

**St. Ann Rehabilitation and Nursing Center**  
**Bishop Gendron Senior Living Community**  
195 Dover Point Rd.  
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August 13, 2021

Greetings from St. Ann,

**Dunk the Administrator:**

Yesterday's heat wave set the perfect conditions for me to be placed in the dunk tank. The water was cool and refreshing- thank goodness, because I spent a lot of time in the water! I had a personal goal to raise \$200.00 for this event and I am pleased to report that as of this morning- we raised \$305.00! I had a lot of fun watching the determination and smiles of satisfaction of residents, tenants of Bishop Gendron- our Independent Senior Living community- staff, and even a few family members join in the festivities. All the money raised with Dunking the Administrator will go to the Alzheimer's Association. There is a team here at St. Ann- called the St. Ann Angels that will be walking in Portsmouth, NH on September 26<sup>th</sup>.

**How are we doing:**

Please continue to share a review for St. Ann on either Facebook or Google. Your kind words and support are always welcomed

- On Google: (<https://g.page/r/CcKBi08JkHAiEAg/review>) I can probably make a redirect so this isn't so unwieldy.
- On Facebook: (<https://www.facebook.com/StAnnRehab/reviews/>)

**COVID Update:**

The county positivity rate of COVID in Strafford County continues to be trending up. Today we are at 4.1%.

If you have not been vaccinated, please consider doing so. COVID continues to gain momentum and so long as there are so many out there that have not been vaccinated, the virus continues to mutate, spread and infect those who are vulnerable- especially children who are not yet eligible to get the vaccine.

**Visitation update:**

**ALL Visitation is to be scheduled in advance.** We also **DO NOT** schedule visits around meals.

**All SKILLED Patients are required to have a period of quarantine** as a precautionary measure when entering St. Ann Rehabilitation & Nursing Center.

Visits **ARE NOT** scheduled during this time. The amount of time a patient is on Quarantine depends on whether or not he/she is vaccinated against COVID 19 and if he/she has any other medical conditions that may extend quarantine.

All visitors are asked about their individual vaccination status- however visitors ARE NOT required to share that information at this time. 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.

#### **Indoor visits**

Indoor visitation is scheduled through our receptionist, Karen, by calling 603-742-2612

**Outdoor visits** for patients on the **skilled unit** are scheduled from 2PM to 430PM Monday through Friday. These too are scheduled in advance with Karen- in reception and take place on the patio (located to the far right of the facility).

**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.

Outdoor visitation *is restricted* to the two different locations *to prevent* our long-term care residents from being transported through the skilled unit where many new patients are actively on precautions. The separate locations for outdoor visits is our attempt *to keep all of those in our care as safe as possible* while also providing as much visitation for both skilled and long-term residents. It is our hope that you can appreciate all of our efforts in this endeavor.

#### **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](mailto:sta.sw@nh-cc.org).

#### **Life Enrichment update from last week:**

Last week, we kicked thing off with our monthly resident council meeting. We reviewed a section in the Resident Handbook, discussed the activity calendar, informed residents of any updates around the building, along with the opportunity for the residents to voice any thoughts or concerns. That afternoon we celebrated National Ice Cream Sandwich Day followed by some trivia. For our craft, we invited one of our very own residents to come and teach the program. When she was home, she would make pinch pots "bird feeders" as gifts to her family. Every resident received a piece of clay that they had to mold into the shape of a bowl. Once the bowl was formed we took a pencil and poked holes into each side. We then ran a piece of string in each of the holes forming a hanger for the pot. Once the pots had hardened the resident's got to paint their pots. The pots were filled with bird food and then placed around the outside of the building. Mass continues to be going well with the recent joining of our Bishop Gendron tenants. Many of our folks have been commenting on how happy it makes them to be joined together again. Baking has been becoming more popular, as we baked chocolate chip cookies in honor of chocolate chip cookie day.

As always, thank you for your ongoing support.

*Kate McCracken, LNHA, MHA*

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