

The Serendipitor

Summer 2020

MESSAGE FROM CAROLE

*By Carole Gilham
Executive Director, Administrator*

I hope this finds everyone happy and well through this unprecedented time of COVID-19. Many changes have taken place at Brooks-Howell since all this began in March. We have made and continue to make modifications to our policies, procedures, activities, dining, (the list could go on) as new guidelines and recommendations are still being updated and received from the CDC, CMS, and state and local governments.

We successfully completed an unannounced COVID-19 Infection Control Survey in conjunction with a review of the emergency preparedness of staff on June 15th. We were found to be in compliance, and we were deficiency-free. This speaks volumes to the dedication of our staff to follow our infection control guidelines along with proper use of PPE in order to prevent the spread of the virus within Brooks-Howell.



I cannot say enough about the commitment and dedication of our staff as we deal with this virus and all the changes that have come with it. They have remained calm, caring, and optimistic through it all. I also want to thank all the family members and our Independent residents for their caring messages and cards, supplies of "goodies" and their never-ending support and encouragement to our staff. It has made such a difference to know we are all in this together. There is light at the end of the tunnel, and together we will come through this stronger and with a deeper appreciation for each other.



BROOKS-HOWELL

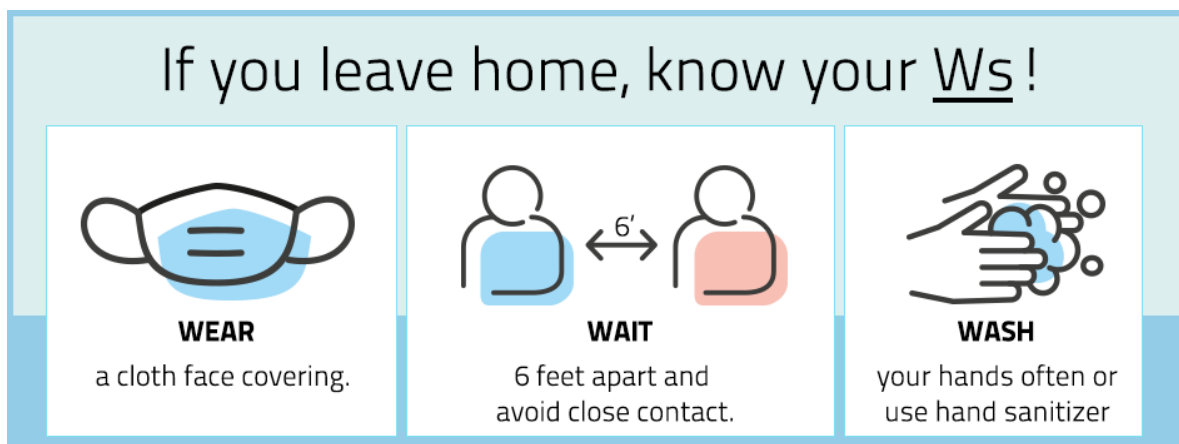
A retirement community that is called, served, and serving still

STATE INFECTION CONTROL SURVEY

*By Angie Littke, BSN, RN, CADDCT, CDP
COVID-19 Coordinator; Director of Home Health and Wellness Operations*

The Centers for Medicare and Medicaid Services mandated that all nursing homes would be subject to a special focus survey on infection control practices. This is due to significant outbreaks in nursing homes related to COVID-19. We received our focused visit from the Department of Health and Human Services on June 15th. The surveyor reviewed our policies, protocols and infection control practices. The surveyor spent a large part of her visit observing and questioning staff about their practices and knowledge of infection control, particularly as it relates to COVID-19. The surveyor was very pleased with our infection control measures and found that we were not deficient in any of the infection control requirements, and she found our staff's knowledge and practice to be in compliance. She was very complimentary about the staff and the facility.

