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## Clarksville Skilled Nursing and Rehabilitation Center

# Newsletter

### From the DON's Desk...

I hope this finds everyone healthy. 2020 has been such a roller coaster of emotions related to health and wellness and it does not appear that there is an end in sight related to COVID-19. COVID-19 has consumed so much attention, so I want to take this opportunity to turn your attention to another health concern threatening our vulnerable population. I wanted to inform every one of our facility's procedures related to the flu. These policies and procedures have not changed from previous years. I strongly encourage members of the community to get the seasonal flu/influenza vaccine, unless it is contraindicated by your physician. Influenza will not take the year off because of COVID-19. We have begun the process of obtaining signed consents for the resident's in our facility to obtain a flu/influenza vaccine. The vaccine that will be offered to the residents is a high dose vaccine versus the standard vaccine due to the high-risk population we serve. All staff employed at Clarksville Skilled Nursing and Rehabilitation Center is required to obtain a flu vaccine. This is a mandatory requirement, with the only acceptable exemptions including documentation from their doctor that the vaccine is contraindicated, or for religious purposes. The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death.

#### What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

#### Flu Symptoms:

Flu is different from a cold, as it usually comes on suddenly. People who are sick with flu often feel some or all of these symptoms:

- \* Fever or feeling feverish/chills (It's important to note that not everyone with flu will have a fever)
- \* Cough
- \* Sore throat
- \* Runny/ Stuffy nose
- \* Muscle/body aches
- \* Headaches
- \* Fatigue
- \* Vomiting/Diarrhea (more common in children)

#### How Flu Spreads?

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

#### Period of Contagiousness:

You may be able to spread flu to someone else before you know you are sick, as well as while you are sick.

- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.
- Some people, especially young children & people with weakened immune systems, might be able to infect others for an even longer time.

#### Onset of Symptoms:

The time from when a person is exposed & infected with flu to when symptoms begin is about 2 days, but can range from about 1 to 4 days.

#### Complications of Flu:

Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

#### People at High Risk from Flu:

Anyone can get flu (even healthy people), and serious problems related to flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and children younger than 5 years.

**Please continue to do your part to keep yourselves, your family, and members of your community safe and healthy. All of us here at Clarksville Skilled Nursing & Rehab thank you all for your continued support, prayers, good vibes, etc. We are truly blessed to be part of this awesome community.**

# -Scheduled Indoor Visitation-

Tentatively starting Tuesday, September 29<sup>th</sup>, 2020

Clarksville Skilled Nursing and Rehabilitation Center will be eligible to begin indoor visitation when inclement weather infringes on outdoor visitations. We are excited to announce indoor visitation will enhance reasons beyond compassionate care situation, based on the following guidelines:

- a) There has been no new onset of COVID-19 cases in the last 14 days and the facility is not currently conducting outbreak testing;
- b) Visitors should be able to adhere to the core principles and staff should provide monitoring for those who may have difficulty adhering to core principles;
- c) We will limit the number of 2 visitors per resident at one time and will limit the total number of visitors in the facility at one time. Indoor visitation will not exceed 45 minutes per visit to ensure prior disinfecting between visits and to ensure all residents are able to receive visitors; and
- d) We will limit movement in the facility. For example, visitors will not walk around different halls of the facility. Rather, visitors will be obligated to remain in the designated visitation area (i.e.: Activity Room/Multiple Purpose Room). At no time will visitation occur in the resident's room other than when the health status of the resident prevents leaving the room, facilities will attempt to enable in-room visitation while adhering to the core principles of the COVID-19 infection prevention procedures established to mitigate the risk of transmission.
- e) We will use the COVID-19 county positivity rate, found on the COVID-19 Nursing Home Data site as additional information to determine how to facilitate indoor visitation:
  - Low (<5%) = Visitation will occur according to the core principles of COVID-19 infection prevention and facility policies (beyond compassionate care visits)
  - Medium (5% – 10%) = Visitation will occur according to the core principles of COVID-19 infection prevention and facility policies (beyond compassionate care visits)
  - High (>10%) = Visitation will only occur for compassionate care situations according to the core principles of COVID-19 infection prevention and facility policies.
- f) We will monitor other factors to understand the level of COVID-19 risk, such as rates of COVID-19 such as visits to the emergency department or the positivity rate of a county adjacent to the county where the nursing home is located. Note: county positivity rate does not need to be considered for outdoor visitation.

COVID-19 Nursing Home Data site is located at <https://data.cms.gov/stories/s/COVID-19-Nursing-Home-Data/bkwz-xpvq>

## COVID-19 Testing



As part of CMS' commitment to protecting nursing home residents, and to boost the surveillance of COVID-19, nursing homes are now required to conduct testing of residents and staff. More information about these requirements and guidelines can be found [here](#). These guidelines include testing staff on a certain frequency based on the COVID-19 positivity rate for the county the nursing home resides in. Rates of county positivity are posted [here](#). (Archive is [here](#).) Facilities should monitor these rates every other week and adjust staff testing accordingly.

