



Mar 31st, 2023

Dear Residents/Families/Responsible parties,

We have no cases to report in residents or staff since our last correspondence.

As previously mentioned, Dr. John Walter is now our Medical Director and primary care provider for you/your loved one at MNH. Dr. Walter graduated from Northwestern University in 1984 as an MD and earned a Master's degree in Public Health in 1985. He has worked in NH since 1989 starting in Family Medicine with Dartmouth Hitchcock Clinic-Keene at the Winchester satellite office where he practiced from 1989 through 2018. He was previously the Medical Director at Applewood Rehabilitation Center in Winchester from 2018 through early 2023. He is learning our routines quickly and we look forward to learning from his as well.

Our social services team has been planning to resume the family support group at the end of April. If you have any questions, please check with your social worker.

We have some residents who enjoy working on those 300 piece puzzles that have slightly larger pieces. We invite donations if you have some intact in their original boxes, thank-you.

It's expected that on May 11th, the Public Health Emergency will be lifted. No rule changes have been shared as of yet with nursing homes, so I can't predict any impact you may see. Regarding masking, we continue to follow the CDC (Centers for Disease Control) transmission rates (we must check weekly). Based on the healthcare transmission rates, you may see staff without masks in non-resident areas. To date, we have not come close to seeing the low levels as will be required for staff to remove masks around residents.

As a reminder, here are the 4 categories for CDC transmission rates in Healthcare; Red = High, Orange = Substantial, Yellow = Moderate, and Green = Low. As always, please cleanse your hands and take a mask as you enter the building. Please ensure you have your mask on while transiting through the building at this time. Residents on precautions will always require that you wear a mask when you are in their room (may require additional PPE as well).

Please remember never to visit if you are ill. Always alert us about resident COVID-19 exposures after a visit or an off campus trip.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Mar 17th, 2023

Dear Residents/Families/Responsible parties,

We have one worker who learned of a community contact and then tested positive for COVID yesterday. They had worked within 48 hours prior to the start of symptoms and we have tested impacted residents once already. We will continue to test all impacted staff and residents and report any other positive cases to you as always. Public Health and DHHS are aware of this new case.

An update on masking: each Friday we must check the CDC (Centers for Disease Control) transmission rates. Today, our county is in "Substantial" (last week was "Moderate"). For staff, this means we mask again on ground and first floor as well as on resident floors. Staff in restricted areas (ie. laundry, kitchen ect..) do not need to mask in those specific areas. As a reminder, here are the 4 categories for CDC transmission rates in Healthcare; Red = High, Orange = Substantial, Yellow = Moderate, and Green = Low. As always, please cleanse your hands and take a mask as you enter the building. Please ensure you have your mask on while transiting through the building at this time. Residents on precautions will always require that you wear a mask when you are in their room.

We are hearing that there is Norovirus (some call this the 'cruise ship virus') in the county. Please do not visit if you have nausea, vomiting or diarrhea. You should wait until at least 24 hours past your last symptom before coming in for a visit. Norovirus is very contagious and can easily lead to outbreaks in nursing homes as well.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate all help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 28th, 2023

Dear Residents/Families/Responsible parties,

We have discovered one new positive resident on our 2nd floor unit. All other resident and staff testing have been negative since our last correspondence. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will update you with any other positive cases, and will continue to notify individual residents/responsible parties directly when positive.

All residents can have visitors; those on precautions require visitors to wear additional PPE. Testing frequency for residents is based on their most recent exposure. The best way to know if your loved one is on the testing list is to call their unit.

Even if your loved one is not on any precautions, we continue to recommend that you wear your mask throughout your visit and avoid eating with your loved one. As previously mentioned, we can always bring the portable phone to your loved one on precautions; keeping in mind it could be in use and to call back if you don't get through.

Dr. Keene, who served as our Medical Director for a number of years has now retired fully, and our new Medical Director is **Dr. John Walter**. Pam Morrison, PA, continues to serve our facility and residents.

