

St. Ann Rehabilitation and Nursing Center
Bishop Gendron Senior Living Community
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December 17, 2021

We are certainly gaining holiday cheer here at St. Ann. The staff were treated this week to some very yummy treats. On Monday- we had an ice cream social with vanilla ice cream, fudge & caramel syrups and of course- jimmies (or sprinkles to us none New Englanders). We also received treats from some of you and we cannot thank you enough for thinking of us. We all joke about needing to wear stretchy pants to work so we can enjoy all the goodies- and this year is no different.

On the 16th- we held our Staff All Day Buffet with David Sanders as our chef. For breakfast we enjoyed coffee, OJ, scrambled eggs, sausage, bacon, bagels & cream cheese, muffins and sausage gravy & biscuits. For lunch we enjoyed pulled pork, sweet kielbasa, baked beans, lasagna, chicken & broccoli alfredo and a garden salad. The staff were adorned with Christmas Gifts from the leadership team at St. Ann. It was a great day had by all.

Today we all wore our favorite ugly Christmas sweater- while a bit warm for sweater weather- it is surely to be a festive day.

COVID Update:

If you are watching the news, you will continue to see that New Hampshire is still trending high for community transmission rates of Covid. On Thursday, the 16th- the positivity rate for Strafford County was 13.86%- a 2.45% increase since December 3rd. Transmission levels are noted at the front entrance and near the nurse's station.

Please- if you have not been vaccinated- please consider doing so.

Visitation update:

We are so happy to see all of you coming into the facility to see your loved ones. Please be sure you are following the guidelines we have provided in our visitation process which includes:

- St Ann and all nursing facilities must ensure adherence to core principles of infection control and that the visits do not pose a risk to other residents.
- We will ensure physical distancing is maintained at peak times of visitation (Visitation hours are 9AM- 8PM) such as during meal times, after business hours and weekends or holidays.
- 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.

As a reminder- 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 Update:

Last Monday, we had morning stretch which was then followed with manicures. The ladies always love to be pampered with pretty nails and hand massages. Recently, our Life Enrichment Manager had been conversing with a woman at Dover Bingo and she has decided to adopt our activity department and help provide us with supplies and donations. This past weekend, we were gifted a very large donation of nail polish. On Tuesday, we started our crafts for decorating the activity room. The residents painted snowflakes and we placed their pictures in them. Later in the afternoon, we had gingerbread decorating contest with residents and staff paired together- everyone had so much fun! Mid-week, we joined together for Mass in the St. Ann Chapel and had 1:1 visits with others. The residents really seem to enjoy this personal attention. Thursday, we had morning stretch and spent most of the remainder of the day making jewelry gifts for the resident's family members. We finished the week by decorating our activity room. Our snowflakes were carefully hung and we finished putting together our giant snowman on the wall.

We thank you all for your ongoing support. We are so fortunate to have all of you in our lives and part of the St. Ann family..

Kindly,

Kate McCracken, LNHA, MHA

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