As of July 27th, we have completed over 500 tests for COVID-19 in both our employee and resident population. To date, we have had only four positive test results in our employee population. We have not had any residents test positive on our Healthcare Unit or in Independent living. The state reports an outbreak in a congregate living setting as two or more staff or residents who test positive for COVID-19. The four staff members who tested positive, however, did not contract the virus at Brooks-Howell, but in the greater community. With widespread community outbreak, here in Buncombe County and across the nation, our infection control practices at work, our staff wellness screening and our diligence in our lives outside the workplace have all helped us achieve these fantastic results. Brooks-Howell's staff is committed to doing our part to keep our beloved residents safe!



WELCOME NEW EMPLOYEES



ETHEL BROADNAX DIRECTOR OF FOOD SERVICES

Ethel Broadnax's passion for food and cooking shines through as she shares about her life and career in food services. Ethel was born in Rockingham County, NC, and was raised by her grandmother, now 106 years-old, who inspired her love of cooking. She is a Certified Dietary Manager and has a BA in Marketing.

She has over 45 years experience in health care food services in long-term care, assisted living, hospitals and acute care facilities. With an intense work ethic, while working full-time positions, she has also consistently worked part-time in areas such as hotel and restaurant fine dining, private catering, banquet dining, and marketing. She currently provides private catering services.

Ethel is married, and has three sons, five grandchildren and three great-grandchildren. She enjoys reading, especially about nutrition. Ethel was drawn to Brooks-Howell since it is a faith-based community, and she looks forward to getting to know the residents.

TERI WINELAND DIRECTOR OF NURSING

Teri comes to Brooks-Howell with a wealth of experience as a Director of Nursing, most recently at the State Veterans Home in Black Mountain, NC. She was born in Arlington, VA, and traveled extensively during her childhood with her parents and siblings as her father transferred to different locations related to his position with the National Security Agency. As a teenager, her favorite home was in Hawaii!



She has been married to the love of her life, Lloyd, for 44 years and has a beautiful daughter, Kristen, who is now married. Teri, her husband, and daughter enjoyed over 20 years on a horse and cattle farm near Lexington, KY. Teri and her husband still enjoy their horses at their cabin in Mars Hill, NC. Her life experiences have been varied and joyful; real estate sales, farm management, publishing a national horse magazine, and now nursing as her third and most meaningful career. A caretaker at heart, her specialty has been keeping her residents safe and as happy as possible with a meaningful quality of life. She feels blessed to be at Brooks-Howell.

ACTIVITIES DEPARTMENT ENHANCES RESIDENTS' QUALITY OF LIFE

By Deaconess Tracey S. Owens, Director of Activities

The Activities Department has been challenged to be creative and flexible during the COVID-19 precautionary protocols at Brooks-Howell. The visitor restriction was implemented on March 11th. Immediately, the weekly Chapel services were taped and shown on our in-house TV station, Channel 57. The activities staff began more one-to-one visits with residents, as well as FaceTime visits and phone calls with family members. We continued to have small group activities on the units.

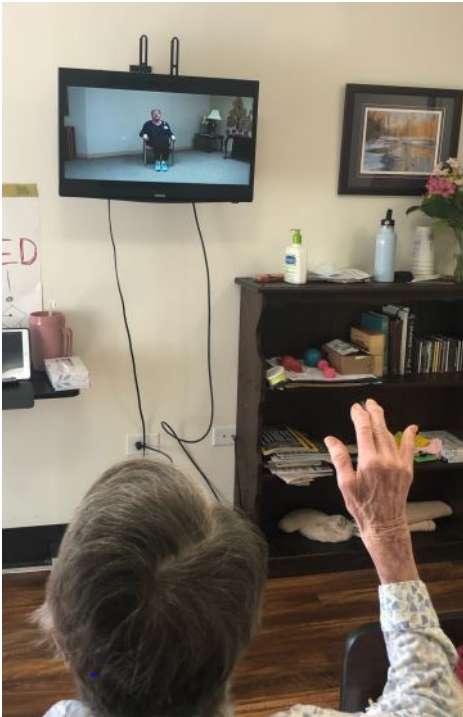
Then on March 16th we were told by the authorities that there could no longer be any communal activities. Once again, we went into action mode and began showing weekly movie themes on Channel 57. The movies are shown at 3:00 pm and at 7:00 pm two evenings each week. Some of the themes were Musicals, Earth Day, Divas, Methodist potluck (requests), Aging with Grace, Mysteries, Celebrating Black Lives, Christmas in July and Fun in the Sun.

