

# COVID-19: November 20, 2020

## BSP Community Information

### **Current York/Coventry Testing/Visiting Status:** Outbreak Testing

Due to the positivity rates in Jackson County, Missouri, indoor visits are delayed for York/Coventry. York/Coventry residents will have access to scheduled outdoor visits as long as the weather cooperates. All independent living visits will continue indoor/outdoors as scheduled.

To schedule a visit, please contact our concierge at 816-931-4277 between Monday and Friday 9 a.m. – 5 p.m. If you are planning to visit, we recommend reviewing the materials we've provided including the visitor acknowledgment and the core principles for keeping our residents safe.

### *Holiday Guidelines*

On November 18, the Centers for Medicare & Medicaid Services (CMS) released guidelines for holiday visits. We understand the desire to spend the holidays with loved ones; however, we urge you to read the attached guidelines from CMS, understand the risks of holiday gatherings and make an informed decision on what is best for you and your family. Unfortunately, with the positivity rate continuing to climb, now is not the time to let our guard down. We remain committed to keeping all BSP residents safe and healthy, and we are asking all staff to read and understand the CMS guidelines as they make plans for their holiday.

### *Thanksgiving Luncheon*

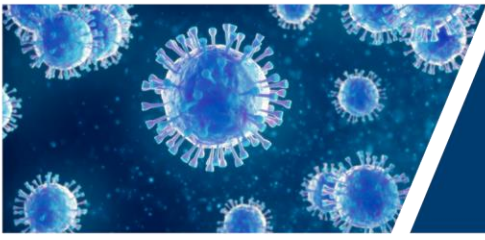
All residents will receive a delicious Thanksgiving meal prepared by PB&J Restaurants. For those in independent living who wish to dine in the Canterbury, we are offering three socially distanced seatings at 11:00 a.m., 12:00 p.m. and 1:00 p.m. You may reserve your time in the Canterbury by using your yellow dining sheets. For those who wish to dine in their apartments, you will use the normal dining sheets to order your meals for Thanksgiving Day. You should have received a memo with additional details.

### *70 Over 70*

Each year KC's Shepherd's Center hosts a 70 Over 70 event to honor and reflect the diverse interests, accomplishments and lifestyles of older adults who live in the greater Kansas City Community. It celebrates these adults who have made significant contributions and achievements in their respective endeavors, be they community leaders and builders, business owners, entrepreneurs, volunteers, environmentalists, arts & cultural leaders; that have made and are making a difference. This year Bishop Spencer Place resident Bert Bates was honored. Congratulations, Bert!

### *BSP in the News*

Bishop Spencer Place was featured in a news article from The Beacon, a non-profit online news outlet focused on the public interest in Kansas and Missouri. The article focuses on how older adults in Kansas City are facing increased anxiety, depression during the pandemic. [bit.ly/beaconBSP](https://bit.ly/beaconBSP)

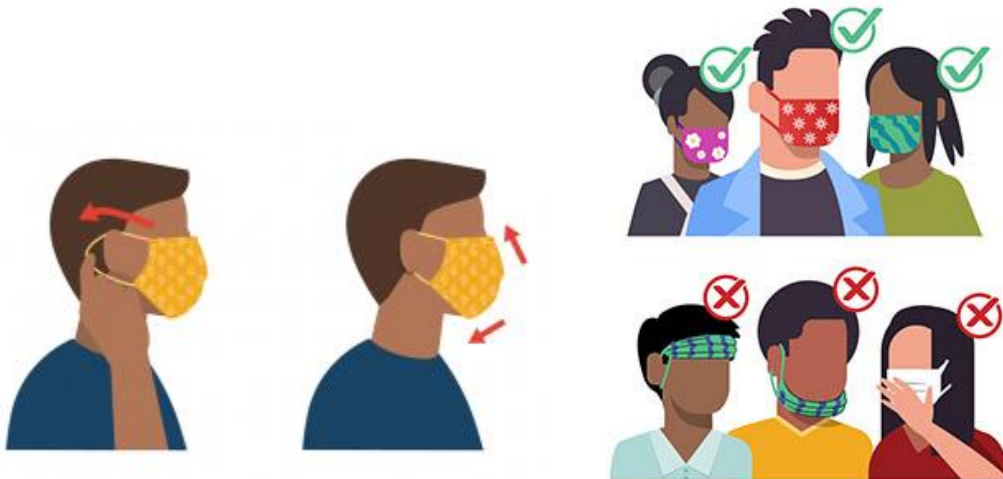


### *Mask Fatigue*

We understand, we really do. We all have a little bit of mask fatigue. But, it's so important to continue to wear your mask, and wear it correctly, anytime you are outside of your apartment.

