

A-GLANCE-AT-EASTER 2020

Garvey Manor & Our Lady of the Alleghenies Residence (OLAR) E-Newsletter

814-695-5571 • www.garveymanor.org

Dear Families and Friends,

ALLELUIA! REJOICE – Christ is Risen - HE is in our midst!

This special edition of A-Glance-at Garvey is an outreach to keep you informed of all that is happening here as this unprecedented Pandemic continues to affect us all. While life is certainly not normal as we knew it, we have been able to realize many blessings amidst the seemingly not so positive things that we have put in place - all in an effort to protect our residents from any exposure to Covid-19 and to preserve the ability of our staff to remain free of it as well as they continue to serve the residents throughout the home. Enjoy the pictures of us from 'within'.

As we prayed through the last days of Lent, the scriptures were so appropriate, reflecting our present distress, as we walked once again the journey of Christ to Calvary. As followers of Christ we know the end of the journey is already achieved – we are redeemed, and even in our trials, Christ is Risen and He is with us always until the end of time.

Rather than focusing on the trials we are undergoing, we are focusing on the blessings we have experienced during these last two months:

We may be masked, screened for symptoms, social distancing, experiencing heightened levels of disinfecting, but our attitude is positive as we continue to be educated by local, state and federal agencies and systematically roll out recommendations and mandates.

Our residents are safe and well cared for. They are receiving a lot of attention and participating in innovative activities to keep them entertained, engaged, active and connected to family and friends. Technology has been an amazing help!

Our WONDERFUL, dedicated staff are going above and beyond to keep things running smoothly, not in a panicked survival mode, but as positively as possible. Everyone is providing additional emotional support to each other and residents.

We decorated inside for Easter for the residents and our grounds looks spring-time fresh. Residents are going out into courtyards to enjoy spring's fresh air, sights and sounds, as the weather permits.

We have all needed supplies, we are well fed and we have a super supply of "TP"!!

We've provided some "complementary appreciation" meals and snacks for staff.

We've experienced an outpouring of support and affirmation from residents' families, friends and the community at large, via notes, emails, phone calls and gestures to help. We are posting notes, emails and messages for staff – THANK YOU.

We appreciate the understanding and cooperation of the residents' families and friend as everyone struggles with the "No Visitor" and stay at home restrictions and the restrictions we had to put on deliveries of goodies, clothing, flowers etc. from families to residents.

We have had a sustained emphasis on prayer in the house, charging the residents with the ministry of praying for our continued safety. We have daily religious services broadcast via the chapel's closed circuit television, Holy Communion daily for Catholic residents and frequent pastoral/prayers visits for all residents. We all feel a closer connection to God.

As we continue to go through this time of special precautions, we live in hope of better days to come soon. We are not looking into the empty tomb in despair as if we are abandoned, we are looking up, rejoicing in Faith that the Lord is Risen, He is Risen indeed, and He offers us the peace of His presence if we but continue to trust in HIM.

God Bless you all, stay safe and Blessed Easter to each of you!

Sister Joachim Anne

What's Going on in the "Inside?"

We are trying to maintain an atmosphere of "Business as Usual" with some adaptations.

The Department of Health as well as the CDC have mandated Nursing Homes to comply with certain regulatory changes. We thought it would be helpful to let our friends and families know what these changes are AND what we are doing to address those changes to our services.



- No outside visitors are permitted at this time. We have streamlined our entrances so that entry to the building is limited and regulated.
- Essential service vendors must be screened before they enter the building. The screening includes taking their temperature. They must also fill out a COVID-19 screening questionnaire to ensure they are not putting our residents at risk of exposure to the virus. Anyone who is deemed at risk for exposure is not permitted to enter the building. Those who are cleared to enter must wear a mask while they are in the facility.
- Before each shift, **All** Employees must go through the same COVID-19 screening process and at the end of each shift they must be screened again. The process is quite thorough. First, upon entry, **All** Staff must sanitize their hands. They then fill out a screening form to ensure they are not experiencing any symptoms of COVID-19 or other illnesses, and that they have not been knowingly exposed to the virus. **All** Staff then have their temperature checked. If they are cleared to begin their workday, **ALL** staff must then don a mask and head off to begin their duties. The mask is to be worn at all times during their shift. At the end of the work day, **ALL** staff must again go through the screening process to ensure that nothing out of the ordinary developed during their shift. This process is to decrease the exposure of COVID-19 to our residents and staff
- All residents are screened for symptoms of the virus twice every day.
- Residents must maintain social distancing. That means group activities and dining room services must be altered.



We have set up a tent outside for deliveries. This decreases exposure of outside vendors to our facility as well as gives packages time to decontaminate in case of possible exposure.



Sam Ebersole, Maintenance Director, is checking LPN Misty Pines, temperature at the screening station to ensure she does not have a fever before heading to work.

