

COVID-19 UPDATES

10/29/2020 – VISITATION IS POSTPONED

Dear Residents and Family Members:

It's been a quiet week, but **Lutheran Care Center currently remains in postponed visitation status**. There have been no new resident or staff cases identified since the last employee tested positive on 10/22/20. All our residents are in the process of being re-tested, as per DOH guidance, after any positive result is identified in the facility. As soon as we are confident that we can resume visitation, we will post it here. Unfortunately, a single positive test result will negatively affect NYS nursing home visitation eligibility.

Governor Cuomo confirmed that New York State's 1.37% COVID test positivity rate yesterday (excluding cluster areas) remains among the lowest in the country, but there have been alarming surges around the U.S., as well as the world. These surges should remind us how quickly the virus can spread when communities let their guard down. Don't give in to "COVID fatigue!"

As discussed in last week's update, tomorrow we will kick off our Halloween festivities with lots of treats, and maybe a few tricks! We'll share some of the highlights here next week.

Until further notice, we will use FaceTime, Skype, and/or Window Visits, exclusively, as alternatives to in-person visitation. As usual, you may contact Carolyn at **Ext. 231, or 845-235-8231** to arrange your virtual visit. We do ask that if you would like to secure your spot, **please call Carolyn as early as possible on Thursdays or, at the latest, by 12 noon on Fridays**. Hopefully, this will allow everyone the opportunity for a "confirmed" appointment. Again, check back frequently as visitation guidance can be revised at any time by our regulators.

I would like to share some exciting news with you—**Anita Ramayani, RN has accepted the position of Director of Nursing!** Anita has been LCC's Assistant Director of Nursing for approximately three years, so we anticipate an easy transition. Please join me in congratulating Anita and wishing her much success! Resident-specific questions or concerns can be forwarded to Anita, the Nurse Managers, or our Social Workers.

Recently, I read an article about an extremely popular course being offered at Yale University, entitled, "Psychology and the Good Life." Taken by many Yale students and over 200,000 others in its online version, the author indicates that those numbers speak volumes about how we all yearn for happiness. The point of the article is that science and research confirm that, if you want to be happier, focus more on kindness to others than kindness to yourself. During these unprecedented times, one of the kindest things you can easily do for others is to wear your mask, maintain physical distance when able, and get tested. And, there's an added bonus--you will benefit, as well!

Happy Halloween!

Patricia Ludington, RN
Administrator