

December 24, 2020

Greetings,



We conducted our weekly round of COVID testing this past Tuesday, as of the drafting of this letter the results have not been returned. Positive cases in the county have increased but our county positivity rate for active cases has remained below 5%, significantly below the 10% which seizes indoor visits. We are incredibly pleased of this because it means we can continue hosting our indoor visits throughout the holiday season!

Members of the management team organized a craft party and made Christmas ornaments for each resident and employee. We distributed the ornaments to everyone this week, many are now hanging in resident rooms or on their doors. Beyond the ornaments adorning the doors are also scores of decorated doors. Residents and staff worked together with materials provided by families and staff to decorate nearly every resident door. A resident and staff member judged the doors, attached you will find our winning doors.

As stated last week our vaccination clinic is scheduled for Tuesday, January 5 and the consent forms have been tickling in. If the consent form has not been returned please continue to discuss if the vaccine will be administered and return the consent form as soon as possible. Attached is information we are presenting to staff, this is for your information only and does not have to be returned.

Kim Reardon's monthly letter is attached, she kept it light hearted with fun stories.

2020 has been a long and challenging year for everyone for a variety of reasons. I have strong admiration for our staff with all their efforts to maintain personal lives and keeping our population safe; they have worked incredibly hard! I also appreciate each family and friend of our residents. Although we are faced with stringent guidelines you have followed our requests with grace and understanding. Thank you for making this difficult endeavor easier to navigate. Merry Christmas to each of you and your families.

Merry Christmas,

Jeffrey Lacroix

Administrator

St Vincent de Paul Rehab and Nursing

29 Providence Ave

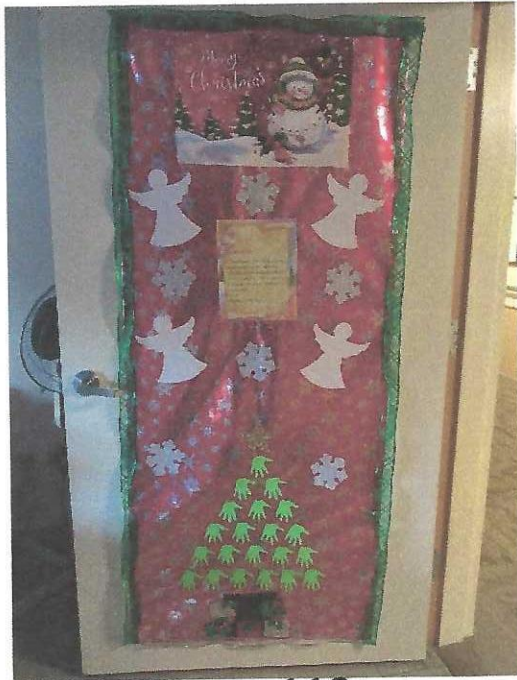
Berlin, NH 03570

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2020 Winners of the door decorating contest



Room 110

Most Exemplifies
Christmas Spirit



Room 200

Most Intracate



Room 121

Most Traditional

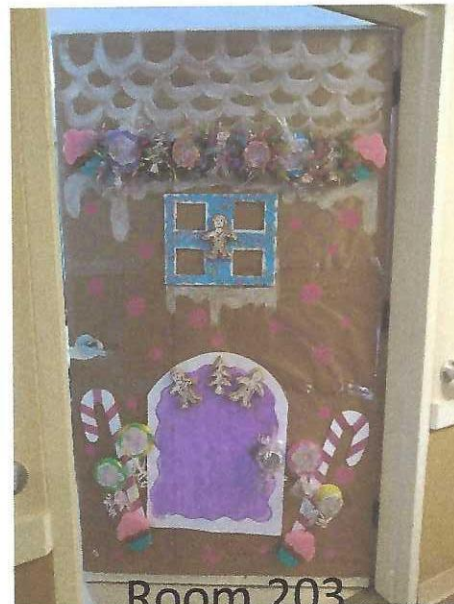
Thank you to
our Judges
Kim Reardon &
[REDACTED]

