



January 15, 2021

Dear Residents, Families and Friends:

It is hard to believe we are already fifteen days into the New Year. I think we were all grateful to bid 2020 farewell. 2021 has already reared its head and presented some challenges, but I am proud to share that at Welcome, we finally are seeing the light! We are excited to have our second vaccination clinic next Tuesday. We have been doing massive amounts of education and support to encourage all those eligible to receive the vaccine. Tuesday is our last opportunity to commit to receiving both vaccination doses at Welcome since it is a 2-step vaccination. Our final vaccination clinic date is February 9. We are excited to announce that yesterday we tested all staff and residents and had NO NEW POSITIVE CASES! This is a huge step in the right direction. If we are able to go 14 days with no new positive cases, we will be out of mandatory resident testing. What will come next? We will be able to reassess offering Inside Visitation, small group activities, and communal dining options. Our building is slowly, very slowly, returning to some semblance of our Pre-COVID outbreak days. We are anxiously anticipating the days when we can hear **BINGO** called down the halls and the laughter of our residents as they reconnect with their friends.

This has not been an easy journey. Our team and our residents have been through so much these last two months and knowing there is *Hope* for a better future helped us deal with the difficult days. We are so grateful for the support and understanding you all afforded us. Although we recognize many of our residents have recovered from COVID-19 we continue to manage the long-lasting effects of fatigue, loss of appetite, weakness, and respiratory challenges. Dr. Eren, our Medical Director has assured us this is a universal result of the virus. We are aggressively developing new interventions with our therapy and restorative nursing team to create a COVID-19 Rehabilitation Recovery program to help promote function and quality of life. We will continue to search for new ways to support, heal and encourage our resident's wellness of body, mind and spirit. One of these ways is to offer compassionate care visitation. Our team is currently assessing all residents based on the Compassionate Care Guidelines and we will be calling families to schedule visits if they are indicated. If you are wondering whether your loved one qualifies for a compassionate care visit feel free to reach out to our Social Service team.

Although we grieve those lives that have been lost, we rededicate and focus our energy on making a difference for tomorrow – improving the lives of our residents and supporting their quality of life. We know that family connections are critical in the health and well being of our lives. If we can assist with a virtual connection to facilitate these connections, we are happy to do so. As a reminder all of our COVID-19 information is posted on our website: www.welcomenursinghome.com under the COVID-19 Updates link.

Stay Well – we hope to see you soon.

Heidi J. W. Freas MS OTR/L

Director of Quality Assurance