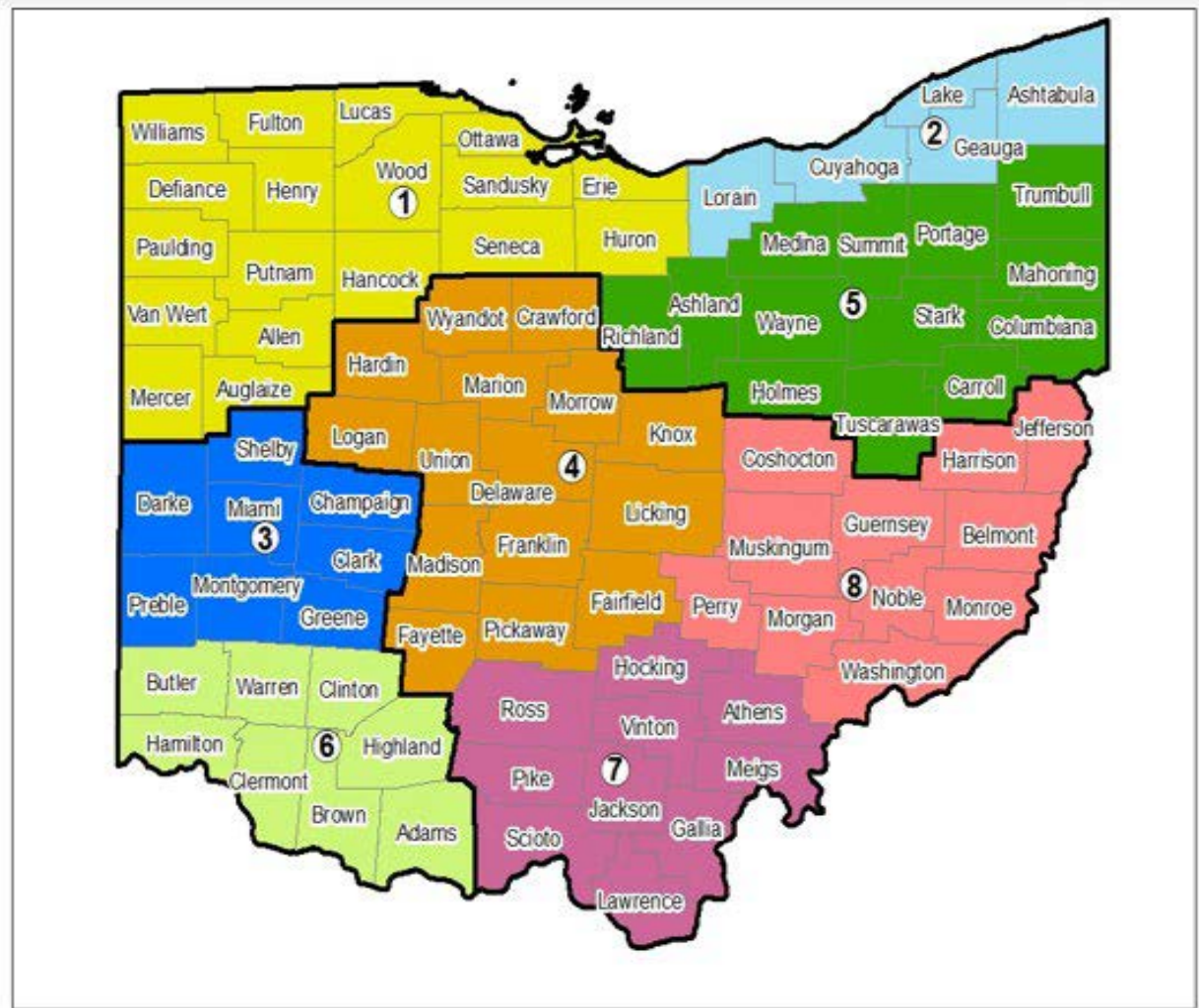
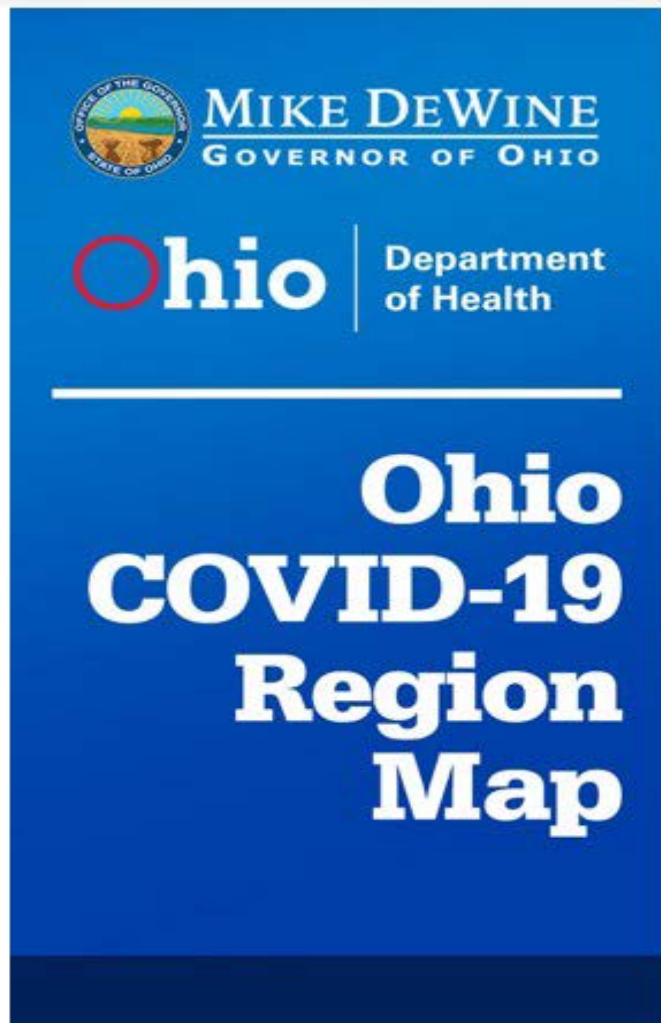