Thank you to all
who participated
All the doors
Look amazing



Room 225

Most Humorous



Room 203

Most Eye Catching



HR/Therapy Hall

Most Creative

2020 Winners of the door decorating contest



Room 224
Most Artistic



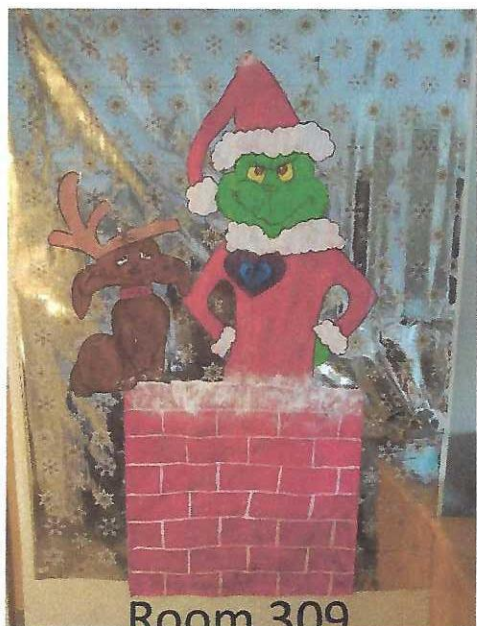
Housekeeping
Best Representation by Dept



Room 103
Best Christmas Tree



Room 318
Most Classic Christmas



Room 309
Best Grinch



Room 323
Most Original Design



Nurse Manager/ADNS
Most Bling



1st Floor Tub Room
Special Judges Award

EMPLOYEE INFORMATION SHEET REGARDING THE PFIZER-BIONTECH COVID-19 VACCINE

Basics of the Vaccine: Pfizer COVID-19 Vaccine received EUA on December 13th for those 16 and older

- What is an mRNA vaccine? mRNA is the genetic recipe humans use to make their proteins. Our muscle cells use the recipe to make “spike proteins”. They mimic the “spike proteins” made by the virus, which are the little knobs that stick out from the COVID virus in the pictures we are all familiar with.
- The vaccine mRNA triggers the cells to activate an immune response
- Rigorously tested - Phases 1, 2 & 3.
- First vaccine to use this technology, but this technology has been studied for more than a decade.
- The vaccine does not contain a live virus, making it safer to produce and administer.
- mRNA from the vaccine does not enter the nucleus of the cell.

Administration

- 2 doses administered three (3) weeks apart; both doses are required to receive high efficacy.
- 4-day grace period: 17-21 days = considered valid; if more than 21 days = should be given as soon as possible.
- Efficacy of a single dose has not been evaluated. It is thought to be 50% effective after one dose but the immunity would likely not last very long.
- Not interchangeable with other vaccine products. Safety of a mixed product series has not been evaluated.
- If two doses of different vaccine are administered inadvertently, no additional doses of either product are recommended at this time.
- Should be administered alone with a minimum interval of 14 days before/after administration of other vaccines.
- Safe to give post exposure to COVID-19, and 14 days after COVID is resolved. Not recommended with active COVID-19 infection.

Vaccination of Special Populations

Underlying Medical Conditions: Those with no contraindications to vaccination or increased risk of COVID-19 may receive.

HIV Infection or Other Immunosuppression Medications might be at increased risk for COVID-19. They may still receive COVID vaccine, but should be counseled about the unknown risk profile of the vaccine.

Pregnant Women & Breastfeeding Women – No data on the safety as pregnant/lactating women were not included in the study. No data on the safety of COVID Vaccines in lactating women or the effects on the breastfed infant. It is recommended you discuss with your PCP prior to the vaccine if you are pregnant or lactating, though this is not required. There is no reason to believe the vaccine is not safe for pregnant women or lactating mothers and babies.

Current guidance for pregnant and breastfeeding women agreed on in partnership with American College of OB and American Academy of Pediatrics. Theoretically, there is no risk and we recommend pregnant women be given the option.