The CDC recommends the following:

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect



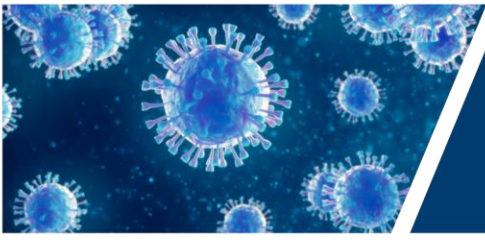
### *Contact Information*

We wanted to take the opportunity to ask all residents and family members to make sure BSP has your most current contact information. In case of emergency, it is important that we be able to contact you. If you have moved, changed your email, or changed your phone number in the last year or so, please email Sharon Pace at [space@saintlukeskc.org](mailto:space@saintlukeskc.org) with your updated contact information.

### *November Thankfulness*

We are thankful for to be part of the Saint Luke's Health System. From the unwavering support and guidance, to making sure we have appropriate PPE, to having the support of the Foundation with grant opportunities that have allowed us items such as iPads for resident use, we couldn't ask to be part of a better team. We are also thankful that although the holiday may look a little different this year, we know BSP residents will be well taken care of and be able to enjoy a delicious Thanksgiving Day meal from PB&J.





### **What's Ahead? This week at Bishop Spencer Place**

*Monday Movie Matinee – 2 p.m. Channel 1851 – Mr. Deeds Goes to Town*

A 1936 American comedy-drama romance film directed by Frank Capra and starring Gary Cooper and Jean Arthur in her first featured role. Watch how a simple small-town man inherits a massive fortune and is immediately hounded by those who wish to take advantage of him.

*Good Books – Monday at 10 a.m. for Coventry, 3:00 p.m. for IL in the Chapel*

*If you've been reading* The All-Girl Filling Station's Last Reunion, by Fannie Flagg, join Chaplain Kathy for the Good Books discussion

*Lifelong Learners – Wednesday 3 p.m. Channel 1851*

To review: last week we saw Goya, David, Friedrich, Constable, Turner, and Delacroix through our *Great Courses* series. This week we will learn about the masterpieces of Courbet, Church, Monet, Whistler, Degas and Renoir.

*A Little Thanksgiving Fun*

What kind of key can't open doors?  
Who is not hungry on Thanksgiving?  
Why was the Thanksgiving soup so expensive?

Look for the answers in our next communication!



## **Center for Clinical Standards and Quality/Quality Safety & Oversight Group**

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### **ALERT**

To Nursing Homes, Residents, and Resident Family Member(s)/Representative(s),

The coronavirus disease 2019 (COVID-19) public health emergency (PHE) has been one of our nation's greatest challenges and has especially taken a toll on the nation's nursing home residents. CMS is committed to protecting the health and safety of nursing home residents at all times and especially during the challenges presented by the spread of COVID-19. We understand the emotional impact that separation from loved ones has caused. In September, CMS [provided revised guidance](#) for how residents can safely receive visitors in the nursing home. With the holiday season fast approaching, we understand that residents and their families will want to spend more time together. During the holidays, facilities, residents, and visitors should continue to follow the guidelines for visitation and adhere to the core principles of infection prevention, such as remaining six feet or more apart, wearing a face covering, and limiting the number of visitors in the nursing home at any one time. We also recommend that facilities find innovative ways of celebrating the holidays without having parties or gatherings that could increase the risk of COVID-19 transmission (e.g., virtual parties or visits, provide seasonal music, movies, decorations, etc.).

We also know that some residents may want to leave the nursing home temporarily to visit family and friends for the holidays or other outings. While CMS supports family engagement and a resident's right to leave the nursing home, everyone needs to work together to take extra precautions to help reduce the spread of COVID-19, which can pose an elevated danger to the health of nursing home residents. Therefore, CMS recommends against residents leaving the nursing home during this PHE. With the potential for a safe and effective vaccine on the immediate horizon, extra precautions now are essential to protect nursing home residents until a vaccine becomes available. Leaving the nursing home could increase a resident's risk for exposure to COVID-19. The risk may be further increased by factors such as a resident's health status, the spread of COVID-19 in the community (e.g., cases or positivity rate), or attendance at large gatherings. We encourage residents to discuss these and other risks with their families and nursing home staff. Nursing homes should educate residents and families of the risks of leaving the facility, the steps they should take to reduce the risk of contracting COVID-19, and encourage residents to stay connected with loved ones through alternative means of communication, such as phone and video communication. For examples of ways to connect with residents, refer to memorandum [QSO-20-28-NH](#). Should a resident ultimately choose to leave the nursing home, CMS is providing the following recommendations:

