

June 1, 2021

Hello, Resident, families, staff and friends!

**Welcome to June!** I am sharing our June calendar of events. These are the basics that we expand upon.  
**Did you know that today is Barefoot day?** We are planning summer fun.

**Testing:** We are testing unvaccinated staff weekly with our POC testing. Next Monday, we will do our Monthly testing of vaccinated staff through the State Lab.

**Vaccinations:** our next vaccination clinic should be 6/18 we are told. Again, family members are welcome. Just let Deb Bushman know. We continue to provide education for those who are not vaccinated.

**Reminders:**

**Visits:** Please, you must call to schedule a visit. We WELCOME your visit, but we must also adhere to our core principles of Covid-19 infection prevention. This remains staff intensive, screening, test offering, etc.

**Car Rides:** Like visits, they are allowed, but they too need to be scheduled and we need to educate you on the risks. Our positivity rate of infections in Manchester is declining, but Half are still not vaccinated and guidance remains to wear a mask in public busy places for all. But many people are no longer masking, vaccinated and unvaccinated. We need your help to keep our residents safe, as things open up.

Reminder and guidance:

- a car ride with only vaccinated family members and just going for a ride, not stopping anywhere. Good plan - Please still wear a mask.
- A car ride for a stop for ice cream to pick up and eat in the car or bench separated from others, everyone vaccinated - good plan – please wear a mask when not eating.
- A car ride to take home with you. Vaccinated and will only encounter vaccinated family? Good plan, but please still wear a mask.
- A car ride with unvaccinated family, *not encouraged*, but just a ride, no stops, must wear masks and open car windows. Try to keep social distance.
- A car ride to take home for a party, a mix of vaccinated and unvaccinated guests. NOT recommended. Would need to discuss any mitigation that could be used.

Generally, exposing residents to unvaccinated people in the community, who may not mask, is not the most cautious approach to our reopening. We need your assistance with this. Please just share your plan so we can offer guidance.

If we feel there is exposure, we may insist on quarantining after a ride. We will not always have that option open. So let's just talk before. Please, always be transparent, as your loved one is interacting more with others here in the center as we open up activities and dining.

Let's kick off this summer with warmth and positive thoughts!

Kindly,

**Luanne Rogers, LNHA**  
Administrator

*St. Teresa Rehabilitation and Nursing Center*  
*519 Bridge Street*  
*Manchester, NH 03104*

**603-668-2373 x 4680**

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	<p>1 <u>Morning Inspirational Rosary</u> <u>Afternoon Fun: BINGO</u></p>	<p>2 <u>Morning Wellness: Keep Moving – "I Spy"</u> <u>Afternoon Fun: Guitar Music with Karissa</u></p>	<p>3 <u>Morning Exchange: Yellowstone Nat'l Park- Facts</u> <u>Afternoon Expedition: Armchair Travel To: "Yellowstone"</u></p>	<p>4 <u>Morning Inspirational Rosary</u> <u>Afternoon Fun: Trivia &amp; Word Games</u></p>	<p>5 <u>Morning 1:1 Hand Massages &amp; Exercises</u> <u>Afternoon Fun: BINGO</u></p>	
<p>6 <u>Morning Inspirational Rosary &amp; Coffee Hour</u> <u>Afternoon Matinee Movie</u></p>	<p>7 <u>Morning 1:1 Visits Puff &amp; Polish</u> <u>Afternoon Wellness 1:1 Chair Exercise</u></p> 	<p>8 <u>Morning Inspirational Rosary</u> <u>Afternoon Fun: BINGO</u></p>	<p>9 <u>Morning Fitness: Tai Chi</u> <u>Afternoon Wellness: Spa Time!</u></p>	<p>10 <u>Morning Craft Corner: Card Making</u> <u>Afternoon: Discuss &amp; Discover: "The Creative Renaissance" with Karissa</u></p>	<p>11 <u>Morning Inspirational Rosary</u> <u>Afternoon Fun: Courtyard Games!</u></p>	<p>12 <u>Morning 1:1 Hand Massages &amp; Exercises</u> <u>Afternoon Fun: BINGO</u></p>
<p>13 <u>Morning Inspirational Rosary &amp; Coffee Hour</u> <u>Afternoon Matinee Movie</u></p>  	<p>14 <u>Morning 1:1 Visits Puff &amp; Polish</u> <u>Afternoon Fitness 1:1 Patriotic Chair Marching!</u></p> <p><small>Flag Day (US)</small></p>	<p>15 <u>Morning Inspirational Rosary</u> <u>Afternoon Fun: BINGO</u></p>	<p>16 <u>Morning Wellness: Moving to Music!</u> <u>Afternoon Craft Corner: Summer Cookie Decorating!</u></p>	<p>17 <u>Morning Exchange: Grand Canyon- Facts</u> <u>Afternoon Expedition: Armchair Travel To: "The Grand Canyon"</u></p>	<p>18 <u>Morning Inspirational Rosary</u> <u>Afternoon Fun: Reminiscing Time "What's in the Box?"</u></p>	<p>19 <u>Morning 1:1 Hand Massages &amp; Exercises</u> <u>Afternoon Fun: BINGO</u></p> <p><small>Juneteenth</small></p>
<p>20 <u>Morning Inspirational Rosary &amp; Father's Day Coffee Hour</u> <u>Afternoon Matinee Father's Day Movie!</u></p> <p><small>Summer Begins Father's Day</small></p>	<p>21 <u>Morning 1:1 Visits Puff &amp; Polish</u> <u>Afternoon Wellness 1:1 Gentle Stretching</u></p>	<p>22 <u>Morning Inspirational Rosary</u> <u>Afternoon Fun: BINGO</u></p>	<p>23 <u>Morning Fitness: Chair Exercise</u> <u>Afternoon Wellness: Spa Time!</u></p>	<p>24 <u>Morning Craft Corner: Welcoming Summer!</u> <i>Resident Council Meeting</i> <u>Afternoon: Discuss &amp; Discover "Astrological Signs" with Lauren</u></p>	<p>25 <u>Morning Inspirational Rosary</u> <u>Afternoon Fun: Courtyard Games!</u></p>	<p>26 <u>Morning 1:1 Hand Massages &amp; Exercises</u> <u>Afternoon Fun: BINGO</u></p>
<p>27 <u>Morning Inspirational Rosary &amp; Coffee Hour</u> <u>Afternoon Matinee Movie</u></p>	<p>28 <u>Morning 1:1 Visits Puff &amp; Polish</u> <u>Afternoon Fitness 1:1 Moving to Music</u></p>	<p>29 <u>Morning Inspirational Rosary</u> <u>Afternoon Fun: BINGO</u></p>	<p>30  <u>Morning Wellness: Gentle Stretching</u> <u>Afternoon Fun: June Birthday Party!</u></p>	<p>St. Teresa Rehabilitation &amp; Nursing Center</p> <h1>June 2021</h1> <h2>Life Enrichment Calendar</h2>		

Calendar is subject to change. The daily calendar will reflect changes and the residents will be made aware as soon as possible.