On April 18th we began recording activities to be shown on Channel 57. Examples are Sunday School, Chairacise exercise classes, Sing-Alongs, Reading with Walter the Bear, Museum Tour, and Virtual San Diego Zoo trip. The movies and activities on Channel 57 are also viewed by our Independent residents. On April 21st we began Activities on the Hall where the residents either came to their doors or stayed in their rooms to participate. Examples of these are Car Race, Whack-a-Balloon, Ukelele Serenade, Hallway Music Jamboree, Magazine Scavenger Hunt, Birthday Cart and Crazy Hat Day.

As time moved on, Health Center residents were missing in-person visits with their loved ones. We needed to come up with a plan that insured everyone's safety. In honor of Mother's Day, it was decided to have a Mother's Day Promenade on Friday, May 8th. The residents were brought to the front entrance and family members were invited to visit for 10 minutes from their cars, wearing masks. They brought posters with photos and loving quotes which were placed in the resident's room. This event was such a success that we decided to do it again for Father's Day. This time it was called the Father's Day Salute on the mornings of June 24th, 25th, and 26th. Family members brought flowers and prepackaged treats for the loved ones. How wonderful it was to see the smiling and glowing faces of our residents as they interacted with their families.

We don't know what the future holds or how long this pandemic will last, but the Activities Department will strive to provide activities and events that enhance the well-being of the residents of Brooks-Howell.

COVID-19 DOESN'T STOP OUR FUN!



Chairacise



Cinco-de-Mayo



Mother's Day Promenade

How priceless it is to know my mother is loved and cared for by the Brooks-Howell staff during these challenging times. From the activities to FaceTime to the many calls from the nurses, we rest easy knowing our loved one is safe, healthy, and loved. Thank you!

