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March 27, 2020

Greetings Friends,

I know things have been very different lately with the COVID-19 outbreak, but our staff are doing everything they can to stay up to date to keep you all safe from the viral spread. Our #1 goal remains to keep the virus out of our homes. All staff are screened before being allowed to work. Staff who work second jobs are asked to shower and change before coming to work with us and wear masks. Medical personnel and equipment suppliers visiting our building are also screened and required to wear masks the second they walk through the door. Once again, this isn't because they are sick, it's to make sure the virus has less chance of spreading.

We have also had to make changes to our dining services. The government is now requiring that we have even greater space between people in the dining room while eating, so we've had to restrict dining to one person per table. Room trays are also available for those who do not wish to go to the dining room and we've ordered more supplies to make sure in-room meal delivery remains an option. Chapel services are now broadcast because we are prohibited from having gatherings of more than 10 people. Management team members are tuned in to daily updates from our government agencies and doing our best to stay in compliance to keep the COVID-19 virus from spreading.

Activities staff are still trying to find ways to provide entertainment given the federal guidelines we've received. If you have ideas for a fun activity please let a staff member know. Because things change daily, we won't be posting a monthly calendar, but staff will still be working to provide activities for all.

The Smoky Valley community members are practicing social distancing and self-quarantine to keep us all safe. We have much to be thankful for and continued prayer is appreciated as we continue to address the rapidly evolving situation.

Stay well!

Kris Erickson, CEO

## ILLNESS PREVENTION

There's currently no vaccine to prevent coronavirus disease (COVID-19).

You can protect yourself and help prevent spreading the virus to others if you:

### DO:

- Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub
- Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact (6 feet) with people who are unwell

### DON'T:

- Touch your eyes, nose, or mouth if your hands are not clean
- Visit others if you feel unwell

## CHAPLAIN PHIL'S BLESSING

During these anxious times, let us turn to some words of scripture for comfort and assurance. Let us remember always, that even when the world around us seems in turmoil and life is uncertain, we have hope and promise in God our Refuge and our Strength, a very present help in times of trouble.

Psalm 46

<sup>1</sup> God is our refuge and strength,  
a very present help in trouble.

<sup>2</sup> Therefore we will not fear, though the earth  
should change,  
though the mountains shake in the heart of the  
sea;

<sup>3</sup> though its waters roar and foam,  
though the mountains tremble with its tumult.

<sup>4</sup> There is a river whose streams make glad the city  
of God,  
the holy habitation of the Most High.

<sup>5</sup> God is in the midst of the city; it shall not be  
moved;  
God will help it when the morning dawns.

<sup>6</sup> The nations are in an uproar, the kingdoms totter;  
he utters his voice, the earth melts.

<sup>7</sup> The LORD of hosts is with us;  
the God of Jacob is our refuge.

<sup>8</sup> Come, behold the works of the LORD;  
see what desolations he has brought on the  
earth.

<sup>9</sup> He makes wars cease to the end of the earth;  
he breaks the bow, and shatters the spear;  
he burns the shields with fire.

<sup>10</sup> "Be still, and know that I am God!  
I am exalted among the nations,  
I am exalted in the earth."

<sup>11</sup> The LORD of hosts is with us;  
the God of Jacob is our refuge.



Jerry Crissman 4/4

Dotty Hedquist 4/6

Marlene Black 4/9

Larry Nichols, Sr 4/11

Philip Humbarger 4/12

Joan Hopp 4/26

Marjorie Dossett 4/30

# Welcome!

Please join us in welcoming the following residents to the Bethany Home family.

**Independent Living:**

Gail Albrecht

Jerry Smith

**Bethany Home:**

Joe Couch

Verlla Coughenour

Maxine Johnson

Larry Nichols, Sr.

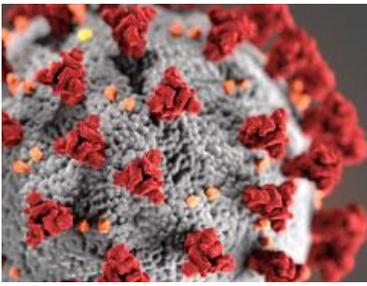
Sandra & Bob

Perkins

Beverly Schallock

# We're glad you're here!

The Bethany Home Association is vibrant, inclusive community where individuals receive the support needed to thrive and reach the highest level of independence attainable in a compassionate Christian environment. Highly trained, caring professionals provide peace of mind through thoughtful, personalized service and care, embracing innovation, forward thinking stewardship, and market-leading practices.