*Letter from the Administrator, CONTINUED....*

# **-Frequency of Staff Testing Requirements-**

**Effective September 2<sup>nd</sup>, 2020**

Nursing facilities are required to test all staff based on the county positivity rate in the prior week. The County rates used is the same resources mentioned above (COVID-19 Nursing Home Data). Testing frequency based on county positivity rate is as follows:

<b>Community COVID-19 Activity</b>	<b>County Positivity Rate in the past week</b>	<b>Minimum Testing Frequency<sup>1</sup></b>
<b>Low</b>	<b>&lt;5% (less than 5%)</b>	<b>Once a month</b>
<b>Medium</b>	<b>5%-10%</b>	<b>Once a week</b>
<b>High</b>	<b>&gt;10% (more than 10%)</b>	<b>Twice a week</b>

We monitor our county's positivity rate at least once a week and adjust the frequency of performing staff testing according to the table above. If the county positivity rate decreases, we continue to test at the higher frequency level for at least two weeks. If a county positivity increases, the facility will immediately adjust to that testing frequency. In addition to the frequent testing; we continue to screen all staff at the beginning and end of their shift. If you have any additional questions, please do not hesitate to call us at 319-278-4900.



**Westside Assisted Living celebrated National Assisted Living Week September 13<sup>th</sup> – 19<sup>th</sup>. This year looked a little different than in past years with taking the COVID-19 social distance precautions. We enjoyed socially distant games which included a bean bag tournament and popcorn, beer and pizza from Pizza Hut, finished off with a homemade desert, pie and coffee hour, BINGO, Tenzi, and a broasted chicken and potato dinner, followed by another homemade desert! This year's theme was "Caring is Essential."**

**I am beyond grateful for the wonderful staff of Westside Assisted Living for all of their hard work and for going above and beyond to ensure our tenants have a comfortable, clean, and friendly environment. Thank you for all that you do!**

**We Care: The Do-Gooders Club unfortunately will not have the annual events this year due to COVID-19. We are unable to host the Community Coat Closet, Craft Show, or our biggest event, the annual Turkey Run on Thanksgiving morning. We are however confident that next year these events will be able safely return.**

# *Letter from Dietary Manager, Rachel Kolbet*

It is that time of year again for us to change our menu rotation. We change menus twice a year and they are a 5-week rotation. Our plan is for the new Fall/Winter menus will be implemented on Sunday, Sept. 27<sup>th</sup>. These menus will include new entrees, sides, and desserts highlighted by Martin Bros. Distributing. If at any time you have a recipe that you feel our residents may enjoy, feel free to drop it off at the main entrance or e-mail it to me at [cnhdm@clarksvilleskillednursing.com](mailto:cnhdm@clarksvilleskillednursing.com)

## *NEW & NOTEWORTHY*

We're updating our website and we would like testimonials from residents, staff and community members. If you would like to submit your testimonial, please email us by 10/31/2020 at [cnhoasst@clarksvilleskillednursing.com](mailto:cnhoasst@clarksvilleskillednursing.com)

We look forward to hearing from you!



10/10 Pearl H.  
10/23 Edwin E.  
10/29 Carmen D.  
11/24 Jo Ann D.

## *From the Activity Department*

This past quarter we have enjoyed a variety of activities, we have watched movies and had popcorn, enjoyed exercise class, music therapy, BINGO, crafts, church via YouTube and various other activities. The most exciting activity we have been able to have is outdoor family visits! Our residents as well as their families enjoy these visits so much! Per our visitation policy, visits are 45 minutes and require all guests be screened prior to contact with the resident, we can allow 2 family members over the age of 18 at one time, all guests must wear a face covering at all times, remain socially distanced and stay within the designated area. We want to thank ALL of the families and friends that have visited and made this possible. The residents enjoy their visits so much! There have been so many changes in the past several months; however, thanks to our staff, residents and their families we have made the very best out of the situation we were dealt. Again, thank you all so much for your continued support and encouragement during this time.

Our activity calendar can be found at [www.clarksvilleskillednursing.com](http://www.clarksvilleskillednursing.com)





## SAVE THE DATE!

Clarksville Skilled Nursing & Rehabilitation along with the Clarksville Library will be hosting a Halloween Parade on Saturday, October 31st from 4pm-5pm! Children from the community are welcome to come to the nursing home at 115 N. Hilton, Clarksville to show off their costumes, vote for their favorite pumpkin in our pumpkin decorating contest and receive a goodie bag! The parade will be held outside and children will be lead around our facility by staff members, so our residents can enjoy the festivities while safely remaining inside. As always please do not participate if you are experiencing any COVID-19 symptoms.



## *New Employees!*

Amy Weber has recently joined us as an Activity Assistant. Amy owns a massage therapy business in Charles City and enjoys hiking, traveling and reading. Amy decided to join our team to be able to be closer to her dad during COVID-19, she enjoys the interaction with all of our residents, spending extra time with her dad is an added bonus. Welcome Amy!

Valerie Lane joined our team as a Hospitality Specialist. Valerie is from Omaha and currently lives in Clarksville with her 3 children. Valerie's favorite part of her job is spending time with each resident. Welcome Valerie!

Ellah Schell has recently joined our team as an Activity Assistant. Ellah is a Junior at North Butler High School. In her spare time, she enjoys spending time with family and friends, shopping and taking pictures. Ellah's favorite part of her job is being able to interact with each resident. Welcome Ellah!

Kala Trostel is working as a CNA. Kala has three children and enjoys camping, spending time with her family and spending time at the lake. Kala's favorite part of her job is the residents she works with each day. Welcome Kala!

Tyler Stock has recently joined our dietary department. Tyler is a Junior at Clarksville High School and enjoys running and practicing the trumpet. Tyler's favorite part of his job is making residents smile! Welcome Tyler!

### \*\*\* Numbers to Know \*\*\*

Clarksville Skilled Nursing & Rehab Center  
T - 319-278-4900  
F - 319-278-4166  
Westside Assisted Living Suites  
T - 319-278-4909  
F - 319-278-4903



*The Business Office will be closed on the following dates:*

*Thursday, November 26<sup>th</sup>  
Friday, December 25<sup>th</sup>*