We will be having some trees trimmed out front on Wed, March 1st. We apologize for any parking impact this may cause.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate all help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 23rd, 2023

Dear Residents/Families/Responsible parties,

We have discovered 4 new residents who have tested positive for COVID on 2nd floor and 1 staff member who tested positive for COVID. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

Your loved ones are our priority and ensuring the best care remains at the center of our mission. Despite the number of staff temporarily out with COVID, our staffing numbers are maintaining at normal to optimal. We have contingency and crisis plans in place for staffing, should our situation merit the initiation of either plan.

You are welcomed to visit your loved one while they're on COVID precautions. We are asking you to follow the appropriate guidelines to wear gloves, gowns, goggles and mask during your visit. Please know responsible parties will be notified if their love one becomes sick or test positive for COVID-19. Please call the unit your loved one is living on to know if they are on the testing list for any recent exposure or to check on your loved one. Portable phone use is allowed while a resident is on precautions, so if you wish to speak with your loved one, you are able to do so. Please keep in mind the portable is used by many and you may be asked to call back if the phone is already in use.

An ongoing measure you can take to minimize the risk you bring while visiting, or take away after your visit is to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new resident or staff testing positive.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

If you ever have any questions and concerns regarding your love one, please call and reach out to the staff on the floor.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 21st, 2023

Dear Residents/Families/Responsible parties,

We have discovered 4 new residents who have tested positive for COVID on 2nd floor, 2 new residents who tested positive on 4th floor for COVID and 1 staff member who tested positive for COVID. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

Your loved ones are our priority and ensuring the best care remains at the center of our mission. Despite the number of staff temporarily out with COVID, our staffing numbers are maintaining at normal to optimal. We have contingency and crisis plans in place for staffing, should our situation merit the initiation of either plan.

You are welcomed to visit your loved one while they're on COVID precautions. We are asking you to follow the appropriate guidelines to wear gloves, gowns, goggles and mask during your visit. Please know responsible parties will be notified if their love one becomes sick or test positive for COVID-19. Please call the unit your loved one is living on to know if they are on the testing list for any recent exposure or to check on your loved one. Portable phone use is allowed while a resident is on precautions, so if you wish to speak with your loved one, you are able to do so. Please keep in mind the portable is used by many and you may be asked to call back if the phone is already in use.

An ongoing measure you can take to minimize the risk you bring while visiting, or take away after your visit is to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new resident or staff testing positive.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

If you ever have any questions and concerns regarding your love one, please call and reach out to the staff on the floor.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 19th, 2023

Dear Residents/Families/Responsible parties,

We have discovered 4 new residents who have tested positive for COVID on 2nd floor, 2 new residents who tested positive on 4th floor for COVID and 2 staff members who tested positive for COVID. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

You are welcomed to visit your loved one while they're on COVID precautions. We are asking you to follow the appropriate guidelines to wear gloves, gowns, goggles and mask during your visit. Please call the unit your loved one is living on to know if they are on the testing list for any recent exposure. Please know responsible parties will be notified if their love one becomes sick or test positive for COVID-19.

An ongoing measure you can take to minimize the risk you bring while visiting, or take away after your visit is to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new resident or staff testing positive.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

If you ever have any questions and concerns regarding your love one, please call and reach out to the staff on the floor.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 17th, 2023

Dear Residents/Families/Responsible parties,

We have discovered 6 residents who have tested positive for COVID on 2nd floor and 4 staff members who tested positive for COVID. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

You are welcomed to visit your loved one while they're on COVID precautions. We are asking you to follow the appropriate guidelines to wear gloves, gowns, goggles and mask during your visit. Please call the unit your loved one is living on to know if they are on the testing list for any recent exposure. Please know responsible parties will be notified if their love one becomes sick or test positive for COVID-19.

An ongoing measure you can take to minimize the risk you bring while visiting, or take away after your visit is to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new resident or staff testing positive.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

If you ever have any questions and concerns regarding your love one, please call and reach out to the staff on the floor.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 16th, 2023

Dear Residents/Families/Responsible parties,

We have discovered 7 residents who have tested positive for COVID on 2nd floor and 7 staff members who tested positive for COVID. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

We are noticing an uptick in our staff having had their own household exposures. We follow the CDC and CMS rules for our workers after exposures; they have to test negative prior to each working shift and wear a KN-95 mask for a prescribed period of time. If anyone suddenly notes a symptom associated with COVID, they must immediately leave their work area and test, and (with few exceptions) they will be sent home until symptoms resolve and/or they have the prescribed series of negative tests before they can return to work. Please call the unit your loved one is living on to know if they are on the testing list for any recent exposure. Please know responsible parties will be notified if their love one becomes sick or test positive for COVID-19.

