

County-owned and serving the community
since 1966... "Like Family"

Hello Oakview Residents and Families,

It has been almost two months since Oakview initiated the visitor restrictions. Although it has been challenging and sad, I am also VERY proud of what Oakview has accomplished and where we stand at this time. The staff has worked very hard to meet the needs of our residents while being vigilant to follow strict infection control guidelines and procedures. I continue to believe in our strength and know that we will get through this together. Please reach out to appropriate staff members if you have questions or concerns. Take care and I wish the best to everyone.

Jannice Lamm, Oakview Administrator

Q. How is Oakview informing residents, families and the community of the status of COVID-19 in the facility?

A. The Facility's Infection Preventionist is tracking this information daily. Information is posted in facility by Nurses Station and on our Oakview website. We also have an auto call system in place to provide prompt notifications of a positive diagnosis or other important information as needed to resident representatives.

Q. How is Oakview communicating mitigation actions they are taking to prevent or reduce the risk of transmission.

A. Oakview's website contains this information on the COVID-19 tab. www.oakviewmcf.com

Q. Is there a date when the visitation restriction will be lifted?

A. We are following the Executive Order 2020-72 and this instructs Oakview to limit visitors through May 31, 2020. As we all know, this situation changes frequently and we will follow this guidance until further guidance is released.

Q. Are Oakview Newsletters mailed out to all family members?

A. Newsletters are sent out to one designated family member. That family member is asked to share the information with other family members. As a reminder the newsletters can be found on the Oakview website.

Q. Can the window be opened during visits with my loved one?

A. Unfortunately, we have been instructed that the window cannot be opened during visits.

Q. Are end of life visits still allowed?

A. End of life visits are allowed with specific guidelines.

Q. Are residents wearing a mask?

A. Based on the most current CDC guidelines residents are NOT required to wear masks while in the facility unless a positive COVID case was identified directly related to Oakview. Oakview continues to be proactive in safeguarding against COVID-19 and has reserved cloth face coverings specific for resident use. Cloth face coverings were offered to those residents that understand how to use them and/or have requested or asked to wear one while out of their room. Again, this is optional and not currently required. Anytime a resident must leave the Oakview building for an approved medical visit they are provided with a medical grade mask and assisted by staff.

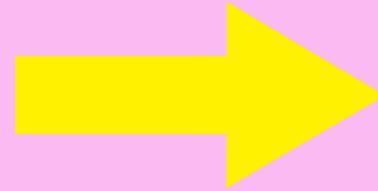
Tips & Reminders

1. Wash your hands
Wash often with soap & water for at least 20 seconds. Use hand sanitizer that contains at least 60% alcohol if soap is not readily available.
2. Avoid close contact
Avoid close contact with people who are sick, even inside your home, maintain 6 feet social distancing.
3. Cover your mouth & nose with a mask
You could spread COVID-19 to others even if you don't feel sick.
4. Cover coughs and sneezes
Always use a tissue or the inside of your elbow.
5. Clean and disinfect frequently
this includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, sinks and faucets.

Daily COVID-19 Updates

A COVID-19 posting with daily updates is available to residents.

Residents should look for the **big bright yellow arrows** across from the front window of the nurse's station.



Positive & Optimistic

Remaining positive and optimistic during times of crisis can be challenging but it's also critical to your mental well-being and immune system. Today, due to the hindrances caused by the Coronavirus pandemic, even individuals with the sunniest of outlooks may be having a hard time staying positive. Remaining optimistic in the face of all the challenges, grief, uncertainty, and restrictions, requires conscious effort and continuous mindfulness. Being vigilant of our mood in today's pandemic environment should be a priority to us all.

Suggestions to help improve & maintain your positive outlook:

1. Practice gratefulness, remind yourself of all you are thankful for
2. Start each day with a positivity routine
3. Practice mindfulness, slow down, don't rush
4. Relax your body throughout the day
5. Exercise consistently
6. Listen to music
7. Create & nurture your digital community
8. Practice diaphragmatic breathing, meditation
9. Incorporate humor & laughter into your day, don't forget to smile
10. Walk away from distressful & negative conversations/situations
11. Believe in yourself

