

December 3, 2021

Happy December from St. Ann

COVID Update:

We continue to track Strafford County Covid positivity rate via the CDC Covid Data Tracker located at https://covid.cdc.gov/covid-data-tracker/#county-view|Risk|community_transmission_level monitors the transmission rate is what indicates the level of transmission we are at for a 7 day period. Transmission levels are noted at the front entrance and near the nurse's station. We remain at a HIGH transmission rate and today was noted to be 11.41% with New Hampshire having the highest number of COVID cases in the United States.

If you have NOT been vaccinated- please consider doing so

Covid testing remains only needed for those who are symptomatic.

Visitation:

I'd like to thank everyone for your cooperation in following the rules we have in place to ensure the safety of our residents during visits. We have definitely seen an uptake in visits this week – however a few reminders are needed:

- St Ann must ensure adherence to core principles of infection control and that the visits do not pose a risk to other residents.
- Visitation is to take place in the resident's room under the following conditions:
 - The resident's roommate is vaccinated and not significantly immunocompromised
 - The roommate agrees to the visit
 - Only 2 visitors will be permitted at a time to maintain social distancing
- All the visitors wear masks at all times- they are provided to you at the front door when checking in
- Visitors are NOT to be meeting and visiting with residents in communal areas NOR are they to be walking about the facility.
 - We are *strongly encouraging* visitors to **AVOID** visiting during meal services (Breakfast 8AM-9AM; Lunch 12:00pm- 1:00PM; Dinner 5:00PM- 6:00PM)
 - We are asking ALL visitors to notify St Ann prior to coming during peak times, or after hours so private visitation can be arranged without compromising other residents.

All visitors will be screened **prior** to entering the facility via the main entrance at the front of the facility. Visitors who are positive for COVID-19, display signs and symptoms of COVID-19, or meet the criteria for quarantine **will not be allowed entry** into the facility.

- All visitors will receive education on the **core principles of infection control** and the risks associated with visitation.

- Visitors who are **unable to follow** the core principles of infection prevention *will not be allowed* to enter the facility, *will be asked to leave during the visit* and/or may be prohibited from future visits.
 - If a visitor is unable to follow infection control guidelines *due to cognitive impairment, or other reason that is not intentional disregard of the guidelines*, the visitor will be asked to have someone accompany them during future visits. The facility may assist with this by contacting other family members, or the facility reserves the right to monitor such visits.

Per CMS guidelines, visitors **are not able to socialize with other residents and visitors**- therefore visits are not allowed in communal areas when other residents are present **nor are visitors allowed to attend group activities**

You will also still need to notify the facility if you are planning to take your loved one out of the facility.

Life Enrichment:

Last week, on Monday morning, we were pampered with manicures and facials! Wow did the ladies love a face mask. Later in the afternoon, we played Thanksgiving Jingo (much like BINGO) and trivia! Did you know that the average person eats 4500 calories on Thanksgiving?

Tuesday, we had current events, hallway happy hour, and we started our coloring contest for the residents. We tried to make happy hour extra special with eggnog and rum and stuffed celery. That was a well excited treat for some of the residents that had not had it for quite some time.

On Wednesday, he met with residents for 1:1 visits and then attended Mass. In the afternoon we played Thanksgiving word puzzles.

Thanksgiving Day was a bit crazy as we watched many residents leaving for the day to be with family. It was a joy to see the smiles of our residents going out to spend some time with their loved ones and feeling extra blessed to be able to out of the facility this year. Last year this time- we were in the middle of our one and only COVID outbreak with lingered for 8 weeks.

Our Thanksgiving menu for those who remained behind enjoyed a feast of Roasted turkey, stuffing, sweet potatoes, green bean casserole, cranberry sauce and parker house rolls OR Roast beef with au jus, mashed potatoes, glazed carrots, parker house rolls and for dessert, pumpkin pie. Yum!

Later in the afternoon, we made of food craft of Chocolate Turkey pretzels and watched a Charlie Brown Thanksgiving and Meet Me in St. Louis.

We finished our week wrapping up our coloring pages for the coloring contest. Residents also worked on making more jewelry gifts for their families.

Please be safe, continue to wear a mask when indoors, practice social distancing and thorough hand washing. As always, if you have any questions or concerns, please do not hesitate to reach out.

Kindly,

Kate McCracken, LNHA, MHA

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