



BARTRAM LAKES

BROOKS™ ASSISTED LIVING

THE LAKES LOG

AUGUST
2020

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AUGUST BIRTHDAYS

Residents

Tom Stallings 8/2
 Janet Hodge 8/3
 Billie Tyre 8/5
 Marlene Spellman 8/11
 Patricia Hobbs 8/19
 Ramona Fanning 8/19

Staff

Diane Willis 8/2
 Paula Butler 8/7
 Mimi Strowbridge 8/11
 Laura Wootan 8/13
 Pricienne Francois 8/16
 Demara Walker 8/29
 Vina Hopkins 8/29



Contributors:

Jill Bennett
 Maria Interiano
 Rachel Wakefield

To our Residents, Patients and Family Members,

We are committed to keeping you informed about the latest happenings as it relates to the COVID-19 pandemic. As we continue to follow all Agency for Health Care Administration (AHCA), Department of Health (DOH) and Centers for Medicare & Medicaid Services (CMS) regulations, please be assured that residents and staff safety is still our number one priority.

Employee and Resident Testing

As you know, we completed our second round of state-mandated employee testing and the results confirm that all of the safety precautions we have been taking are working. Regular testing of employees is a vital step in controlling the spread of COVID-19. Our employees will continue their bi-weekly testing and we hope to have more information about the new point-of-care testing for residents soon as communicated last week.

Virtual and Window Visits

We understand how much you miss your loved ones and we are doing everything we can to provide opportunities for interaction, even if it can't be in person.

Over the past few months, we've had the good fortune to have staff from other areas of our system redeployed to help facilitate virtual visits to help you stay connected during these times. As they transition back to their full-time roles, we've made the decision to hire dedicated employees for both the Bartram campus and University Crossing to continue this important service.

Beginning August 3, these facilitators will be available Mondays, Wednesdays, Fridays and Sundays from 10 a.m. – 7 p.m. for both virtual and window visits. The process for scheduling will be the same. Please call (904) 990-6186 between the hours of 10 a.m. and 8 p.m., or send an email to ConnectWithBrooks@brooksrehab.org anytime.

Ongoing Safety Measures

- Screening anyone entering the facility for COVID-19 symptoms
- Monitoring all residents and staff for any signs or symptoms of illness daily, including temperature checks.
- Not admitting anyone to our skilled nursing or assisted living campuses unless they have a negative COVID-19 test. Encouraging telehealth visits instead of an off-site physician's visit when appropriate. We will also continue to follow the DOH recommendations to quarantine any patient or resident leaving the facilities for outside doctor appointments, emergency room visits or hospitalizations until they receive a negative COVID-19 test result.
- Maintaining our strict infection prevention strategies, including deep cleaning and disinfecting of all areas and surfaces.
- Testing all staff entering a long-term care or an assisted living facility for COVID-19 every two weeks. We want to assure you that any staff member who tests positive is immediately quarantined away from the facility and not allowed to return to work until they have two negative COVID-19 tests.
- Continuing with universal masking: Staff must wear a mask at all time. Residents must wear a mask or face covering when either outside their room or if a staff member is inside the resident's room.

We also want to remind you that our weekly communications along with a schedule of our monthly activities and our menus are available on the Bartram Crossing, Bartram Lakes and University Crossing websites. We also encourage you to follow our social media channels for photos and information. Brooks Rehabilitation is on Facebook, Instagram, Twitter and YouTube. Bartram Lakes is also on Facebook.

Thank you again for allowing us to care for your loved ones. It's a responsibility we take seriously. We want the very best for our patients and residents. If you have any questions, please feel free to reach out to Maria Interiano directly.

Social Scene



Join our Brooks Rehabilitation chaplain for a prayer moment during these unprecedented times of uncertainty.

My Strength Prayer Moment takes place at 4pm, 7 days a week.

This non-denominational moment of prayer is open to employees, residents and families.

Call: (877) 369-0926
Meeting ID: 280 575 5684



Thank you for attending our family parade!!

The Dish on Dining

Thank you for your flexibility as our style of service has been changing in order to keep everyone safe and healthy. I know it is disappointing for some cancellations, but we will kick-off more dining events as soon as we can! We are working to keep some special menus going to replace some favorite action stations. Thank you for your continued support with our survey-style food committee meetings, we value your feedback and are using it for our new menu planning!

In the meantime, we have the following ice cream flavors available to order: Butter Pecan, Mint Chocolate Chip, Chocolate, Vanilla, Strawberry, and Orange Sherbet.

If you have any requests or suggestions, please reach out to any of the dining managers.

Sincerely,
Rachel Wakefield
Dining Services Manager



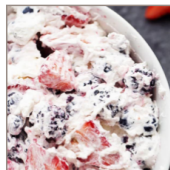
Keep Cool With This August Treat

Cheesecake Berry Salad

A no-bake recipe

Ingredients:

- 1 (3.4-ounce) box cheesecake pudding mix
- 1 (6-ounce) container strawberry yogurt
- 1 (12-ounce) container whipped topping, thawed
- 1 pound fresh strawberries, quartered
- 1 1/2 cups fresh blueberries
- 2 bananas, sliced
- 3 cups miniature marshmallows



Directions

1. Combine pudding mix, yogurt, and whipped topping in a large bowl. Cover and chill 1 hour.
2. Stir in strawberries, blueberries, bananas, and marshmallows until combined.

Makes 8 servings

Take Time for YOU!

With so much going on in the world, and report after report about the COVID-19 outbreak playing on television and social media, it's easy for anxiety to set in while you're self-quarantining. Remember that it's good to take time for yourself to give your brain a chance to process emotions and reset. To help you do that, we've put together a list of things to do while you're social distancing.

1. Exercise.
2. Meditate.
3. Tell the people you love that you love them.
4. Call a Friend.
5. Take a shower or a bath.
6. Get dressed up.
7. Take a virtual museum tour.
8. Play or listen to music.
9. Limit your time online.
10. Put down your phone. Seriously.
11. Give yourself a break from the news.
12. Find a new hobby.
13. Engage in an old hobby.
14. Write your feelings in a journal.
15. Write a letter to someone you care about.
16. Pour yourself a nice cup of tea.
17. Try a new recipe.
18. Cook an old favorite.
19. Read a good book.
20. Take some time to re-organize.
21. Plan your next trip.
22. Watch something new.
23. Watch something funny.
24. Watch your favorite film or show.
25. Test your brain (below)