What We Are Doing To Cope With Regulation Changes

- First and foremost our Sisters and staff continue to pray for our nation, including our residents, staff, volunteers, and families.
- Dining services are being provided as usual with adaptations to seating arrangements. In-Room accommodations are also being provided.
- We were mandated to close the Beauty Salon. However, we are doing our best to cope with beauty and barber changes. Our dedicated staff are styling and maintaining hair care to the best of their abilities.

At Garvey Manor and Our Lady of the Alleghenies we are all one big extended family. But we also know that our residents miss their family and friends. And we know YOU miss them. Here is what we are doing to make sure your loved ones are keeping in contact with the outside world!

- We are using Face-Time, Skype, and other virtual apps on a daily basis. Our I.T. and Activities Department have been working closely to utilize our IPADS and other devices to contact family members.
- We have had a closed circuit TV station here at the facility for many years. We utilize it at different times. The closed circuit TV enables us to host an event at various locations in the building while broadcasting the event to resident rooms via their Television. The CC TV has been wonderful. It allows us to continue various groups such as exercise and Bingo. Using the CC TV from the Chapel allows us to broadcast Mass, the Rosary, and other devotional programs.
- Our activities staff, social services, and ancillary staff are providing one on one room visits with residents.
- We are also doing virtual one on one visits with our Activities Intern from Lock Haven University. Residents enjoy the visits with "Bri The Intern."
- Our activities programming has always been person-centered. Our staff continue to provide residents with the tools they need to participate in activities of their choice such as music, puzzles, games, etc.
- Our staff continues to deliver all mail including cards and letters. Per Resident Rights, assistance is provided with opening and reading a residents mail if it is their request.



Barb Hileman, Activities Director, and Linda Conley, Activities, are always making us smile! Leave it to them to make the best of the masking protocol!



Sister Joachim Anne, Administrator sports a beautiful spring mask in honor of the Easter Holiday!

Making The Most Our Of Your Virtual Visit

We have been doing virtual visits for awhile now. They can be a great way to stay connected with your loved ones. Here are some tips we have for making the most out of your visit!

- The residents are looking to you for reassurance on how things are during these challenging times. We encourage you to keep your conversation on a positive and uplifting tone.
- There is so much information in the media regarding COVID-19. We recommend you avoid conversations regarding the virus. We recommend you consider the impact this kind of conversation could have on your loved one. These types of conversations can bring up traumatic events or difficult memories. We recommend you focus on more positive topics.
- Discuss any uplifting or positive news updates you have to share with your loved one about your family. Let them know you are okay.
- It can be difficult for your loved ones to understand, and in some cases, even remember the visitation restrictions. We recommend you do not discuss the restrictions with your loved ones. This will help the visit remain focused on your conversation. It keeps them from getting overwhelmed and upset that they cannot see you in person.
- We know you must miss your loved one terribly. We encourage you to tell them you love them. Tell them you will see them soon.
- Due to the Governor's request to stay at home, we are not able to do on-site visits. Please be aware that walking around the building could be distressing to residents who are not aware of your intent and think a peeping Tom is outside their window. We know this is a very difficult time, but we are not permitted to have visitors on site. Please remember this is per regulation from the CDC and The Department of Health. These are not our rules but we must follow them to maintain the safety of all of our residents and staff.



Hilda Gordon is enjoying playing "Virtual Bingo" broadcast on the CCTV. She says, "it's different but I like it.". She is also enjoying virtual visits with her family, and phone calls to keep in touch.



Diane Sault enjoys a "virtual kiss." with a Hershey's Kiss from our staff.



Robert Mayernick and his wife Barbara celebrated his birthday together. He was in person and she was on the IPAD. His family made a YouTube video which they watched together. It certainly was different but our staff are committed to making the most of each visit.

We encourage our families to contact us if you need helping coordinating a phone call or virtual visit with your loved one. 814-695-5571

Tips to Stay Healthy

We recommend these tips on how to protect yourself from respiratory illnesses this spring:

- Avoid close contact with people who are sick or strangers.
- Avoid touching your eyes, nose, and mouth. **-wash your hands**
- Stay home as much as possible especially if you feel sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. **-wash your hands**
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing, and after touching mail or packages
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Always wash hands with soap and water if hands are visibly dirty. **-wash your hands often!!**
- The CDC does not recommend that people who are well wear a facemask AT HOME to protect themselves from COVID-19. But, they DO recommend you wear one when you are OUTSIDE of your home.

Blessed By So Many

At such a confusing and difficult time for many, we are humbled by the kindness and support from our community. We have been receiving hand made cards for our residents, homemade masks to use for our staff, and various Personal Protective Equipment donations from businesses and Universities. We would like to thank everyone for their support of gifts and prayers!! For questions about Donations please contact Holly Keller, Director of Development at 814-695-5571 or email at hkeller@garveymanor.org.



Heather and Avery Reimer made hand-made cards for residents. Heather wanted to do something to help the residents since they can't have visitors.