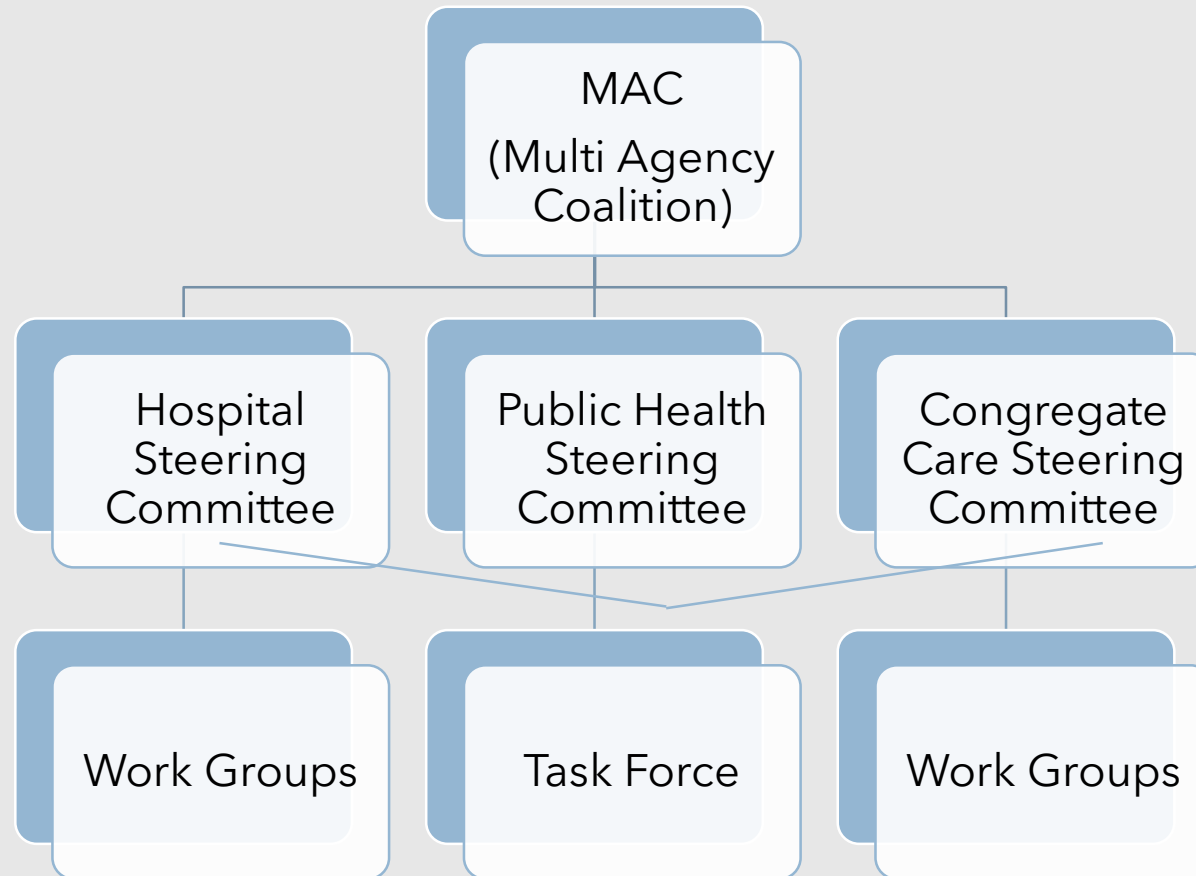
SENIOR BUILDING TOWN HALL

October 27, 2020

OH COVID 19 Region Map



Region 6/Zone 3

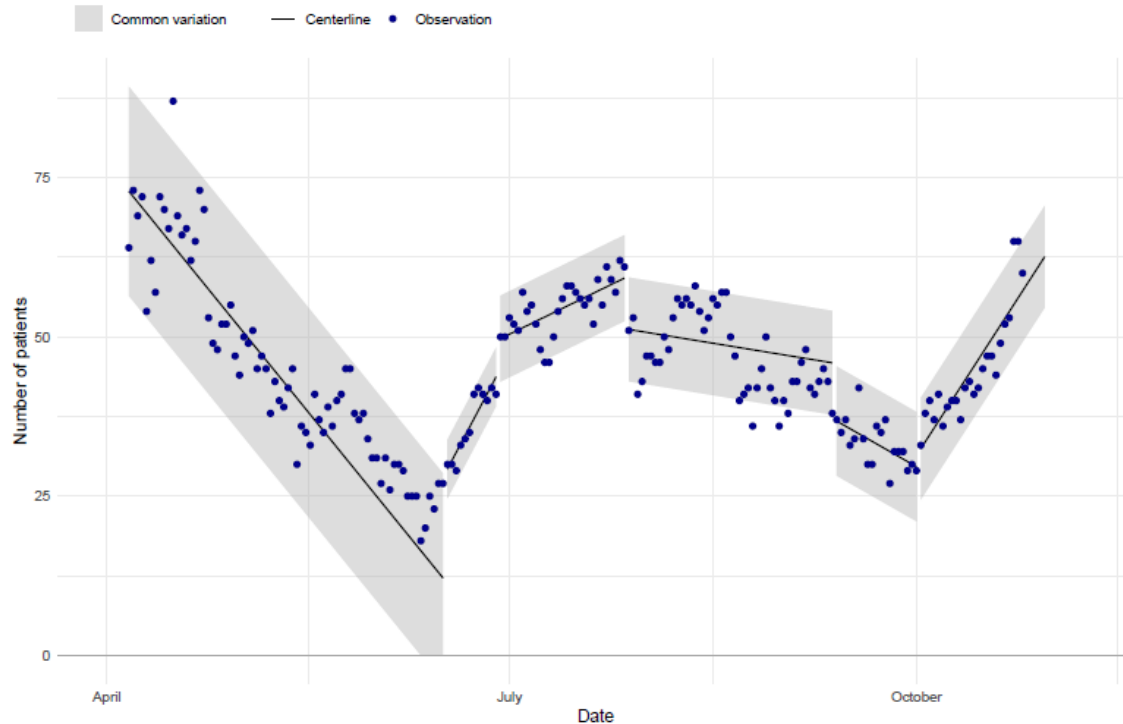


MAC Goal- reducing the spread

- Surveillance/Dashboards, Epidemiology, Forecasting & Preparation
- Protect Congregate Living Facilities
- Infection Control
- PPE
- Public Education
- Testing including Test and Protect
- Surge Planning
 - Load Balancing
 - HCIC
 - Discharge to Home
- Vaccination Distribution

