



UPDATE

6/28/2021

To keep you up-to-date on our efforts to keep our residents and staff safe, we will send out this update as things change in our community:

- **Our COVID-19 situation:** We have had **0 new** laboratory confirmed cases of exposure within our buildings. We continue to follow Minnesota Department of Health guidelines for quarantining to reduce risk of spread of the virus.
- **CORE PRINCIPLES:** All long-term care providers should continue to follow basic core principles for preventing COVID-19 infection, including:
 - ♣ Screening all who enter the setting for signs and symptoms of COVID-19, and deny entry of those with signs or symptoms or those who have had close contact with someone who has COVID-19 infection in the past 14 days, regardless of the visitor's vaccination status.
 - ♣ Hand hygiene. An alcohol-based hand rub is best, unless hands are visibly soiled, then soap and water is recommended.
 - ♣ Wearing a well-fitting facemask that fully covers the mouth and nose.
 - ♣ Keeping people 6 feet apart (social distancing) as appropriate.
 - ♣ Educating visitors about basic steps to prevent COVID-19 infection and posting signs throughout the building to help them remember.
 - ♣ Cleaning and disinfecting of frequently touched surfaces in the facility often, and designated visitation areas after each visit.
 - ♣ Having staff wear face masks and other needed personal protective equipment
- **Visitation:** Appointments are no longer required for Essential Care, Compassionate Care, Indoor & Outdoor In-Person visits and E-visits (Zoom, FaceTime, Google Duo, etc.).
 - **24 Hours is requested for following circumstances. Please utilize [Microsoft Bookings](#).** See attachment.
 - Parties of 3 or more
 - If requesting to eat a meal with loved one
 - If wishing to bring a pet
 - Important note: Please provide up to date vaccination record prior to bringing your pet.
 - When reserving a particular space such as salon or front sunrooms
 - When making appointments, please make sure to register all parties who will be present to ensure all individuals will be granted access at the door.
 - Please adhere to set appointment times. If you arrive late, we cannot extend your appointment end time as we may have another appointment immediately following.
 - **[Regular indoor visits can now occur in resident's private apartment. This is something that was previously only allowed for essential caregiver or compassionate care visits. Guests are asked to follow core principles above and refrain from going in common areas and to keep socially distant from other residents. Special considerations must be made for residents who reside with a roommate.](#)**
- **OTHER ITEMS OF NOTE:**
 - **Walk to End Alzheimer's** – please watch for more information soon as we begin fundraising efforts for Alzheimer's care, support, and research.
 - **Family Council – Birchwood Cottages is establishing a family council which is a self-led, self-determining group of families and friends of residents of Birchwood Cottages that:**
 - Works to improve the quality of care and quality of life of residents of Birchwood Cottages
 - Provides families with a voice in decision-making that affects them and their loved ones

- Please reach out to Erin Carter if you'd like to join family council
- **From our Engagement team:** We continue to get creative in how we can safely connect you with your loved ones. If you have any thoughts or ideas, please reach out to Life Enrichment Coordinator, Erin Carter at erinc@birchwoodcottagesmn.com or 507-594-8005.

We appreciate all the support, prayers, and offers of help that we've received. If you have specific questions or concerns, please contact Elli Fuller, at elisiaf@birchwoodcottagesmn.com or 507-594-8273.

INFORMATION ABOUT OUR COVID-19 PROTECTION ACTIONS

Actions we take when a resident/tenant is diagnosed positive for COVID-19:

- Notify the family of the person.
- Quarantine the person in their room or move them to an isolated area.
- Work directly with the Minnesota Department of Health to guide our next steps in monitoring and testing residents and staff, as well as infection control to prevent the spread of the virus.
- Send a communication out to residents and families about the case.

Actions we take when a staff case is diagnosed positive for COVID-19:

- Staff self-quarantines at home.
- Work directly with the Minnesota Department of Health to guide our next steps in monitoring and testing residents and staff, as well as infection control to prevent the spread of the virus.
- Allow staff to return to work when staff have been fever-free without use of medication for at least 72-hours, have improved respiratory symptoms, and it has been at least 7 days since their first symptoms first appeared.

Infection Control Measures: This includes limiting residents from congregating in social spaces, moving throughout the building and encouraging them to keep to their rooms while keeping in mind the unique needs of residents experiencing dementia.