

Arbor Terrace

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~ Greetings and Salutations! ~

Happy March! Here is to a new month of laughs and luck. Please Enjoy this months Newsletter!

Newsletter March 2021

~ A Message from the ~ Housing Community Leader



Greetings Everyone,

February flew by with it being the shortest month of the year! Through the past month we celebrated Valentine's Day, we opened up for more visitations, and received our 2nd COVID vaccination.

I am so excited to see more of you here at Arbor Terrace with the indoor visitations now being opened up. Please see pgs. 4-5 for the letter that was sent out on 2/12/2021.

March is a time to clean up and get that spring fever into action. With St. Patrick's Day and Easter coming around the corner there is warmer weather and brighter smiles around Arbor Terrace. Our residents can't wait for the patio furniture to be outside and the temperature to be just right for outdoor walks and enjoying the sunshine.



This month there is one day I am especially looking forward to March 23rd is National Puppy Day! I love to spend my days after work or weekends with my dogs. Bogey is the big Bernedoodle and Boomer is a Sheepadoodle.

COVID-19 UPDATE

As of 2/19/21 Arbor Terrace staff and residents have received both doses and are fully vaccinated by Walgreens! We received the Moderna vaccination.

The third clinic for anyone needing their 2nd shot still will be March 19th, 2021 from 11am to 1pm. Please remember you have to fill out another consent form (through section C) and return it to reception by 3/12/2021.

It is crazy that we have been dealing with COVID-19 for a whole year. March 11th is the anniversary of COVID-19 being declared a pandemic.

Here at Arbor Terrace we are so grateful for the support and patience you all have shown during these difficult times.

Please remember all essential caregivers and visitors need to be scheduled through the Congregate Care Scheduling website or app. Reservations must be approved before your able to come onsite. **Requests are only monitored M-F 8a-4pm.** See pg. 4-5 for more details regarding visitations.

Cumulative Total Cases at Arbor Terrace

of Staff 7

of Residents 15

COVID-19 continues to spread in the community and we are taking every precaution recommended by MDH and the CDC. Please remember to be cautious of where you travel to and always perform hand hygiene! We also ask that you wear a mask at all times when in proximity to others.

COVID CARDS

For Assisted Living and Memory Care we have collected their COVID Cards. We ask that their responsible party come collect their card and keep in a safe place. We have made copies of everyone's card for their medical record.

Arbor Terrace

Visitation Letter 2/12/2021

Dear Resident/Family member:

With the recent outbreak at Arbor Terrace we had to postpone our opening of indoor visitations. However, we have made it past the 2 weeks with no new positive cases at Arbor Terrace. This is good news and means we started 2/15/2021 with hourly visitations scheduled through the same online portal called Congregate Care Scheduling.

An individual cannot be both a caregiver and a visitor. You have to decide between one or the other. If you want a switch please contact Rachael Paddock. As a caregiver you are to be providing care and are allowed more intimate contact for a longer duration of time. As a visitor you must remain 6 ft. away, have no physical contact and are only allowed 1 hour.

How to sign up:

Go to this link – <https://ccs-reservation.na.rapidbiz.com/>

Enter Facility Pin – 497154

Pick Schedule a Caregiver Appointment or a Visit

Once the reservation is approved, the visitor will receive a confirmation email. If you do not receive a confirmation email within a few minutes, please check your junk or spam folders.

We have expanded times for essential caregivers and visitors to include weekend visits. We will monitor these times and make adjustments as needed.

Essential Caregiver Guidelines:

Please schedule your visits 24-48 hours in advance on the scheduling program. All caregivers will need approval prior.

Each resident is allowed 3 caregiver visits a week and must be the same caregiver that week. If there are multiple caregivers they will have to alternate weeks.

One caregiver allowed in the building at a time per resident.

You will be screened upon entering the building and if you do not pass screening you will be asked to leave.

EC's must sign in with their arrival and leave time.

The caregiver reservations will be 3 hour time slots and to be courteous to the number of people we have in the building at one time, please refrain from staying longer than the designated 3 hours.

The caregiver must keep a mask on at all times while in the building.

Take a direct path to the resident's room.

Pets are allowed to accompany the visitor during the visit, but must be on a leash.

<p>Schedule is Monday – Sunday 8-11am, 10am-1p, 12p-3p, and 4p-7p</p>

Please arrive before 4:30pm for screen in process. If you will be arriving later you will need to alert staff ahead of time, so they are aware and come to the door to screen you in.

Visitor Guidelines:

Please schedule your visits 24-48 hours in advance on the scheduling program. All visits will need approval prior.

Each resident may have 1 visit a day and up to 5 visits a week.

Only one visitor per resident at a time with the exception of 1 child under the age of 18 accompanying the adult visitor. If the child is over 2 years of age, they must wear a face covering or mask.

You will be screened upon entering the building and if you do not pass screening you will be asked to leave.

Visitors must sign in with arrival and leave time.

The visitations will be hourly time slots and to be courteous to the number of people we have in the building at one time please refrain from staying longer than the designated hour.

The visitor must keep a mask on at all times while in the building.

Visitors are to remain 6 ft. away from others while in the building and with the person they are visiting.

Take a direct path to the resident's room.

Visitors cannot consume food or beverage during the visit. You are still able to bring food to drop off for your loved one to enjoy later.

Pets are allowed to accompany the visitor during the visit, but must be on a leash.

Residents placed on transmission-based precautions will not be able to have visitors during their 14 day quarantine period.

Schedule is Monday – Sunday

8-9am, 9-10am, 10-11am, 11am-12pm, 12-1pm, 2-3pm, 3-4pm, 4-5pm

Failure to follow the above guidelines may result in early termination or future suspension of caregiver or visits.

