

October 2, 2020

Hello families, friends, residents and staff,

Our Beauty and Barber Shop reopened last week. Kelly Paquette is member of our staff (screened daily and tested) and can only provide services to ONE client at a time. She follows our protocol and cleans between appointments, and cleans all equipment. She is set up for Monday through Friday appointments, which can be made by leaving messages on Kelly's phone, X 4699. If her mailbox gets full, please work with Rachel.

Community Spread: There has been a uptick in positive cases in Manchester and Hillsborough County. Several healthcare centers around us have positive cases. We cannot let our guard down. We need to continue to mask when in public settings, social distance (6 ft.), Avoid activities that put us in large groups, Stay outside for dining and social interaction and wash our hands well and often.

Flu shots: It is that time of year. **Please, for your own health, get a Flu shot!** Most pharmacies and doctors' offices have them available. October is a good time to get them. In this time of Covid, many symptoms are common to both influenza and Covid. Please do not visit if you have any of these symptoms and call your doctor.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

You can even get both the flu and Covid. At the same time. We will be providing flu shots to our residents, tenants and staff during the next few weeks.

Testing: WE are testing again today. We tested every staff member (76) last on Saturday 9/22. All recent tests have been negative this far. We remain on 10 day cycle testing through this cycle and perhaps 10/12 testing. To this point the State of NH has been Coordinating testing and most importantly paying for the testing. We are working with the State of NH to transition control of testing to providers over the next couple of weeks in October. By mid-October we will transition to full testing of staff every 28 days and 10% each week between. So all staff will be tested every 4 weeks or 28 days. We will random test 10% the other 3 weeks. Catholic Charities has contracted with a lab for our testing that will meet our needs and should be budget neutral to us, since the State of NH will reimburse for this new test cycle. Should we have any positive results, we would revert to weekly testing through public health until we have 2 weeks with no new cases.

In our new 28 day testing cycle, we will not be randomly testing residents. We will only test for symptoms.

Reminder: This Surveillance testing dictates the phase of reopening we are at. If we have any Positive staff or residents, we will need to follow our DPH guidance which may mean we can bounce from Phase to phase based on testing results. If Manchester, Hillsborough County spikes with active cases and we go from our current 45 per 100,000 to greater than 50 per 100,000, we will go back to phase 0, No visits or visitors. To move to phase 3, the incidence of active cases in our county needs to be below 10/100,000 and St. Teresa cannot have any active cases and we will have to have been in Phase 2 for 2 weeks. This is the interactive map to watch: <https://www.nh.gov/covid19/dashboard/map.htm#dash>.

Visitations: Please remember all visits need to be scheduled. Outside, Window in living room, video. All require staff support. We are currently in Phase 2. Outside social visits will continue and allow 2 visitors as long as weather allows.

We opened to scheduled INSIDE Social visits effective 9/14. **Inside social visits allow 2 visitors per resident.** These 2 person visits can rotate through multiple family members/friends. Visits must be scheduled, prescreened and are held in the living room. You will need to wear a surgical mask for inside visits, not cloth. We will need to maintain 6 foot social distancing. We wanted to opt for the visits that give you the greatest flexibility. As we move inside, we are scheduling 1 visit per week for each resident.

1(one) essential support visitor. In clarification, this category of visitor **will not be implemented at this time by St. Teresa.** Since this is the **only visitor that will be allowed for some inside visits** - and this person cannot change from one visit to the next, it is very restrictive and we opted for the 2 person inside social visit instead!

We began collecting names for Essential support visitors September 1st. We will continue to collect this information so that when / if we implement these visits, we are prepared.

We are using our dining room and Courtyard for group activities now.

Window visits and virtual visits will continue as they have been. Thank you for your patience as we have reviewed things to ensure everyone's safety as we proceed to Phase 2 reopening. All visits require significant processing, scheduling and staff time. For the safety of our residents, visits will remain under very controlled circumstances.

Kindly,

Lorraine Rogers
Administrator 