An ongoing measure you can take to minimize the risk you bring while visiting, or take away after your visit is to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new resident or staff testing positive.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 14th, 2023

Dear Residents/Families/Responsible parties,

We have discovered two residents who tested positive for COVID on 2/13 and one staff member who tested positive on 2/14 on our 2ND-floor unit. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

We are noticing an uptick in our staff has had their own household exposures. We follow the CDC and CMS rules for our workers after exposures; they have to test negative prior to each working shift and wear a KN-95 mask for a prescribed period of time. If anyone suddenly notes a symptom associated with COVID, they must immediately leave their work area and test, and (with few exceptions) they will be sent home until symptoms resolve and/or they have the prescribed series of negative tests before they can return to work.

An ongoing measure you can take to minimize the risk you bring while visiting or take away after your visit is to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have two weeks without any new residents or staff testing positive.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness, even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposure to any of the circulating viruses. We appreciate everyone's help in minimizing the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 5th, 2023

Dear Residents/Families/Responsible parties,

We have discovered a resident who has tested positive for COVID on our 2ND floor unit. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

We are noticing an uptick in our staff having had their own household exposures. We follow the CDC and CMS rules for our workers after exposures; they have to test negative prior to each working shift and wear a KN-95 mask for a prescribed period of time. If anyone suddenly notes a symptom associated with COVID, they must immediately leave their work area and test, and (with few exceptions) they will be sent home until symptoms resolve and/or they have the prescribed series of negative tests before they can return to work.

An ongoing measure you can take to minimize the risk you bring while visiting, or take away after your visit is to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new resident or staff testing positive.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 3rd, 2023

Dear Residents/Families/Responsible parties,

We have a new positive worker to report. This worker was last in on 2/1, and woke up 2/2 with symptoms and tested positive. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

We are noticing an uptick in our staff having had their own household exposures. We follow the CDC and CMS rules for our workers after exposures; they have to test negative prior to each working shift and wear a KN-95 mask for a prescribed period of time. If anyone suddenly notes a symptom associated with COVID, they must immediately leave their work area and test, and (with few exceptions) they will be sent home until symptoms resolve and/or they have the prescribed series of negative tests before they can return to work.

An ongoing measure you can take to minimize the risk you bring while visiting, or take away after your visit is to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new resident or staff testing positive.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Feb 1st, 2023

Dear Residents/Families/Responsible parties,

We have 2 new positive workers to report; one of whom last worked Jan 30th and tested positive January 31st, and the other last worked January 31st and tested positive today. We continue with exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

Regarding exposure testing; we balance between being ultra conservative which would be testing everyone on a particular unit (very invasive and not always welcomed by the residents) vs determining who met the CDC criteria for exposure testing. Due to the timings of the prescribed testing protocols, it can happen that we have concurrent, overlapping or other complex scenarios we are following. Please call the unit your loved one is living on to know if they are on the testing list for any recent exposure. Please know responsible parties will be notified if their love one becomes sick or tests positive for COVID-19.

An ongoing measure you can take to minimize the risk you bring while visiting, or take away after your visit is to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new resident or staff testing positive.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Jan 30th, 2023

Dear Residents/Families/Responsible parties,

We have a new positive worker to report; this person last worked Saturday, noted symptoms, and subsequently tested positive yesterday. We will begin exposure testing for any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

We continue to encourage you to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new residents or staff testing positive. Experiences from other facilities suggest that it could take some time to come out of an outbreak.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness, even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposure to any of the circulating viruses. We appreciate everyone's help in minimizing the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Jan 24th, 2023

Dear Residents/Families/Responsible parties,

We have a new positive worker to report; this person last worked Sunday then noted symptoms on Monday and subsequently tested positive. We had completed testing from last week's exposures, but did not find additional staff or residents as a consequence. We will begin exposure testing once more with any impacted residents and staff. Public Health and DHHS are aware. We will continue to update you with any other positive cases.