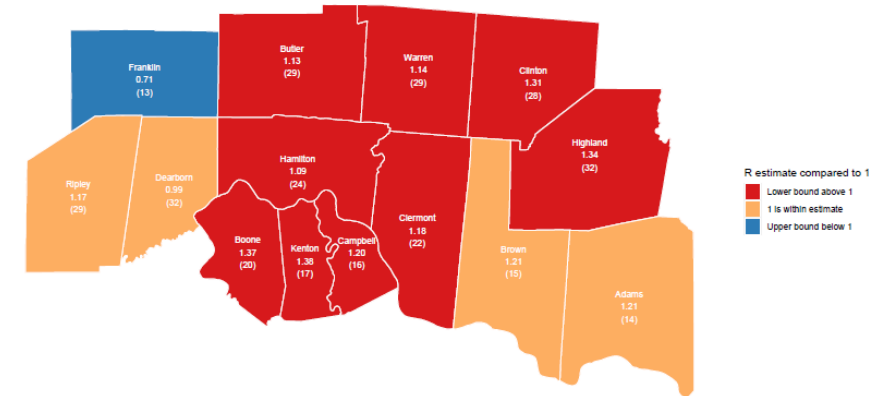
Current Zone 3/Region 6 Dashboard

Number of positive COVID-19 patients in Region 6 ICUs, I-Chart



Source: OHA Hospital Resource Tracker on October 25th

Map of R estimates for 14 county area with average daily number of cases per 100,000 population in the last week. Estimated R value is based on the rate of change in incidence cases and should be considered along with the count.



Mean serial interval (SI): 4.7 and standard deviation of SI: 2.9. Data from The New York Times, based on reports from state and local health agencies. <https://www.nytimes.com/interactive/2020/us/coronavirus-us-cases.html> Pulled: 2020-10-25

https://cv19cincy.hivenetworks.com/images/Data_Dashboard/DataDashboard.pdf

If you need testing in your building

- Hamilton County: Test and Protect @ Health Collaborative- <https://healthcollab.org/covid-19-testing-request/>
- Clermont, Clinton, Warren, Brown, Highland and Adams: Health Source- <https://www.healthsourceofohio.org/coronavirus-updates/organizational-testing/>
- Butler County: Primary Health Solutions- <https://www.myprimaryhealthsolutions.org/>
 - Online building request not available yet.

