



Fun Times in Assisted Living

February 26, 2021 Edition

COVID STATUS

TLC remains blessed to be COVID free. We continue to remain healthy and well, both staff and residents!!

Please check our website for the most up-to-date information:

www.oddfellows.com/covid-19



*“And if love
keeps giving
me lemons,
I’ll just mix
‘em in my
drink.”*

*Miranda
Lambert*

LEMONS

I’m a firm believer that lemonade will kill you. And if it doesn’t kill you, it will for sure cause never ending heartburn. The kind of heartburn where flames shoot forth. But, now put a fresh slice of lemon in a cold glass of water – I’m all in. There is nothing better and more refreshing.

Lemons are lemons, right? What’s the big deal. You see, it’s not the lemon, it’s what you do with the lemon. When my son was little, he used to love to eat lemons just like one would eat slices of an orange. His face would almost invert with every slice, but he’d reach right out and grab another one. Me, I could go for a nice lemon bar, or maybe a lemon merengue pie perhaps. But straight lemons have me puckering just thinking about it. No matter how you eat them, it all starts with a yellow rind fruit.

It’s preference and perspective. Do you remember a year ago? Life gave us our first COVID lemon. It was next week (the first week of March 2020) that Walla Walla had it’s first case of COVID. The individual was hospitalized at Providence St, Mary’s where they recovered and went home. Now here we are, one year later. Never in my wildest dreams could I have imagined what we have all journeyed through.

What did we do with our lemons? Maybe some of us made some really good drinks 😊 No judgement here, you’ve got to cope how you’ve got to cope. We were in uncharted waters here 😊 But I think we’ve found strengths in those lemons that we never knew we had. We’ve found strengths within each other. Almost like a newly married couple who has to learn to lean on each other. We’ve had to learn to lean on our neighbors, friends, families, and even community agencies. Each one doing their own part of what they do best. It’s kept us together, even when it all felt like it was falling apart.

Early in the pandemic I watched a commercial about a still living survivor of the Spanish Flu pandemic. As the commercial closes, she says that the pandemic ended and they all went out into a brand-new world. I believe that! We’ll forever be different from this past year, but in beautiful and powerful ways. But in the meantime, mix a lemon in your drink, sit back and be proud you’ve made it this far!

Blessings,
Kari Randall, MSW
Assisted Living Director

What you need to know about...
Essential Support Persons

Under the **Safe Start for Long-Term Care** plan, a designated essential support person may visit a resident of long-term care indoors during LTC Phases 1 and 2. These visits are subject to strict safety rules and facility policies.

What is an essential support person (ESP)?
 An essential support person (ESP) is a loved one, caregiver or advocate for a resident of long-term care. In LTC Phases 1 and 2 of the Safe Start for Long-Term Care plan, essential support persons may visit a resident of long-term care indoors.

How may I become an ESP?
 An ESP must be aged 18 or older and must have some history of providing companionship or support to the resident. The resident must be consulted before an ESP is appointed. Prospective ESPs should contact their facility of interest and ask about ESP policies.

What if more than one person wants to be the ESP?
 Only one person at a time may be the designated essential support person for a resident of long-term care. That title may be transferred to someone else, but the resident must be consulted and the facility must officially approve the transfer.

Where should indoor visits take place?
 In LTC Phase 1, indoor visits may only occur in a designated visit area. If no dedicated visit area is possible, only those visits may occur in a resident's room. In LTC Phase 2, in-room visits are allowed if any roommates agree and social distancing and masking are enforced.

What rules must I follow when visiting?
 All visitors to long-term care facilities must be screened and wash their hands prior to entry. Visitors must be masked at all times and wear other PPE as directed. Visitors must strictly observe social distancing, maintaining at least 6 feet of distance from others.

May I touch or hug the resident that I am visiting?
 In general, visitors may not initiate physical contact. Some ESPs may need to provide care to a resident (assistance with eating, bathing, or medication) that involves physical contact. Consult the facility before performing any such task during visits.