Below are factors that may cause us to suspend indoor visits:

We experience a positive case of COVID-19 among the residents or staff.

The county positivity rate for Olmsted county rises.

Compromised staffing levels.

Other factors that affect the safety of visitation that may arise.

Please do not come to Arbor Terrace if you have been exposed to a positive COVID case or are experiencing symptoms. We are expanding the number of people in our building and that increases our exposure risk. We ask that you be mindful of your symptoms or exposure prior to coming onsite. Our number one priority is to keep the residents and staff healthy and safe during this transition.

We deeply appreciate the sacrifices you made to limit the impact of COVID-19 on our community and your patience as we prepare to host safe visits and other activities. Our entire team looks forward to seeing you again!

If you have any questions about the new visitation guidelines please contact Rachael Paddock at **507-424-5454** or email at **rpaddock@samaritanbethany.com**.

Sincerely,

Rachael Paddock
Housing Community Leader – Arbor Terrace



Shopping and Tray Update

With the recent 2nd COVID vaccine being administered we are excited to get some normality back at Arbor Terrace. Starting March 8th, 2021 we will not be serving room trays regularly. Unless notified that morning that you're ill or willing to pay the \$3.15 tray delivery fee for your meal. If you are receiving a room tray you will be served closer to the end of meal times around 8:30am, 12:30pm, and 6pm. Starting March 8th, 2021 please call Stephanie at 507- 288-4883 and enter the extension 4142 to get the IL Kitchen and alert them if you need or want a room tray that day.

You are encouraged to come to the dining room for all your meals to get out of isolation.

- When coming to the dining room you need to wear a mask in the halls and in the dining room until seated with your meal and beverages.
- We still have to sit 1 person per table and 6 ft. apart.
- Please remember to wait to be seated at the entrance to the dining room. We must have staff monitoring who is entering and checking that we have a sanitized table ready for you. If we don't have a seat available please wait in the sitting room or living room until a table is available.
- Friendly reminder to be seated and not to walk up to the food counter for to go trays, it is a first come first serve process and if your seated the homemaker will get you your food in the order of arrival.
- Meal times are the following and please don't arrive earlier than 10 minutes before start time:
Breakfast 7am – 9am
Lunch 11am-1p
Dinner 4:30pm-6pm

Starting the week of March 8th, Sue will no longer be going shopping on Tuesday's. Instead we will begin the Friday shopping trips again. We will have a sign-up sheet put out on Tuesday's by Stephanie under the 1st floor Living Room TV. We will have 2 groups of 4 residents be able to sign up. The time on Friday's will be between 1pm-3pm. One group will go at 1pm and the second group will go at 2pm. The location for shopping will rotate each week, we will take you to places like Walmart, HyVee, Target, and Silver Lake Foods.

Shopping reminders:

Always wear a mask

Bring hand sanitizer

It's a good idea to bring reusable bags to transport your purchases

Bring your phone with Arbor Terrace and the Bus phone numbers programmed in it.





A look back at February!

Well, we made it.
We (well most of us) have been vaccinated and made it through the side effects.

Here are some pictures throughout February.

I hope you had as much fun as we have!





MEET THE STAFF

What is the most heartwarming thing you've ever experienced? I live a dark life.

What's something you do the old fashioned way? Wash dishes without dishwasher.

What job would you be terrible at? Accountant.

What's the most annoying habit that other people have? Eating with their mouth open.

What hobby would you get into if time and money weren't an issue?

Basketball team owner.

What do you take for granted?

Food

What do people think is weird about you?

That's what other think and I don't really care. I don't think I am weird.

What's the dumbest thing you've done that actually turned out pretty well? Being a Matchmaker or in better words "Love Cupid."

How do you hope you will change as a person in the future? That I will never settle for one thing constantly changing...this goes for my love life.



Levi Vu, IL Care Attendant

A Peek at the Month

International Womens Day 8th

1yr Anniversary of the Declaration of COVID as a pandemic 11th

St. Patricks Day 18th

Pi Day 3.14

SPRING EQUINOX !!! 20th

**Meditation Group (CR) Every
Wed. 4:15-5pm**

**Exercise Class (MC/AL) Mon. & Wed.
(IL) Tues. & Thurs. & 10:30**

HAPPY HOUR EVERY THURSDAY at 2:00pm



St. Patrick's Day Word Search



P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
W	O	W	N	N	D	O	W	T	L	K	Y	D	O	S
L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A



CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK



St. Patrick's Day Myths



Every _____ people
(month) (number)
celebrate St. Patrick, the patron saint of
_____. Once a religious holiday, today St.
(place)
Patrick's Day celebrates the _____ and
(noun)
people of _____. There are a few popular
(place)
_____ about St. Patrick. One story claims
(plural noun)
he _____ the _____ from Ireland.
(verb -ed) (animals)
While the _____ leaf _____ is a
(number) (noun)
symbol of _____ luck, St. Patrick actually
(adjective)
used a _____ leaf _____, also
(number) (noun)
known as a _____, to _____ the
(noun) (verb)
Irish people about Christianity. While _____
(color)
is the color connected with St. Patrick's Day,
originally the color _____ was used.
(color)





MAY THE ROAD RISE TO
MEET YOU. MAY THE WIND
BE ALWAYS AT YOUR BACK.

MAY THE SUN SHINE
WARM UPON YOUR FACE
AND UNTIL WE MEET AGAIN.
MAY THE LORD HOLD YOU
IN THE PALM OF HIS HAND.