If you need PPE

Vie Ability

Abby Stapf

Office: 513-975-1337

Cell: 513-658-1171 Email: Abby.Stapf@cincyblind.org

Ben-Guard Healthcare Solutions

Rhonda Bentley

Phone: 513-490-5943

Email: rhonda@ben-guard.com

Emergency Management Agency <http://emaohio.org/map/>

Nursing Facilities and Assisted Living: Hospital Partner PPE purchasing

SurgiHealth Solutions

Josh Williams

Phone: 1.844.887.7844 x88

Cell: 513.999.6800

Email: j.williams@surgihealth.com

Phillips Supply Company

Pam Rossman

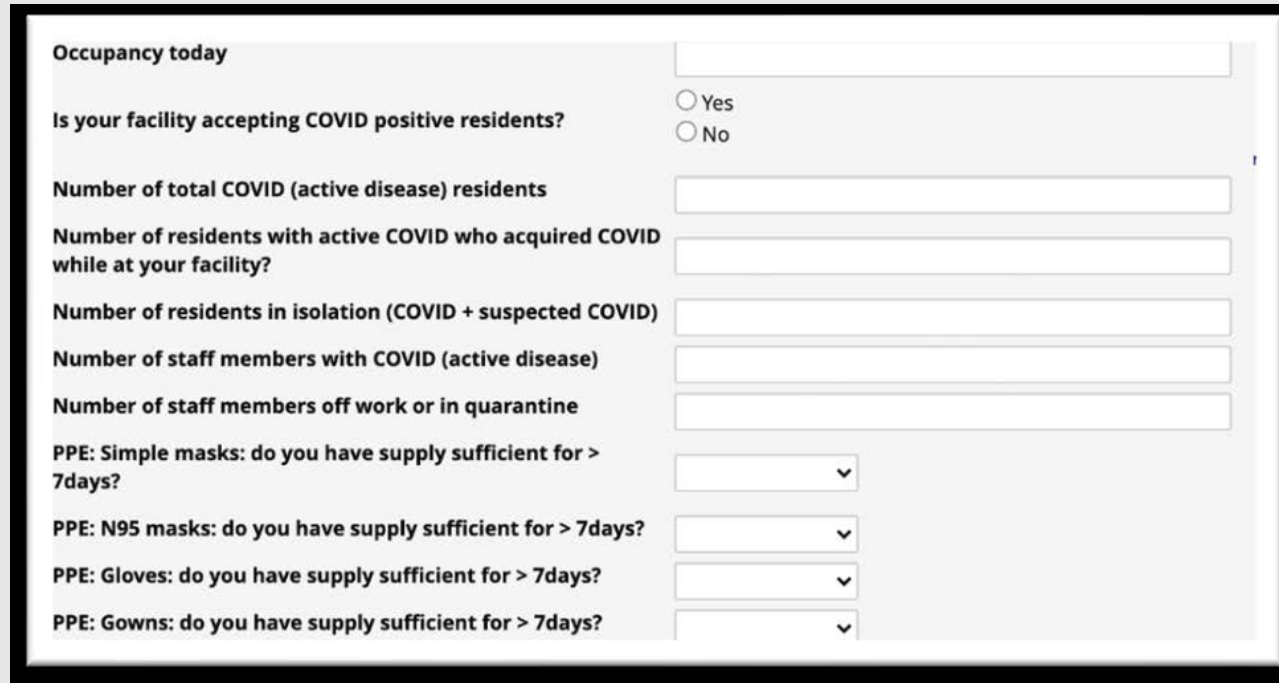
Work: (513) 579-1762

Mobile: (513) 324-2094

Email: p.p.r@phillipssupply.com

Be part of the MAC & Help us advocate for you!

- We need reporting from senior buildings, group homes, assisted living, etc.
- Sign up to report once a week in "Redcap"
- Only takes 2-3 minutes each week
- Sign-up: <https://is.gd/CincyCare>



The image shows a screenshot of a web-based survey form, likely from Redcap. The form is titled "Occupancy today" and contains several questions related to COVID-19 reporting. The questions are as follows:

- Occupancy today**: A text input field.
- Is your facility accepting COVID positive residents?**: A radio button question with options "Yes" and "No".
- Number of total COVID (active disease) residents**: A text input field.
- Number of residents with active COVID who acquired COVID while at your facility?**: A text input field.
- Number of residents in isolation (COVID + suspected COVID)**: A text input field.
- Number of staff members with COVID (active disease)**: A text input field.
- Number of staff members off work or in quarantine**: A text input field.
- PPE: Simple masks: do you have supply sufficient for > 7days?**: A dropdown menu.
- PPE: N95 masks: do you have supply sufficient for > 7days?**: A dropdown menu.
- PPE: Gloves: do you have supply sufficient for > 7days?**: A dropdown menu.
- PPE: Gowns: do you have supply sufficient for > 7days?**: A dropdown menu.