If I am vaccinated, do these rules still apply to me?
 Yes, individuals that have been vaccinated against COVID-19 must abide by all of the same rules and infection control procedures. Masking, social distancing, hand hygiene, and other precautions are still important, and you still must adhere to the facility's visitation policies.

How are ESP and compassionate care visits different?
 Essential support persons are more flexible to visit a resident, once approved. Compassionate care situations are very specific, and involve end-of-life or psychosocial need situations. The rules for ESP and compassionate care visits are different.

May I visit a resident in quarantine?
 Essential support persons may not visit a resident in quarantine, or a resident that is suspected or known to have COVID-19. This means that new admissions subject to a quarantine period are not eligible for visits by an ESP until the quarantine period has expired.

Other Notes
 Every long-term care facility must establish a policy for essential support persons.
 Visitation to long-term care facilities has been restricted for a year now, and access to loved ones is important for resident wellbeing.
 Facilities should support indoor visitation for reasons beyond compassionate care, so long as the facility may safely do so.
 All visitors to long-term care facilities must be screened and wash their hands prior to entry. Within the facility, visitors must wear PPE and maintain a 6-foot distance from others at all times.
 Facilities should restrict the number of visitors per resident and the number of visitors allowed into the building at a time. Facilities may consider scheduling visits for a fixed length of time.
 Residents in quarantine or otherwise suspected of COVID-19 infection may not receive indoor visitors (in face-to-face contact) except in compassionate care circumstances. Accommodations should be made to allow these residents access to visitation outdoors, through technology, or through a closed window.

ESSENTIAL SUPPORT AND COMPASSIONATE CARE

Some of you may have heard from the media or the Department of Health about the Essential Support Persons and Compassionate Care Programs. The Compassionate Care Program has been a part of our pandemic closures from the beginning. It is a program by which family members can come to visit their loved one if they are imminently near end of life or severely emotionally distressed. During this past year we've only been able to grant access through our Assisted Living to 3 families under this program. But it is out there and if your loved one ever needs it; we will reach out to you, I promise! But the Essential Support Person program lightened its parameters early this month allowing for all residents to designate ONE (yep, only one) Emotional Support Person who is allowed to visit them in a supervised environment. We are currently utilizing our gift shop as the visitation location. Visitors must be over the age of 18 and are limited to scheduled, supervised 30-minute visits (see our website for full details). I've learned with the state and federal restrictions throughout this pandemic that there is always a "but". The Essential Support Person Program is already under review. So, while we feel it's important that you be aware of it, I need you to also be prepared for the program to change. The Federal Government is reviewing Washington's program and actively considering putting limitations on what situations would and would not qualify for Essential Support Person visitation. So please don't get too excited yet and stay tuned for more details.

SYRINGES AND TOENAILS

Now that might not sound incredibly exciting to some of you. But to us here at the Odd Fellows, those words get us all excited. We hosted our third and final in house COVID vaccine clinic this week. Not to worry if your family member did not get vaccinated but later decides he/she would like to. Future vaccines can be accessed through our Department of Health or the retail pharmacy system. This wasn't their only opportunity for vaccination. Then, the following day we were blessed to see Dr. Cornia and Dr. Robinson join us to trim down those toe nails. We look forward to Podiatry visits almost like kids to Christmas. Both events kept staff hopping but it was so nice to see the relieved faces on all the residents as we finished up. Their worries about vaccinations were all done, and their little "piddy toes", as my Mom always called them, were happy and comfortable. All in all, not bad for a week's work.

IT WASN'T ALL SERIOUS

Mixed in with all the different clinics were some really fun times this past week. BINGO has always been one of the biggest activities on campus, but during the pandemic, card games are giving it a run for the money. A huge shout out to the incredibly creative people in our Activities Department who continually think outside of the box to keep the fun times rolling!



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