Patient Vaccine Counseling

- Prior, providers should counsel on local and systemic post vaccination symptoms.
- Unless a person develops a contraindication, they should be encouraged to complete the vaccine series.
- Antipyretic or analgesic medications may be taken for treatment of post vaccine symptoms.
- Precautions must be taken for post vaccine symptoms until COVID-19 infection is ruled out- some symptoms are similar
- Public Health recommendation for vaccinated person: 1-2 weeks following second dose before considered vaccinated
- No vaccine is 100% effective.
- Given the currently limited data, vaccinated persons should continue to follow all COVID-19 guidance.

Questions & Answers

Will receiving the vaccine change my PCR or POC test results? Prior receipt of the vaccine will not affect results of the PCR or POC tests. Antibody tests could be affected, positive test could indicate either vaccination or prior infection.

Does this vaccine protect against transmission? The vaccine was evaluated to see if it protected individuals from the virus itself and was not evaluated for possible transmission of the virus to others; therefore, we will continue to have guidance, masking, washing hands, social distancing, even after vaccination. We will also continue with guidance for quarantine.

What about informed consent? Document receipt of vaccine fact sheet in your patient records.

Should I be vaccinated if...

I had a COVID infection? Yes. Data from Phase 2-3 clinical trials suggest it is still efficacious.

I currently have a COVID infection? Vaccination should be deferred until recovery from acute illness. No minimal interval between infection and vaccination, although some sources recommend 14 days. Persons with documented acute infection in the preceding 90 days may defer vaccination until the end of the 90-day period, if desired.

I received plasma or monoclonal antibody treatment? There is no data on safety or efficacy in combo with other treatments. Vaccination should be deferred to at least 90 days after the treatment to avoid potential interference.

I have a known exposure to COVID-19? Should not seek vaccine until quarantine has ended. For LTC, other healthcare personnel and residents of LTC with a known COVID exposure, vaccine may be given before quarantine period is up, though care must be taken to not infect those administering the vaccine or other people in the clinic.

I have a history of extreme anaphylaxis to non-medications? Yes. We do not have any contraindications or precautions that are not related to a vaccine or an injectable. Where we have cautions is those who have had anaphylaxis to any vaccine or injectable. Have a discussion with your provider for counseling on the unknown risks of the vaccine. **Those with a history of an anaphylactic reaction to food, medication or other substance not an ingredient of COVID-19 vaccine should be monitored for 30 minutes after they receive the vaccine. You may want to discuss with your PCP prior to receiving the vaccine to be sure there are not additional factors in your medical history related to your past anaphylaxis that should be considered.**

I had a previous anaphylaxis to an ingredient of the COVID-19 vaccine? No. A potential source of allergic reaction is the ingredient poly ethaline glycol (PEG). This ingredient is in some other injectable medications. We do not want people who have mild allergic reactions to be concerned about being vaccinated. There were no cases of anaphylaxis in the clinical trial, however there have been a handful of anaphylactic reactions since the vaccinations have started being administered in Britain and the U.S.

What is V- Safe and do I have to participate?

V- safe is a smartphone -based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive the COVID vaccine. It is not mandatory but you are strongly encouraged to participate. When you get your COVID- 19 vaccine, your healthcare provider will give you a v-safe information card. When you register with V-safe you will receive regular text surveys checking in about your health status. V-safe is managed by CDC, FDA, and other government agencies.

I have received a copy of the EAU Fact sheet and v-safe information

By signing below, I am acknowledging that I have read and understand the above information and have had the opportunity to ask questions

I accept the vaccine

I decline the vaccine

Employee Signature

Date

Happy Holidays,

In Dementia Care, the focus for families is often on the negative or more somber side of the disease. With the holiday season upon us and this year being as it is, I thought with this month's newsletter we could have some fun. I would like to share some funny stories about Dementia from families who have shared their stories. For those of you who have a family member living with the disease we know taking care of someone with dementia means you see and hear many crazy things. Finding humor in a situation can help you cope with difficult emotions. While reading these stories please remember these families just want to make you smile and laugh. Some of you may have experienced similar situations and may have felt guilt for finding it funny. My hope is you find some humor in these trying times and know it's ok to laugh.