Join HIVE

- Access to a daily dashboard reports for our region
 - ❑ R Factor
 - ❑ % positive by age
 - ❑ Hospitalizations & Capacity
 - ❑ ICU Beds
- Access shared resources and information from other settings
- Learn about what is happening locally
- <https://cv19cincy.hivenetworks.com>
- Click Register New Account
- Activation Code: **healthyzone3**
- Confirm your account, log in, and click to join "Congregate Living Facilities" on the left column

Action items

1. Sign up and participate in routine “Redcap” reporting
<https://is.gd/CincyCare>
2. Join HIVE site <https://cv19cincy.hivenetworks.com>
3. Have an outbreak plan for your building



DR GEORGE SMULIAN, M.D., FIDSA, FACP

INFECTIOUS DISEASE EXPERT

WARD E BULLOCK PROFESSOR OF INFECTIOUS
DISEASES,
DIRECTOR, INFECTIOUS DISEASE DIVISION, UNIVERSITY
OF CINCINNATI
CHIEF, INFECTIOUS DISEASE SECTION, CINCINNATI
VAMC

Episcopal Retirement Services Affordable Living Activities Team Pandemic Experiences

We have also started implementing our regular activities again with the following protocols:

- Residents must wear a mask
- Residents have their temperature taken and are asked if they have any symptoms
- One resident per table and tables are spaced farther apart
- All tables are sprayed/wiped before and after the activity
- Groups are limited to a total of 10, including staff. If more residents are interested, staff host two sessions.

Residents have been willing to abide by the requirements and they appear to be working as we have not had an incident of COVID that was spread during an activity.

We had many residents tell us that they really missed activities while we were not offering them from mid-March through May. We still have some residents who attended regularly prior to the pandemic but do not feel comfortable to do so now.

The most important thing our Activities Team does is build relationships with residents and build community among residents to decrease social isolation.

