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Clarksville Skilled Nursing and Rehabilitation Center

Newsletter

Covid – 19 update by Melissa Debner, RN, DON

Covid-19 continues to pose a threat to our community. Following strict adherence to guidelines provided by the Centers for Disease Control and Prevention and the Iowa Department of Public Health can slow the spread of germs. There is currently no vaccine to prevent Covid-19. The best way to prevent the illness is to avoid being exposed. Long term care facilities throughout the nation are faced with difficult choices during this pandemic, including the restriction of visitors. We ask for your continued patience as we continue to work with the Iowa Department of Public Health and Butler County Public Health to ensure the health and safety of our residents and tenants. One key component to the reopening guidance is the number of cases that are currently within our county. By following the instruction of the CDC, community members are not only protecting themselves, but helping long term care facilities to reopen to visitors safely.

Some simple steps can be used to reduce the risk of transmitting and contacting the virus:

- Wash your hands often or use alcohol-based hand rub.
- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home. Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.
- Cover your mouth and nose with a cloth face cover when around others. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing. If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Thank you for doing your part to keep our residents safe.
Melissa Debner, RN, DON

Letter from the Administrator >>>

To the Residents, Tenants, Family Member and Community,

We have received several inquiries about opening our doors back-up to visitors. We understand how difficult this prolonged period of separation has been and are eager to open the nursing home and assisted living back-up to visitors as soon as possible yet while protecting the health and safety of the residents, tenants and staff.

Given the critical importance of limiting exposure to the virus in nursing homes and assisted living facilities, there are several criteria that must be considered and completed in a three phased approach.

Please know that the well-being of the residents, tenants, staff, and their families is our utmost importance. We also understand the importance of family and will work diligently to prepare to begin visits as soon as it is safe to do so. These past few months have been hard on everyone; however, we appreciate the love and support you have shown to the residents, tenants and staff. During these unprecedented times, we have seen so many encouraging and uplifting moments reminding us that, no matter what challenges arise, we continue to find refuge through each other.

Our residents very much enjoy receiving mail, whether it is a letter, a quick note to just say hi or a colored picture from a family member, friend or neighbor! If you would like to send a letter to a non specific resident please mail to:
Clarksville Skilled Nursing & Rehab Center
c/o Activity Dept
PO Box 159
Clarksville, IA 50619



The business office will be closed Friday, July 3rd in observance of Independence Day as well as Monday, September 7th in observance of Labor Day

Dietary Newsletter>>>

Letter from Dietary Manager, Rachel Kolbet



The dietary staff have definitely been missing seeing the residents out in the dining room. We also missed not being able to host the annual family picnic gathering, as that is always such a fun event for everyone!

We have been trying to help brighten the days of our residents by offering an array of new snack options for our snack carts. It seems, sometimes, that food can be very comforting. (Just as a quick note, you are still able to drop off food items for your loved ones- staff will meet you with a smile at the front door).

We are anxiously awaiting the day our residents can return to the dining room for meals- and our families & friends can come to visit!

Westside Assisted Living & The Do-Gooders Club

COVID-19 brought a lot of sudden and unexpected changes to Westside Assisted Living beginning back in March, since then, we recently brought back dining with social distancing of 6 feet apart. We have been able to incorporate some social distance activities like BINGO and hallway exercise. The tenants have been getting out and enjoying the nice weather with short walks outside. We appreciate the patience and understanding from friends and family in working with us throughout this pandemic to keep your loved ones safe. We continue to encourage tenants, friends, and families to limit public outings, non-essential appointments, to wear masks, use frequent proper hand hygiene, and to maintain social distancing of 6 ft. or more.

We Care: The Do-Gooders Club

We care: The Do-Gooders Club donated funds to the Food Bank of Iowa to help with the increase in food insecurities caused by the COVID-19 pandemic. At this time, we are uncertain about our future and annual fundraisers for the remainder of this year. We will continue to monitor the risks and safety of social gatherings and may look into possible safer alternatives. We will keep you posted!

Brandi Miller, Director



The Clarksville Skilled Nursing and Rehabilitation Center and Westside Assisted Living recently completed a COVID-19 survey by the Iowa Department of Inspections and Appeals and were both deficiency free!

We want to recognize all of our employees for their hard work in keeping all of our residents safe during these unprecedented times.

New Employees

New in our Assisted Living:

Teresa Jacobsen, Universal Worker – Teresa works in the evenings
Desirae Davis, Universal Worker – Desirae works in the evenings
WELCOME Teresa & Desirae!!

New in the Nursing facility:

Kris Bond, CNA – Kris works 1st shift in the nursing facility
Kristol Ulrich – Kristol works in the business office as well as activities
WELCOME Kris & Kristol!!



New & Noteworthy

Beginning March 13, 2020, Iowa long-term care facilities began implementing guidance from the Centers for Medicare and Medicaid Services that outlined recommended restrictions to normal operations in an attempt to mitigate the entry and spread of COVID-19. This guidance has been further supported by the Iowa Department of Inspections and Appeals and the Iowa Department of Public Health, to stay up to date on our phased reopening please visit www.clarksvilleskillednursing.com and click on the "newsletter/COVID19" tab.



3rd Quarter Birthdays

7-2 *Arlene Kampman*

7-7 *Mary Debower*

7-10 *Gladys Bergman*

7-18 *James Weber*

7-26 *Bonnie Gangsei*

7-27 *Lois Neal*

8-15 *LaVerna Jacobs*

8-22 *Elsie Lovrien*

9-14 *Charlotte Lindberg*

9-14 *Joan Kratchmer*

ACTIVITY NEWS

Activities have looked a little different over the past several months, we have incorporated new activities and continued the favorites as small groups in the activity room. We have been busy making bird feeders and sun catchers, playing bingo, doing puzzles, coloring, giving manicures and having remote controlled car races!

We have spent many afternoons having one on one visits with the residents outside when the weather permitted and have enjoyed our “movie and popcorn” afternoons.

The residents look so forward to video chatting with their families and catching up with their loved ones. If you would like to schedule a Zoom or Facetime videochat with your loved one please contact Terry at 319-278-4900 or via email at cnhact@butler-bremer.com

Notice:

If you would like to receive a paperless copy of our quarterly newsletter please call the business office at 319-278-4900 or email cnhoasst@butler-bremer.com

Our monthly activity calendar and home delivered meals menu is available on our website www.clarksvilleskillednursing.com!

Like us on Facebook!