



July 23, 2020

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To All Independent Living and Adult Care Residents:

Each week we will provide you with updated information on COVID-testing at all of our campuses.

Testing Tracker: Summary of Employees & Residents Diagnostic Testing								
Employees		To date (since pandemic start)			New Suspected Cases			
	Employees tested	Tests Pending	Employees Positive	Employees Negative	Employees tested	Tests Pending	Employees Positive	Employees Negative
Chase	9	0	0	9	2	0	0	2
GSFH	6	0	1	5	0	0	0	0
GSVE	11	0	1*	10	0	0	0	0
			* last worked 3/29					
Residents		To date (since pandemic start)			New Suspected Cases			
	Residents tested	Tests Pending	Residents Positive	Residents Negative	Residents tested	Tests Pending	Residents Positive	Residents Negative
Chase	8	0	0	8	1	0	0	1
GSFH	20	0	0	20	0	0	0	0
GSVE	15	0	0	15	1	0	0	1
Tested as of 7/15/20					7/16/20-7/22/20			

Please note some testing was purely precautionary as the individual was asymptomatic. Ex: fall led to ER visit and tested.

We continue to have a daily monitoring system to monitor all residents for signs/symptoms of COVID-19, as well as our daily screening for all staff.

Please note the chart above is for testing conducted for cause only. At this time, it does not include the mass staff weekly testing discussed below, resident exposure testing, or staff testing done as part of any pre-op procedures.

NYS DOH Mandatory Testing for all Staff

We continue to do the testing of our staffs as required by NYS Executive Order. Per Executive Order, each employee is tested *once per week*. The test is a simple nasal swab, and results usually arrive within 48 hours.

Please note testing is different than screening. Screening staff involves staff answering a series of questions about travel, work and symptoms, and having their temperature taken at the start of their shifts and every 12 hours thereafter. Testing is a laboratory test to find out if a person has coronavirus (COVID-19).

Results of Mass Testing (for employees who passed the screening process)

	Tested	Positive	Negative	Inconclusive or Indeterminate
GSFH	180	2	178	0
GSVE	157	0	157	0
Chase	108	3	104	1

In the last round of testing, we had the following positive results:

GSFH

- Therapist: Asymptomatic. Self-isolation for 14 days. The staff member had close contact with the following:
 - 8 residents on the Rehab Unit
 - 3 residents on Cameo Court
 - 7 residents on ALR
 - 2 discharged residents

All the units are now quarantined, and exposed residents have been placed on droplet precautions. We realize this is a much higher exposure rate than any of our previous cases, but it is the nature of a therapist's job to be in close proximity for an often prolonged duration with the majority of their caseload. Both the therapist and the residents all wore masks during their treatments.

The staff member also had close contact with three other staff members in the Therapy department, who have received instructions on the pertinent restrictions

- Dietary Employee: Asymptomatic. Self-isolation for 14 days. No close contact with any residents or other staff.

GSVE

- No new positive results

Chase

- Nursing Employee 1: Asymptomatic. Self-isolation for 14 days. The nursing employee did have contact with five other staff members, who will self-quarantine. They also had contact with 25 residents who have been placed on droplet precautions. No residents are showing any COVID symptoms, but we will conduct COVID testing for all the residents on the unit and repeat this after seven days as a further precaution.

Again, we realize this is a much higher exposure rate than any of our previous cases, but it is the nature of this individual's job to be in close proximity for an often prolonged duration while providing care.

- Dietary Employee: Asymptomatic. Self-isolation for 14 days. Had not worked recently, so there was no contact with residents or other staff.

- Nursing Employee 2: Asymptomatic. Self-isolation for 14 days. However, the employee did not work in the 48 hours prior or any time after their test, so therefore no close contact occurred.
- Last week we reported there were two employees who tested negative but had begun to display possible symptoms. Both have subsequently received a second negative COVID test result.

Our staff at all of our campuses are monitoring these situations in collaboration with both the NYS DOH and local Department of Health and will follow all recommendations.

Mass Resident Testing Post-Exposure to Positive Staff Member					
	Tested	Positive	Negative	Inconclusive or Indeterminate	Pending
GSFH	18	0	6	0	12
GSVE	0	0	0	0	0
Chase	31	0	30	1	0

NYS Quarantine Travel Restrictions- UPDATE

The list has been expanded again (*newly added states in italics*) and currently, the advisory applies to anyone traveling from Alabama, Alaska, *Arizona*, Arkansas, California, *Delaware*, Florida, Georgia, Idaho, *Indiana*, Iowa, Kansas, Louisiana, *Maryland*, Mississippi, *Montana*, *Missouri*, Nevada, New Mexico, North Carolina, *North Dakota*, *Nebraska*, Ohio, Oklahoma, South Carolina, Tennessee, Texas, Utah, *Virginia*, *Washington*, and Wisconsin. *Minnesota was removed from the list.*

This requirement to self-quarantine for 14 days includes not only visitors, but also New York State residents returning from the affected states. *Please keep this in mind as you plan any vacations while the order is in effect.*

All out-of-state travelers from designated states must complete a form upon entering New York. Travelers who leave the airport without completing the form will be subject to a \$2,000 fine and may be brought to a hearing and ordered to complete mandatory quarantine. Travelers coming to New York from designated states through other means of transport, including trains and cars, must fill out the form online.