Easy to Implement Activities

- **Bingo** – 1.) over the phone if you have a system to call all residents, or 2.) post a few numbers per week in the elevator or near the mailboxes
- **Door to Door Cart** – our staff let residents know they were coming at a certain time and if they did not want staff to stop, asked them to put a note on the door. Otherwise, staff would ask them to answer the door with a mask and they gave them something that often went with a theme – chocolate chip cookies for National Cookie Day, a lemonade stand, etc. ***This activity is something that our team is going to continue post-pandemic as it allowed them to connect with residents who don't typically come to activities.*
- **Boredom Bags** – staff purchased crossword puzzles and other books (Sudoku, word search, etc.), small crafts, adult coloring and asked residents if they wanted a bag and what they would like. Staff made bags for the residents and delivered to their door.
- **Acrostics/Poems** – delivered door-to-door

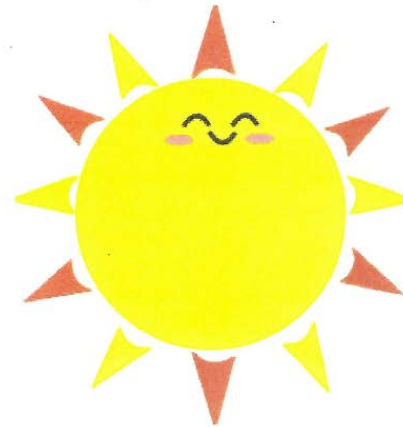
Thanks to the Activities Team: Chris Lemmon, JoAnne Lacey, Sue Koch, Kristen Dilley

For questions, please contact Jenni Miller-Francis, LISW-S, Director of Resident & Health Services

jmillerfrancis@erslife.org

1. *Something that is hot* _____
2. *Something you drink to cool off* _____
3. *Word that rhymes with SUN* _____
4. *Somewhere to vacation* _____
5. *Something cold to eat* _____
6. *Something you wear in the summertime* _____
7. *Summer Activity* _____
8. *Something yellow* _____
9. *Most favorite thing about Summer* _____
10. *Least favorite thing about Summer* _____

Summer Scattergories



Fun in the Sun!

What makes you SMILE?

Write the word down the page in a vertical line. Then write a word or phrase for each letter in your word.

For example: Activities make me smile!

Always with fun people

Creative

Time with friends

I like to play games

Variety of fun things to do

Interesting conversations

Totally entertaining

Inclusive

Everyone is encouraged to join

Seriously good time

Music makes me smile!

Melody

Upbeat

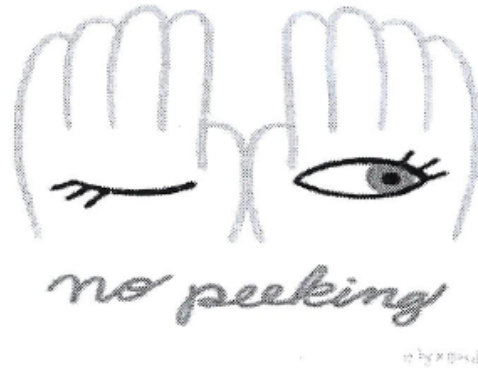
Singing

Instrumental

Classical

Write your own. You can hang it on your door for all to see.
Keep smiling, looking forward to seeing everyone again soon.
Sue

NO PEEKING!!!



Without looking, reach inside the bag. Just by touching can you guess what the item is? Some items are very small so make sure you have just one at a time. Say your guess and take the item out to see if you are correct.

Once you have all 27 items out of the bag, give yourself a few minutes to look them over. Now put everything back in the bag. How many of the 27 items can you list? Test your memory!

As always, I encourage you to get creative! What can you make out of the 27 items?

Take a picture of your creation and text it to me at 814-5154.

