel and be together in worship. We have missed seeing one another and were so happy to be able to welcome this change.

COVID Update:

The county positivity rate of COVID in Strafford County is beginning to trend back up. On July 19th the rate was 0.7% and today is crept up to 1.40%. We encourage all of you to air of the side of caution and continue to be diligent with hand washing, social distancing and wearing a face mask.

Visitation update:

Indoor visitation continues to be scheduled through our receptionist, Karen, by calling 603-742-2612. We continue to schedule visits for 20-30-minute increments to allow for thorough cleaning between visits.

We have limited indoor compassionate care visits occurring as well. These are planned in advance and the unit/floor is made aware of these visits in advance so that they are aware when people are **expected**. If people are showing up for visits that HAVE NOT been scheduled in advance- staff may not permit you to enter the visit. We, the employees of St. Ann are responsible for the safe keeping of our staff and residents whom are in our care; we do our best to make accommodations and work with families.

Outdoor visits. The *skilled* patients (on the Granite wing) are having outdoor visits on the patio (located to the far right of the facility). The visits are to be scheduled through Jesse Taylor.

Outdoor visits for our *long-term care* residents take place on the screened porch located in front of the activities room. These visits are scheduled in advance through Krista Charles.

Resident Outings:

Residents are enjoying the outings you have opted to take them on. As a reminder, outings need to be scheduled so that we can plan around meals and medications. Outings are coordinated with the Social Services Department- with Krista Charles at sta.sw@nh-cc.org.

Life Enrichment update:

Last week we celebrated two wacky holiday's which both involved working our culinary skills. For National French Fry Day, we peeled and sliced potatoes to make our own French fries. When it came time for cooking, we decided to do a taste challenge. Baking the French fries or frying them. Frying won, but everyone agreed they still tasted delicious baked. For National Gummi Worm Day, we made dirt cups with worms. The residents added layers of chocolate pudding and crunched up Oreo's in a clear cup to make it look like dirt. Then we added the gummi worms. Eating the dirt cups was the best part of the activity. Many of the resident's had not had a gummi worm in a long time and were a little weirded out when it came time to bite into the worm. We tried a new way of doing trivia this week called I bet you never knew. This consisted of things you really never realized. An example would be "water is a beverage whose flavor is its temperature". The residents found these facts to be very interesting and also made for great conversation. We didn't get to spend much time outdoors this week but we made the best of it by doing some indoor table games and light exercise.

As always, thank you for your ongoing support and *working with us* on all the visitation changes and scheduling.

Kate McCracken, LNHA, MHA

Administrator

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