The quarantine requirements do not apply to any individual passing through designated states for a limited duration (i.e., less than 24 hours) through the course of travel (e.g., layovers, rest area stops, etc.).

Our Infection Preventionists (IPs)

Infection preventionists are professionals who make sure healthcare workers and residents are doing all the things they should to prevent infections. They look for patterns of infection within the facility; observe practices; educate healthcare teams; advise management; compile infection data; and coordinate with local and state public health agencies. In Long Term Care, RNs take additional coursework and specialized training to become IPs.

While this is always a critical position, COVID has raised the importance of this role immensely. At all our campuses, these RNs are the ‘go to person’ for all COVID related questions. They are the ones reviewing tests results seven days a week, doing contact tracing when we have a positive case and the ones who reach out for clarification from the Health Department if there are questions on how we should react. We cannot overstate how much we have relied on these RNs during this time as the final word on COVID questions.

Introducing our Infection Preventionists

Britnee Burnside, GSVE HR Wellness RN

Britnee began her career at Good Shepherd at Good Shepherd Fairview Home as a CNA in SNF in 2003 after working at various other area LTC facilities. She also worked as an ACF Aide at GSFH. Over time, she advanced her career, attending Broome-Tioga BOCES LPN program to become an LPN. She left GSFH's employment briefly when she relocated, then returned as a LPN. She later attended SUNY Broome to become an RN and worked as a House Charge RN at GSFH. In April 2019, she moved into the role of HR Wellness RN at GSFH, eventually transferring to GSVE in April 2020.

Carole Kane, Chase ADON

Carole earned her Associates degree in Nursing from Mohawk Valley Community College. But prior to going to nursing school, she experienced other aspects of the health care field, including medical transcription, medical office assistant, and phlebotomy. In addition, she served in the United States Air Force for eight years before being honorably discharged. Her work experience prior to Chase includes St. Elizabeth Medical Center in Utica, Utica Rehab, and Waterville Residential Care Center.

Tina Jayne, GSFH HR Wellness RN

Tina graduated from Windsor High School, and then attended the Broome-Tioga BOCES LPN program. Later, she continued her education at Broome Community College and received her Nursing Degree. She has worked in Long Term Care, acute care, physician practices and even the Broome County Jail, and she was a Certified Orthopedic Nurse for three years. She joined GSFH in April 2020. Tina will eventually be transitioning to a new role at Good Shepherd as a CNA Trainer, but for now she is fulfilling this vital role.

Thank you to all three of these amazing people!!

Fitness Centers Remain Closed

Please note that NYS has not allowed re-opening of gyms and fitness centers, including those on our campuses. While Out-Patient Therapy can continue in these areas, no other use is allowed. We hope this changes soon as we know people miss their normal routines, but for now please explore alternative forms of exercise such as walking.



Please help Good Shepherd stay compliant with all NYS guidelines and refrain from entering the Fitness Centers.

FAQs: We receive multiple individual emails or calls with questions. Rather than respond individually to multiple individuals asking the same or similar questions, we have added a FAQs section each week. Please note we have an obligation to maintain the privacy of the health information of our employees and cannot provide information which could potentially identify them.

Q: The news is reporting NYS has allowed visits to resume in nursing homes and adult care facilities. When will our facilities allow visitors?

A: We will continue to address this question each week as we believe this addresses one of the most critical challenges facing our facilities, our resident and their family members.

At this time, none of our facilities are in a position to re-open for visits, including outside visits, due primarily to the criteria pertaining to 28 days COVID-free. This criteria is incredibly burdensome on LTC facilities as it pertains to both residents and staff. While we are very fortunate in that none of our facilities has had a resident test positive for COVID, they have all experienced employees who tested positive but who were asymptomatic.

As we stated last week, we do not agree with this advisory as it is currently written and are advocating against it. And we encourage you to advocate personally on this issue by reaching out to your elected state and local officials. Together we all need to send the message that NYS needs to strike a balance between protecting our residents from COVID, and allowing vital emotional and psychosocial **in-person safe** interactions with loved ones.

Donations

Thank you to the following individuals or groups for their generous donations of Personal Protective Equipment or other support to our staff and residents:

- No new donations were received this past week.

We are very grateful for all the support and donations, but please remember to contact the facility's Administrator prior to making a donation so they are aware and they can review any restrictions.



Please visit our website for ongoing coverage of our response to COVID.

Thank you all for your patience during this difficult time. If you are feeling unusually high levels of stress, there are a number of resources available.

- Office of Mental Health Emotional Support Helpline: 1-844-863-9314 *
The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.
- CDC Resources : <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Kathy Swezey
GSFH Executive Director

Jennifer Davidson
GSVE Health Care Administrator

MaryKay McKinney
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