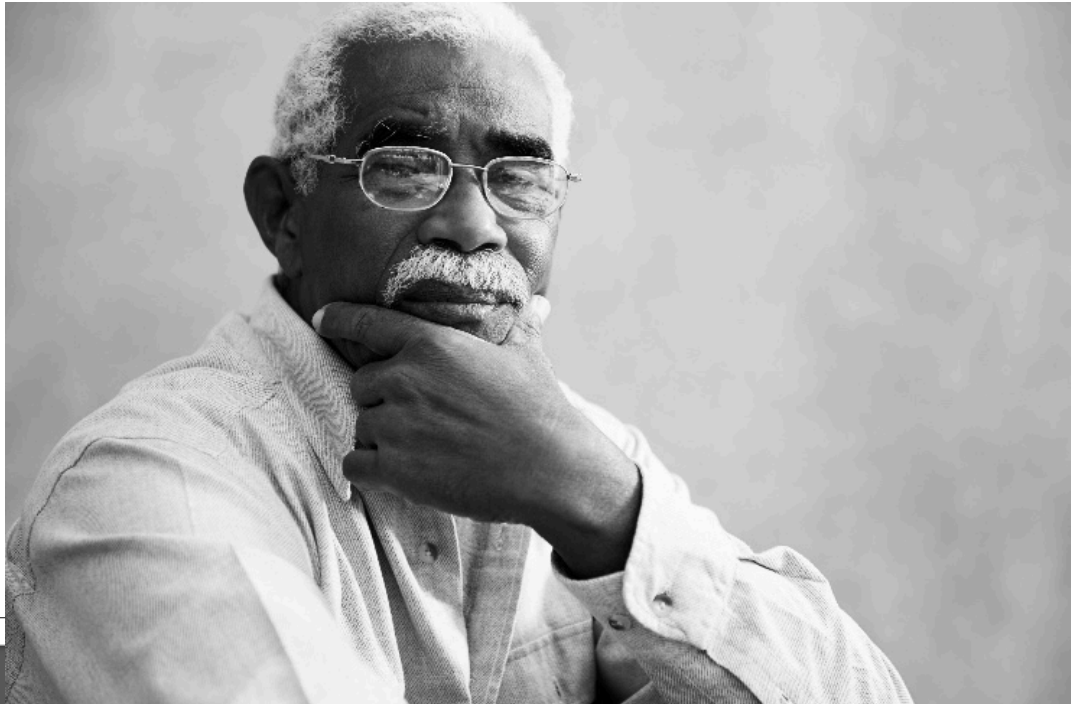
Have Fun, Sue - Activities

- Please remember the items are not individually wrapped and are not sanitary to use or eat.



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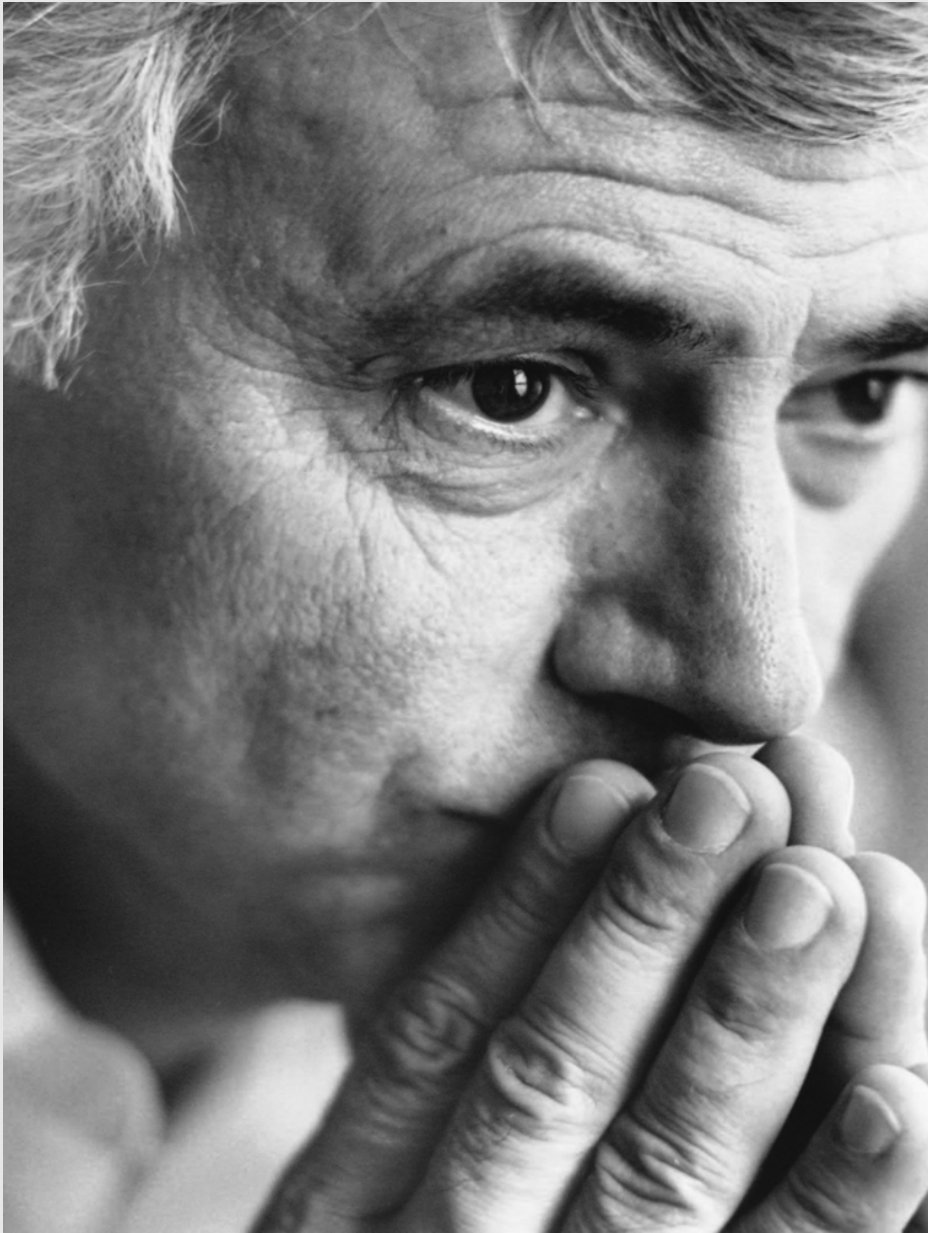