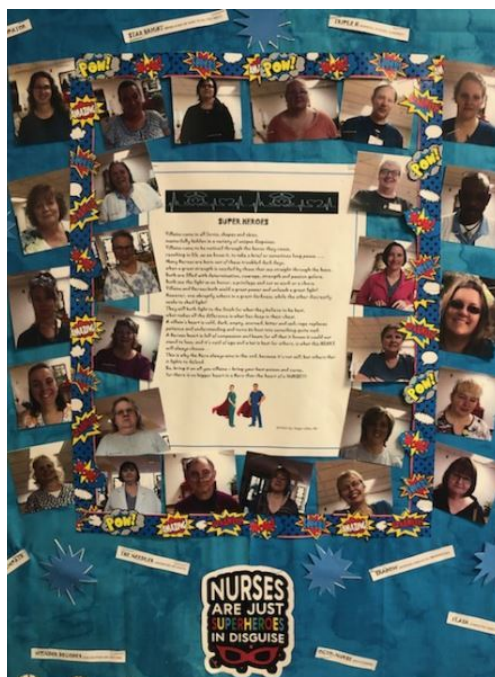
- A family member



Ukulele Serenade

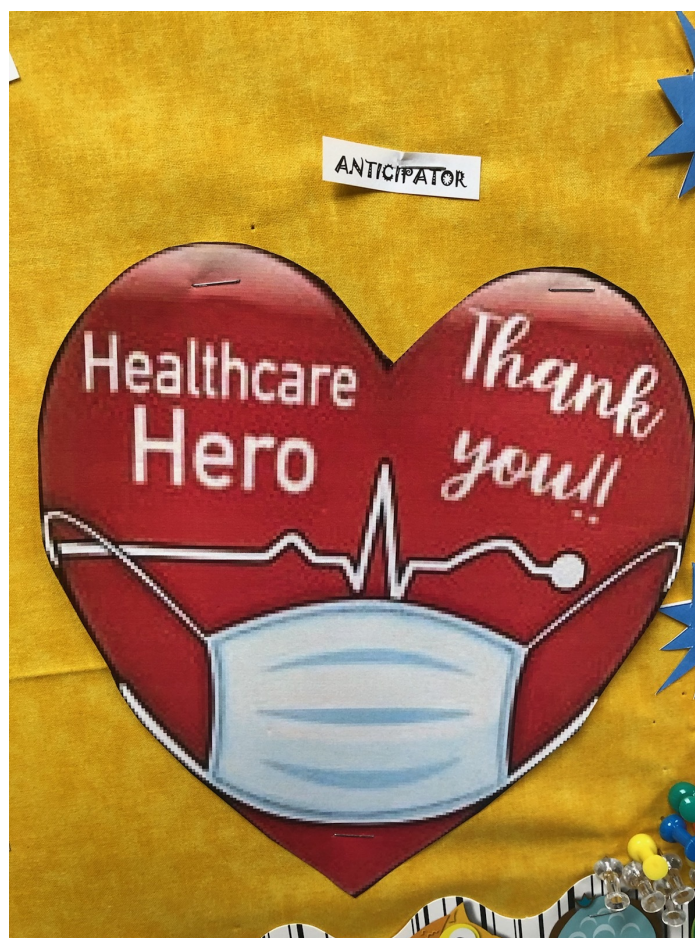
NURSE AND CNA APPRECIATION DAYS

Brooks-Howell's leadership showed its deep appreciation to the nurses and CNAs for their dedication, expertise and care for our residents by giving them a meal and gifts. What an awesome staff!



INDEPENDENT RESIDENTS AND FAMILIES SUPPORT BROOKS-HOWELL'S STAFF

The Independent residents, families and friends of Brooks-Howell demonstrated their support for the Brooks-Howell staff by giving many gifts during these challenging times of COVID-19 precautionary protocols. These gifts include snacks, drinks, handmade masks, face shields, gowns, cleaning supplies, meals, and more. The entire staff continues to be intensely vigilant in following the protocols to ensure all of our residents are safe and healthy. These gifts of encouragement are deeply appreciated.



LIBRARY COMMITTEE'S SERVICES FOR HEALTH CENTER RESIDENTS

Brooks-Howell's Independent residents continue to be the hands of Christ as they show love and care for our Health Center residents. One way they demonstrate their care is the Library Committee members provide books to residents which they request and suggest books to them in their preferred genre. In August, the book theme is "What, Why and How of Racism".

BROOKS-HOWELL ADAPTS SERVICES FOR INDEPENDENT RESIDENTS

Brooks-Howell is adapting its services to the Independent residents by delivering meals and groceries to them, providing revised programming on our in-house TV channel, and delivering their mail to them.


HELPING ASTON PARK

Aston Park, a skilled nursing facility in Buncombe County, has been affected by the COVID-19 virus, and Brooks-Howell's Independent residents, staff and families of residents provided gifts to support Aston Park's staff. Brooks-Howell has a special relationship with Aston Park as their Medical Director, Dr. Hiran Patel, is also Brooks-Howell's Medical Director.

Items delivered were snacks and beverages including over 2,000 Gatorades and over 1,000 crackers. In addition, funds were given. A staff member's church also donated snacks and money to provide a meal for the staff. Also, Waste Pro, Ingles, Harris Teeter, and Papa John's generously gave gifts ranging from gift cards, drinks, water and meals. Aston Park expresses their deep appreciation for this outpouring of care.



Preparing to deliver supplies to Aston Park



BROOKS-HOWELL
 A retirement community that is called, served, and serving still
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The people of The United Methodist Church®



United
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 Women

Go green! Notify jknight@brookshowell.org to receive The Serendipitor by email.



INTERESTED IN JOINING OUR COMMUNITY?

Brooks-Howell is accepting new Independent and Health Center residents after rigorous COVID-19 screening in addition to the standard application criteria. For more information and to schedule a virtual tour, contact Jill Knight, Admissions Coordinator.

jknight@brookshowell.org

828-348-7270

www.brookshowell.org