Just a few of the hundreds of homemade masks that have been donated to us!

Thank you to all the individuals and groups who are making masks for us!
You help us keep each other and our residents safer!



Holly Keller, Director of Development accepts cases of Gloves from Dr. Rita Trofino from the St. Francis Nursing Education Department. Since classes have gone remote, Dr. Trofino did not want these gloves to expire and go unused by those in need.

Christ Is Risen

It was VERY important for us to maintain as much normalcy as possible during the Easter Holiday. Sister Joachim decorated the house with festive Easter décor, residents and staff enjoyed a delicious Easter Meal, and Mass and other devotional services were broadcasted throughout the house. The afternoon of Easter brought a lighter tone with a visit from the Easter bunny!! The Easter Bunny went throughout the entire house to visit each resident and deliver to them a hand-made flower made by some staff members and their daughters, and the personalized Easter Grams sent by their families and staff.



St. Joseph's Chapel



Having fun with Easter Bunny!



Patty LeFevre and Alicia McCulley accompanied the Easter Bunny throughout the house to deliver the hand-made flowers and personalized Easter messages. They also joined many families together with Face Time and other virtual calls. It was a Blessed Day!!!



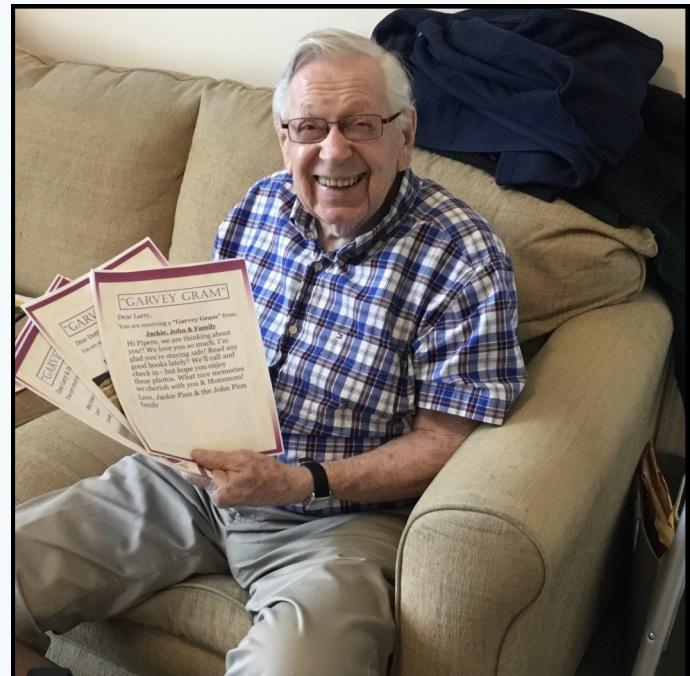
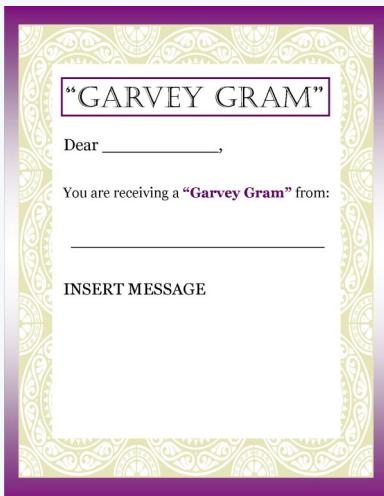
Afternoon Shenanigans!

“Garvey Grams”

Inspired by the history of the Telegram and current times of E-cards, you can send your loved one a personalized **“Garvey Gram”**.

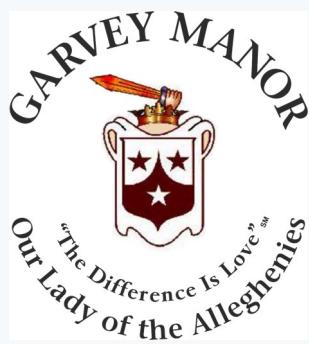
If you would like to send your loved one a Garvey Gram email Holly Keller at hkeller@garveymanor.org. She will need the name of your loved and the message you would like to send. (a picture can also be included)

A personalized Garvey Gram will be created and delivered to your loved one via our staff! The residents are really enjoying getting these personalized notes and pictures. It is another fun way to keep in touch with each other.



Larry Pion, a resident of OLAR displays an assortment of “Garvey Grams” he has received from his family. Larry’s wife Dottie resides in Garvey Manor. She also received many grams of her own as well as a duplicate copy of the “Grams” the Pion’s received together!

Reminder: Basket Bingo has been Postponed. We will update you as soon as we have a new date!!!



Our Facebook and Instagram is very active. We use it for Announcements and to show all of the fun things that are going on inside the house!

Be sure to Like Us!!!



Our Mission is: To promote and provide personal and professional quality of care and services in an atmosphere reflecting Christ's compassion, love, and concern for the elderly.