- Limit close contact (maintain physical distancing of six feet or more), keep gatherings as small as possible, and use technology to engage with others remotely;
- Wear facemasks or cloth face covering at all times (including in cars, homes, restaurants, etc.);
- Limit contact with commonly touched surfaces or shared items;
- Keep safe around food and drinks. Avoid communal serving utensils, passing of food, potluck or buffet style food service, and instead opt for individually prepared plates by a single server;
- Perform hand hygiene often (e.g., wash hands with soap and water or alcohol-based hand sanitizer);
- Avoid large gatherings, crowded areas, and high-risk activities such as singing;
- For those attending a gathering, avoid contact with individuals outside of their household for 14 days prior to the gathering;
- Ask anyone who has signs or symptoms of COVID-19, or has been exposed to someone diagnosed with COVID-19, to not attend the gathering;

- If possible, conduct gatherings outdoors. Indoor gatherings should have good ventilation, open windows and doors if possible;
- Verbally greet others instead of shaking hands or giving hugs. Think ahead about how you will manage to prevent physical interactions with loved ones of different ages such as young children; and
- Check local conditions and state requirements for precautions and restrictions, including positivity rates and quarantine requirements, before crossing state lines.

CMS has collaborated with the Centers for Disease Control and Prevention (CDC) on these recommendations, and we encourage you to review CDC's [webpage on holiday celebrations](#), which has more suggestions for preventing the spread of COVID-19.

**Note to nursing home staff:** Staff should also use extra caution, especially during the holidays. Staff should follow the same recommendations for residents and families regarding gathering with their families and friends outside of work to protect the vulnerable residents they care for.

Additionally, while the above actions can greatly reduce the risk of spreading COVID-19, due to the highly contagious nature of the virus, we recommend nursing homes take the following actions when residents return to the nursing home:

- Screen and increase monitoring for signs and symptoms.
- Test a resident for COVID-19 if signs or symptoms are present or if a resident or their family reports possible exposure to COVID-19 while outside the nursing home. A nursing home may also opt to test residents without signs or symptoms if they leave the nursing home frequently or for a prolonged length of time, such as over 24 hours. For more information on testing guidelines see [CMS memorandum QSO-20-38-NH](#).
- Place the resident on transmission-based precautions (TBP) if the resident or family member reports possible exposure to COVID-19 while outside of the nursing home, or if the resident has signs or symptoms of COVID-19 upon return. Please note that residents and loved ones should report to the nursing home staff if they have had any exposure to COVID-19 while outside of the nursing home.
- Consider placing residents on TBP if they were away from the nursing homes for more than 24 hours.

As we progress through these challenging times, we express our sincere gratitude for everyone doing what they can to help protect nursing home residents. CMS' mission is to safeguard the health, safety, and quality of life for America's nursing home residents. While this year's holiday celebrations will undoubtedly be different than previous years, together we can still find safe ways residents can enjoy the holidays with family and friends.



CMS Administrator

This alert is prepared as a service to the public and is not intended to take the place of either the written law or regulations. We encourage readers to review the specific statutes, regulations, and other interpretive materials for a full and accurate statement of their contents.



**Missouri Department of Health and Senior Services**

P.O. Box 570, Jefferson City, MO 65102-0570 Phone: 573-751-6400 FAX: 573-751-6010  
RELAY MISSOURI for Hearing and Speech Impaired and Voice dial: 711

**Randall W. Williams, MD, FACOG**  
Director



**Michael L. Parson**  
Governor

TO: All Long-Term Care Facilities

FROM: Director Randall Williams, MD, FACOG

DATE: November 18, 2020

RE: **Guidance for Long-Term Care Facilities during the Holidays**

The Missouri Department of Health and Senior Services (DHSS) is dedicated to protecting the health and safety of our citizens. This especially includes those Missourians that make their home in residential care facilities, assisted living facilities, intermediate care facilities, skilled nursing facilities, and intermediate care facilities for individuals with intellectual disabilities.

We recognize COVID-19 has had a profound impact on the lives of individuals living in long-term care facilities. The pandemic has directly impacted the health of those who have contracted the virus and affected residents indirectly through restrictions to visitation that have decreased valuable time spent with loved ones. In September, DHSS issued Guidance for Long Term Care Facilities to Establish Essential Caregiver Programs and to Allow Visits. This guidance provided a framework for facilities to use during the holidays.