# COVID-19

## CORONAVIRUS DISEASE 2019

### **What is 2019 novel coronavirus?**

The 2019 novel coronavirus (also called COVID-19) is a new virus that can spread from person-to-person and cause respiratory illness. The virus was first identified during an outbreak in Wuhan, China around the end of 2019.

### **Where has COVID-19 spread?**

COVID-19 cases have now been detected in 90 locations around the world, including all states in the United States. Cases of COVID-19 in travelers from other countries were detected in the U.S. earlier this year. Person-to-person spread of COVID-19 has also been reported among close contacts of returned travelers from other countries. There is also evidence of community spread (rather than direct contact) in some states. However, there is no evidence of community spread in McPherson County or in Kansas. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases and their close contacts.

### **How does novel coronavirus spread?**

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. Health experts are still learning the details about how this new coronavirus spreads. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. General strategies the Centers for Disease Control (or CDC) recommends to prevent the spread of COVID-19 in nursing homes and care centers are the same strategies facilities use every day to detect and prevent the spread of other respiratory viruses like influenza. Bethany Home has increased sanitary practices and is taking extra precautions to prevent the spread of the virus.

### **What are the symptoms of COVID-19?**

Patients with COVID-19 have reported mild to severe respiratory illness with symptoms of: fever, cough, and shortness of breath.

In severe cases, some patients have developed pneumonia, multi-organ failure and in extreme cases, death.

### **Why do I have to stay at home?**

Nursing home populations are considered to be at the highest risk of being affected by COVID-19 and related illnesses. People with respiratory issues, underlying chronic medical conditions, and older adults are considered to be at a higher risk of contracting the virus and having more severe complications of the disease. Staying in isolation keeps infected people away from healthy people to prevent the virus from spreading. Public health experts now say the most important goal is to slow the spread of the coronavirus so that the number of people who require medical attention doesn't overwhelm hospitals.

### **How long will I have to stay at home?**

Unfortunately, we do not know how long this will last. Please know that the management and staff are getting daily updates and will share any updates as soon as possible.

### **Is it safe to open mail and packages that have arrived from China?**

Coronaviruses in general only live for a few hours on surfaces. Again, Bethany Home is taking extra precautions to disinfect incoming packages and mail. You may see a delay mail and newspaper delivery. Packages coming from China have likely spent a very long time getting to the US so it is unlikely that any viruses have survived. Coronaviruses can be killed by regular disinfection.

### **Is there a vaccine?**

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to this virus.

### **Is there a treatment?**

There are no medications specifically approved for this novel coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people have developed pneumonia and require medical care or hospitalization.

### How can I reach my family and friends?

We understand how frustrating the recent situation has been for our residents, families and staff. There are several ways you can stay in contact with your loved ones!

**Phone calls** - We're happy to help you find phone numbers and/or dial your personal phone. If you don't have a personal phone, you are free to use various phones around the home. Contact your staff for help.

**Video Chat** - Some cell phones have the capability to Video Chat or Face Time during a call. Let us know if you want help with this!

**Skype** - Laptops in each neighborhood have been set up to 'Skype' or do a video call over the internet. It is so much fun to see your family this way!

**Email** - Families can email photos, cards to letters to: [marketing@bethanyhome.com](mailto:marketing@bethanyhome.com) and we'll print and deliver messages as soon as we can. If you'd like to send a message, see Jennifer Cantrell.

**Cards or letters** - If you would like to mail a letter or card, contact an Activity staff member for supplies. We can help you write the letters if you need help!

## BethanyHome.com

The annual Bethany Home Family Potluck was originally scheduled for Palm Sunday, April 5.

Unfortunately, the **potluck has been cancelled** due to the restrictions currently in place for our area.

At this point, we have not cancelled any events scheduled after May 1, 2020. Please contact Bethany Home if you have questions or want more information.

There will be no printed Activity Calendars until the restrictions have been lifted.