Please Note these stories are not about residents in our facility, but public stories families have shared. Please enjoy:

"My father was sitting at his bedside with a towel folded in a square on top of his head. I asked him why? He stated it was to keep the kangaroos away. I asked him how it was working he replied by saying I haven't seen one yet. I laughed and said it's a good thing we live in Georgia."

"Yesterday, I came home from work and mom came out to the kitchen to greet me. I said 'Mom, you have on my sweatpants!' We each have pair of the same soft comfy green sweats, but hers is a size 14 and mine a few sizes larger. She said, 'I thought I had lost weight!' Then she pulled up her shirt to show me that she had pinned the pants to her bra to keep them up! We had a good laugh!"

"I was kneeling beside Mom's bed last night while she was saying her bedtime prayer. This night she prayed, 'Now I lay me down to sleep, I pray the lord my soul to keep. If I should die before I wake, I pray he takes me like an earthquake.' The last part should be, 'I pray the lord my soul to take.' I questioned her rendition and Mom laughed and said, 'Well, I couldn't remember the rest and... well, it rhymed!' Amen!"

"My mom lived in an assisted living facility where everyone left the doors to their rooms open. One man with Alzheimer's was always restless and walked the halls endlessly. On one visit, she mentioned that he had tried to crawl into bed with her one night. I asked, 'What did you do?!' Apparently, she told him he was in the wrong room and he left. Then she added, 'What good is a man in your bed if he can't remember anything...?' "

"One night after turning down the covers and placing a glass of water next to her side of the bed, my mother asked Dad (with Alzheimer's) if he was coming to bed. He replied, 'Oh, NO! My wife would kill me, but thank you for offering.'

"I was sitting with my mom, who is in the final stages of vascular dementia, when suddenly she looked me straight in the eyes and said tenderly, 'I love you.' I was so touched and replied, 'I love you, too.' She smirked and then asked, 'Now, who are you?' We both laughed."

"This morning, my husband Sid and I somehow got on the subject of how some older movie stars looked. Thinking he was giving me the ultimate compliment, he said, "Well, I think you look pretty darn good for a 65-year-old woman. Yes, I really do - you look terrific for 65." I said, " I should look good for 65. I'm only 59!" And only because he has Alzheimer's was he spared a bonk on the head with the newspaper."

"My dear mom was about in mid stages of Alzheimer's at this time, and I could take her for rides in my car. Well, they were doing work on the road, and a guy was holding the stop sign that he would turn to 'slow' to let cars pass. When we were approaching the man, he had turned the sign to 'stop.' She says in disgust: that's ridiculous!!! And I said why Momma? She said: back in my day, they cemented those signs in the ground! They didn't have to stand there all day and hold them!!! I laughed so hard and she still didn't understand – I just looked at her and said, Momma, I love you so much!!!!"

"Because mom had her own ideas of where things belong, I was looking for a green plate when getting ready to do dishes. Since there is only her and I in the house I knew it had to be somewhere. Like always I look in the usual places, and when I couldn't find it I decided to use the bathroom...the seat was down and when I lifted it up, there was the green plate floating in the toilet bowl!"

"My father who has dementia and often roamed through the house at night. One night I awakened to find him roaming in the nude, except that he was wearing a kitchen apron, complete with a pretty bow he had tied in the back. I told him he looked cute and when I asked him why he put it on, he said "because I was cold"."

"When we came to visit, Mom opened the door with applause and said, "Welcome to my humble commode!"

"My mom lives in an Assisted Living Home. One day while I was visiting, a group came to do a performance. She spotted one of the young men right away and couldn't take her eyes off of him. She tried to pinch him but he slyly moved away just in time. Quite loudly, she stated, "I'm not too old to catch you and you're not too young to enjoy it!" He was a bit startled, but he left with a good story."

"Mom is 91 years old and suffers from Alzheimer's disease. She also has a distended abdomen from a hiatal hernia, misshapen feet from having worn ill-fitting shoes, and has had a mastectomy. (She could also lose a few pounds.) I recently I overheard her tell her aide while bathing, 'Don't be jealous of my body!' "

I hope these stories gave you a good laugh, brought a smile to your face and please remember it's okay to laugh.

Happy Holidays, and hopefully we will have a better 2021.