Each year, many loved ones take residents who live in long-term care facilities to outside the facility to celebrate the holidays. Unfortunately, this year the fall and winter holiday seasons are coinciding with significant increases in community spread of COVID-19. The director of the Centers for Disease Control and Prevention (CDC) has recently reported that an important driver of the recent case increases is small family gatherings. The CDC and the Missouri Department of Health and Senior Services recommend that individuals at increased risk of severe illness from COVID-19 avoid in-person gatherings with individuals with whom they do not live. We also recommend that facilities find innovative ways of recognizing the holidays without having parties or gatherings that could increase the risk of COVID-19 transmission (e.g., virtual parties).

***Because most individuals living in long-term care facilities fall into the category of increased risk, DHSS strongly recommends against loved ones taking persons who reside in long-term care facilities outside the facility for holiday events. This recommendation does not apply to residents who in the last 90 days have been diagnosed with and recovered from COVID-19. Such individuals, however, must meet CDC criteria for discontinuing transmission-based precautions.*** Instead of visitations in outside the facility home, we recommend visiting with loved ones at the long-term care facility either through outdoor visitation or in those facilities where it is deemed safe through indoor visitation.

[www.health.mo.gov](http://www.health.mo.gov)

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AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.



For those residents and loved ones who will make the decision to gather outside the facility over the holidays, we recommend facilities ask loved ones to take the following steps to lower the risk of COVID-19 transmission.

- Limit close contact, the number of attendees, and perform social distancing. Gatherings with more people pose more risk than gatherings with fewer people. CDC does not have a limit or recommend a specific number of attendees for gatherings. The size of a holiday gathering should be determined based on the ability of attendees from different households to stay 6 feet (2 arm lengths) apart, wear masks, wash hands, and follow state and local health and safety laws, rules, and regulations;
- Wear facemasks or cloth face covering. When visiting with a resident, wear a facemask or cloth face covering. In addition, wear a facemask or cloth face covering while in the car with them.
- Limit contact with commonly touched surfaces or shared items;
- Perform hand hygiene often (e.g., wash hands with soap and water or alcohol-based hand sanitizer);
- Avoid large gatherings, crowded areas, and high-risk activities such as singing;
- For those attending a gathering, avoid contact with individuals outside of their household for 14 days prior to the gathering;
- Keep safe around food and drinks. Avoid potluck or buffet style food service and instead opt for individually prepared plates;
- If possible, conduct gatherings outdoors. Indoor gatherings should have good ventilation, open windows and doors if possible;
- Verbally greet others instead of shaking hands or giving hugs;
- Physically distance: Follow CDC guidelines and socially distance at least 6 feet from others when possible;
- Socially distance: Set up the gathering place so you can physically distance with individuals who have high-risk health conditions during meals or other times when a mask cannot be worn. If at all possible, have a separate bedroom and bathroom specifically for the resident;
- Screen those attending the gathering for symptoms (e.g., fever, body aches, fatigue, runny nose, cough) of COVID-19 or if they have had a recent exposure to someone with COVID-19. Anyone with symptoms should be isolated and anyone with exposures should be quarantined. If possible, test those in the household for COVID-19 in time to receive the results before having high-risk individuals at the gathering;
- Remind anyone who has signs or symptoms of COVID-19, or has been exposed to someone diagnosed with COVID-19, to not attend the gathering; and
- Read the [CDC Guidelines](#) for individuals to consider during the holidays.

Additionally, while the above actions can greatly reduce the risk of spreading COVID-19, due to the highly contagious nature of the virus, we recommend long-term care facilities take the following actions when residents return:

- Screen for signs and symptoms.
- Test a resident if signs or symptoms are present, or if a resident or their loved ones reports possible exposure to COVID-19 while outside the facility. A facility may also opt to test residents without signs or symptoms if they leave the facility frequently or for a prolonged length of time, such as over 24 hours.
- Ask residents and loved ones to report if they have had any exposure to COVID-19, while outside the facility. If the resident or their loved ones reports possible exposure to COVID-19 while outside of the facility, or if the resident has signs or symptoms of COVID-19 upon return, facilities should place the resident on transmission-based precautions (TBP). Also, facilities may want to consider placing residents on TBP if they were away from the facility for more than 24 hours.



As we progress through these challenging times, we express our sincere gratitude for everyone doing what they can to help protect long-term care facility residents. Our mission is to safeguard the health, safety, and quality of life for Missouri's long-term care facility residents while also honoring a resident's right to interact with loved ones.

While this year's holiday celebrations will be undoubtedly different than previous years, together, we can still find safe ways residents can enjoy the holidays with family and friends.

The DHSS encourages facilities to view the information at the following link for the most up-to-date information: <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>