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**Aging
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Program®**

National Council on Aging

Aging Mastery Program (AMP)

- Developed by National Council on Aging
- Is an evidence-informed enrichment program
- AMP covers ten topics that encourages adults to take steps to support happiness and longevity
- Each participant receives a starter kit

Council on aging

INDEPENDENCE. RESOURCES. QUALITY OF LIFE.

Navigating Longer Lives: The Basics of Aging Mastery – Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, social connectedness, and overall quality of life.

Exercise and You – Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

Sleep – Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

Healthy Eating and Hydration – Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

Financial Fitness – Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

Advance Planning – Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

Healthy Relationships – Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

Medication Management – Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

Community Engagement – Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

Falls Prevention – Overview of the importance of falls prevention among older adults along with strategies to prevent falling.

AMP Core Curriculum

- The goal of the program is to empower older adults to make and maintain small but impactful changes.
- Due to COVID- 19 AMP is available virtually
- All ten topics have been made into videos. Which are available on *You Tube*



Thank you!

Amy Leonhardt

Communications Specialist

aleonhardt@help4seniors.org

513-345-3367



Council on Aging

Evidence-Based FREE Self Management Programs

- **Chronic Disease Self-Management Program**
- **Diabetes Self- Management Program**
- **Chronic Pain Self-Management Program**



Seniors will learn tips for:

- **Healthy Eating**
- **Dealing with frustration, fatigue and isolation**
- **Exercising to maintain & improve strength and flexibility**
- **Improving communication with family, friends & doctors**
- **Making informed treatment decisions**
- **Appropriate use of medications**
- **Disease-related problem solving**
- **Setting goals, and more**



Phone Workshops

- **Participants are mailed workshop materials:**
 - **Living a Healthy Life with Chronic Disease or Living a Healthy Life with Chronic Pain**
 - **Workbook**
 - **Relaxation and Low-key Exercise CDs**
- **Participants have weekly homework to do.**
- **Participants meet once-weekly for one-hour via phone call for 6 consecutive weeks with a small group and Leader to discuss homework topics, goal planning and share challenges and successes with peers.**
- **They enjoy themselves, learn ways to manage their chronic health conditions and make friends!**



Online Workshops

- **Participants are mailed workshop materials:**
 - **Living a Healthy Life with Chronic Disease or Living a Healthy Life with Chronic Pain**
- **Participants meet once-weekly for 2 ½ hours online for 7 weeks with up to 12 participants and 2 Leaders. They complete activities independently and in small group, create action plans and share their challenges and successes with the group.**
- **They enjoy themselves, learn ways to manage their chronic health conditions and make friends!**
- **We provide individual instruction to seniors about using their device with our platform.**

Registration is Easy

- **Adams, Brown and Highland County seniors can call or e-mail Vicki Abdella with AAA7 at 800-582-7277 or vabdella@AAA7.org**

- **For seniors in Butler, Clermont, Clinton, Hamilton and Warren counties**

- **www.help4seniors.org**

- **Go to Programs & Services and click on Heath & Wellness Programs**

OR

Call Brittaney at (513) 345-8637

- **Wellness Workshops are a great way to address social isolation.**

- **Contact Judy Eschmann if you are interested in becoming a Host Site Sponsor. COA pays Host Site Sponsors for hosting wellness workshops. We would love to partner with your organization.**

- **Jeschmann@help4seniors.org**

- **(513) 519-8890**



THANK YOU!

For additional information and resources
regarding today's Senior Town Hall, please visit
our website at <https://www.help4seniors.org>