We continue to encourage you to wear your mask throughout your visit and avoid eating with your loved one. Public Health will consider us in 'outbreak' until we have 2 weeks without any new resident or staff testing positive. Experiences from other facilities suggest that it could take some time to come out of an outbreak.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Jan 18th, 2023

Dear Residents/Families/Responsible parties,

We have discovered 2 residents who have tested positive for COVID on our second floor unit. We have also learned of another staff member who works on our 4th floor unit who has also tested positive. We continue to test all impacted residents and staff. Public Health and DHHS are aware of these updates. We will continue to update you with any other positive cases.

We understand the current dominant variant of this virus is very contagious; we will work to balance protective responses with as much normalization as we can offer the residents. Please choose to wear masks at all times during your visit; I would suggest avoiding eating with your loved ones until we can have 2 weeks without any positive cases just to be safe. Experiences from other facilities suggest that it could take some time to come out of an outbreak. Most reports from other care facilities continue to note mild cases in residents who are up to date with vaccinations.

The current trend being reported is that one can shed the virus up to 2 days before symptoms or a positive test, and that the incubation period is between 3 and 4 days. If you have had any exposures, please avoid visiting for at least 10 days. A reminder about testing; we follow the latest CDC testing time frames for multiple tests and one can always test negative more than once before the test picks up a positive case. This is why avoiding visiting after exposure, and anytime you have symptoms is so important to help prevent more spread of this virus into our community.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of the circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Jan 16th, 2023

Dear Residents/Families/Responsible parties,

We have a direct care staff member who worked Friday, noted symptoms Saturday and tested positive yesterday (Sunday). We have identified all impacted residents and staff and have begun testing. We will update Public Health and DHHS. We will continue to update you with any other positive cases.

Please be mindful of any symptoms before you choose to visit; the latest symptoms can be very mild such as just a runny nose or a tickle in your throat initially. Please avoid a visit even with just a small symptom because the latest variant is very contagious (it is said not to be as severe particularly for those who are up to date with vaccinations).

We still encourage you to choose masking while in public in the days prior to your visit to long term care. Prevention is our first choice always, but despite risk mitigation steps, breakthrough infections are always possible. The COVID virus continues to challenge everyone. We still know that we can transmit this virus before symptoms develop. We also know the rapid tests are not always accurate, which is why the protocol we use is repeat testing per CDC and CMS recommendations.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of these circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator



Jan 5th, 2023

Dear Residents/Families/Responsible parties,

We have a non-direct care staff member who worked yesterday, noted symptoms after work and tested positive for COVID last evening. We are working to identify any residents impacted as well as staff for testing. We continue to update Public Health and DHHS. We will continue to update you with any other positive cases.

We really appreciate your partnership with us and your alerts to us when you have also tested positive within a couple of days of a visit here at Maplewood so that we can do more focused monitoring of impacted resident(s). We know after the recent holidays to expect a spike in cases and we want to do as much as possible to balance prevention of illness and outbreaks with the absolute importance of visiting and routines we had considered 'normal' just a few years ago.

We encourage you to choose masking while in public in the days prior to your visit to long term care. Prevention is our first choice always, but despite risk mitigation steps, breakthrough infections are always possible. The COVID virus continues to challenge everyone. We still know that we can transmit this virus before symptoms develop. We also know the rapid tests are not always accurate, which is why the protocol we use is to repeat testing several times as per CDC and CMS recommendations.

Please call and alert us about COVID-19 signs/symptoms and/or a positive test within a few days of a visit. The Flu and RSV continue to circulate though the CDC reports that this has been decreasing just prior to the recent holidays. Always avoid visiting with any illness even if it's not COVID. Inform us if you have taken a resident off campus and have learned of exposures to any of these circulating viruses. We appreciate everyone's help to minimize the impact illness has on our residents and staff.

Sincerely,

Kathryn Kindopp
Maplewood Nursing Home Administrator