

May 6, 2021

Hi Everyone,

We continue on the trend of everything going well in the facility; still no positives, residents continue to enjoy the ongoing activities, and family visits are going well.

You may have seen the recent article in the Union Leader or Concord Monitor about the changes the State has made concerning Nursing Home visits. I covered this last week but have updated it a bit below.

Visitation Guidelines – as of May 5, 2021:

DHHS Commissioner, Lori Shibinette recently announced that the state has absolutely no restrictions at all on nursing home visitation.

I want to remind you that although the state has eliminated its restrictions/guidance, nursing homes **are required to follow the Federal CMS regulations/guidelines as we have been all along.**

Unfortunately for us, this puts Mt. Carmel caught in the middle of what the state has done versus what CMS still requires us to do and what you as a family member/visitor would like to have happen.

I also understand that this may cause some difficulty with being able to visit this coming Sunday, Mother's Day as the required visit time slots filled up quickly/early.

Please remember that due to staffing limitations and the number of visitors allowed in the building at any one time, visits MUST BE scheduled in advance. Because of this we are unable to allow visitors that just show up and expect a visit on Sunday or any other day.

MTC's current visitation guidelines can be found on our web site however, please note that they will be updated next week. <https://mtcarmelrehabcenter.org/covid-19-update/> .

To Schedule a Visit:

1. Go To: <https://mtcarmelrehabcenter.org/family-members/appointments/>
2. Read this page.
3. Near the bottom is where you can schedule a visit; you are able to select either a "Window/Lobby Visit" OR a "Room Visit"
4. Select the date and time slot you would like; (if the date and/or time is not available it will not allow you to select it.

- ❖ If you have any problems scheduling a visit please call Barbra Gray, Life Enrichment Director, Monday-Friday at 935-4607 and she can assist you.
- ❖ If criteria are met, compassionate care visits are being scheduled by the nursing staff on the particular floor your loved one is residing; please call them directly to schedule a visit. Call 627-3811 and follow the prompts to get to a particular floor. These visits must also be scheduled in advance.

Positivity Rates:

The New Hampshire map continues to have counties with substantial community transmission above the 50 cases per 100,000.

Manchester’s positivity rate is currently at 4.9% and **DOWN** from 5.8% last week. Below is how the rest of the county’s rank. Reminder that the goal is to be below 5% and less than 50 cases per 100,000.

County	PCR Tests Positivity Rate Last 7 Days - County
Belknap	2.90%
Carroll	6.10%
Cheshire	1.60%
Coos	2.50%
Grafton	0.80%
Manchester	4.90%
Merrimack	2.80%
Nashua	4.60%
Rest of Hillsborough	4.20%
Rockingham	4.10%
Strafford	5.70%
Sullivan	5.70%

The following interventions and actions are in place:

- All unvaccinated staff continue to wear an N95 mask and surgical mask.
- All unvaccinated staff are also wearing eye protection in resident care areas.
- All vaccinated staff are wearing a surgical mask, and eye protection in resident care areas.
- We continue to do staff screening before all shifts.
- We continue to test non-vaccinated staff weekly (no longer testing vaccinated staff).
- All residents are assessed for signs and symptoms of Covid-19, 2 times a day.
- The annex continues to be our holding zone for incoming un-vaccinated rehab patients/long-term residents needing to be on a 14-day quarantine. If the incoming patient/resident has been fully vaccinated, they no longer have to be placed on a 14-day quarantine and are being admitted to the appropriate floor.
- **For Patients/Residents**

Group activities:

- If all patients/residents participating in the activity are fully vaccinated, then they may choose to have close contact and to not wear source control during the activity.
- If unvaccinated patients/residents are present, then all participants in the group activity should wear source control and **unvaccinated** patients/residents should physically distance (6') from others.

Communal dining:

- Fully vaccinated patients/residents can participate in communal dining without use of source control or physical distancing.
- If **unvaccinated** patients/residents are dining in a communal area (e.g., dining room) all patients/residents should use source control when not eating and **unvaccinated** patients/residents should continue to remain at least 6 feet from others.

Vaccine News – In-House Vaccination Program:

We are planning to have the pharmacy come in the week of May 17th. We have a list of new staff and residents ready to receive the vaccine. All three vaccines will be offered allowing staff, their families and residents to choose which one they prefer.

From Barbara – Life Enrichment Services:

Visits:

We understand that the visiting schedule has been tight. We are asking for your assistance, in only scheduling a visit weekly. As our census goes up, we are having more of a demand for visits. We want all of our families to have a fair chance to see their loved ones.

Resident Activities:

Next week is **National Skilled Nursing Care Week (May 9 – 15)**, This year's theme is **"Together Through the Seasons"**. We have a fun filled week planned, for Residents and Staff. We encourage all Residents to dress up each day. If you have something for your loved one to wear to join in on the festivities, we ask that you bring it when you have a scheduled visit, or drop it off to staff at the side door (see below).

Here is a schedule of the themes for the week.

- Monday- Entertainment via ZOOM
- Tuesday- **Winter**- Suggestions for clothes, winter printed tops, winter hats, scarfs, etc. We will be playing the "Minute to Win It" game for our big activity.
- Wednesday- **Summer**- Suggestions for clothes, floral printed tops, dresses, pants, shorts, visors, or Luau attire. There will be a Luau for our big activity.

- Thursday – **Spring**- Suggestions for clothes, floral tops, capris, pants, hats, or carnival attire. We have a carnival planned for our big activity.
- Friday- **Fall**- Suggestions for clothes, autumn printed tops, pants, hats, or Octoberfest attire. We will be having an Octoberfest as our big activity.

The floors are also having a **decorating contest**; each floor has picked a season, to decorate for. If you would like to add decorations to their season, we welcome that 😊. The floors will start decorating this coming Monday. Please call the unit Managers with any questions 627-3811 and follow the prompts to get to the floor you want to talk to.

Here are the seasons that each floor has picked;

- ❖ **Spring** - 4th floor
- ❖ **Summer** - 2nd floor
- ❖ **Fall** - 3rd floor
- ❖ **Winter** - 1st floor

The prize for the winning floor is lunch (food is always a big hit)! 😊

Thank you, to the families that sent pictures of Residents in various seasons!

ZOOM Meeting:

Our next zoom meeting will be on May 20th at 6pm, mark your calendars.

Have a good week,

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