

July 31, 2020 Update

Residents/Family/Friends/Staff,

Covid-19 Testing

The Ohio Department of Health has published new guidelines indicating routine testing of staff in the Long-Term Care setting is mandated. Initially this will occur bi-weekly. The benefit of routine testing is that asymptomatic cases will be identified however we anticipate that this will result in an increase of positive cases related to the facility due to the current status of Covid-19 in our region.

Positive Cases

Our new action plan mirrors state and local guidelines. In the notice we are not permitted to disclose any identifying information about the positive case. As part of the contract tracing process, we will identify Residents and Staff who may have had an exposure. **For Residents who may have had an exposure, both the Resident and the Responsible Party will be informed, in addition to a Covid-19 test being conducted.**

Outdoor Visitation:

Reservations for are now closed for 8/3 – 8/7.

Now accepting reservations for 8/10 – 8/14. Reservation window closes on 8/6.

- Monday (3rd floor residents): 9:00, 10:00, 11:00, 2:00, 3:00, 4:00
- Tuesday (2nd floor residents): 9:00, 10:00, 2:00, 3:00, 4:00
- Wednesday (3rd floor residents): 9:00, 10:00, 11:00
- Thursday (2nd floor residents): 9:00, 10:00, 11:00, 1:00, 2:00, 3:00, 4:00
- Friday (3rd floor residents): 9:00, 10:00, 11:00, 2:00, 3:00

Please contact Heather by email (hhefren@beechwoodhome.com) or text (513-702-8301) to request a session. Reservations will be confirmed on a first come, first serve basis.

Visitation tips:

-We encourage family/social networks to coordinate together to ensure everyone has an opportunity to schedule an outdoor visitation session with a Resident. For example, knowing the 1st week of the month is always your week to schedule a session may be helpful without having to worry that you are conflicting with anyone else.

-For some, talking while wearing a facial covering through a plexiglass barrier makes communication challenging. We received feedback from some visitors that they have utilized cellphones to communicate with their loved one during an outdoor visit and this has been an effective strategy. We are also in the process of obtaining some headsets to use with voice amplification devices for Residents we feel this would benefit.

-Friendly reminder that visitors are NOT permitted to enter the facility. Outdoor visitation sessions occur in the front gated area and we ask visitors to head to their assigned stations upon arrival.

Ohio Department of Health Notice:

-Please review the notice below regarding the Flu Fact Sheet. This winter Covid-19 and the Flu will be circulating in our community, both of which are of great concern to those who reside at the facility.

As always if you have any questions/comments/concerns please contact myself, Scot Harmon (Administrator) or Patricia Clark (CEO).

Sincerely,

Scot Harmon,
Administrator

Patricia A. Clark, DM
CEO, Administrator

Older Adults Influenza (Flu) Fact Sheet

What is the flu?

- The "flu" or influenza is caused by a virus.
- The flu can cause serious complications like pneumonia or death.
- It is very contagious and spreads in the U.S. each year from fall to spring.
- Older adults and young children are at highest risk but anyone can get it.

How is influenza spread?

- Influenza spreads from person to person by droplets from coughing, sneezing or close contact.

What are the symptoms?

- Flu symptoms typically start 1-4 days after a person is exposed to the flu.
- Symptoms may include:
 - Fever or feeling feverish/chills
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Muscle or body aches
 - Headache
 - Tiredness

What you should know if you are 65 years or older:

- Adults 65 years and older are at greater risk of serious complications from the flu because immune defenses weaken with age.
- For people with health problems, such as heart disease, lung disease, asthma, or diabetes, the risk of complications is higher.
- Most flu-related deaths and hospitalizations occur in people 65 years and older.

Actions people 65 years and older should take this flu season:

- Get your flu shot. While the flu vaccine varies in how well it works, vaccination is the first and most important step in protecting against the flu.
- Vaccination is especially important for people 65 years and older because they are at high risk for complications from flu.
- Getting your flu vaccine helps to protect your children, grandchildren, and those around you from getting the flu.

What should I know about the flu vaccine?

- The Ohio Department of Health (ODH) and the Centers for Disease Control and Prevention (CDC) recommend everyone 6 months of age and older get a flu vaccine every year. ODH recommends that you consult with your doctor to determine whether vaccination is appropriate for you or a family member.
- Flu vaccines are updated every year and your immunity wanes over a year, so annual vaccination is needed to ensure the best possible protection.
- You can get vaccinated throughout the flu season from September until January or even later.
- People 65 years and older can get any injectable vaccine (flu shot) that is approved for use in that age group.
- There are two vaccines specifically for people 65 and older - Fluzone® High Dose and FLUAD™ - that are designed to create a stronger immune response.

Where can I get the flu vaccine?

- Contact your doctor to see if the flu vaccine is available. You can also contact your local health department and check the following website for a location in your area:

<https://vaccinefinder.org/>