



Margaret D. LaBrecque
Commandant

New Hampshire Veterans Home

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June 7, 2021

Dear Residents and Families –

As we have all experienced, the coronavirus pandemic is ever changing. The May 17th and May 24th COVID-19 response testing rendered negative results. Now, an employee has tested positive. This employee does not work in resident areas and no resident exposure took place. Therefore, no resident testing or quarantine is needed. Although your loved one was not directly impacted, I felt it important to communicate this information to continue our open communications and full transparency.

The employee's work area was thoroughly cleaned and disinfected. As a result of contact tracing, any employee who may have been exposed is quarantining at home.

Our monthly surveillance testing was conducted on Tuesday, June 1st. Thankfully, all test results came back negative. Out of an abundance of caution, testing will take place again tomorrow, Tuesday, June 8th. Should all tests once again render negative results, we will continue with surveillance testing on a monthly basis, going forward.

As we start this new week, on a positive note, we are delighted to report that social excursions and individual private room visits continue to go extremely well! It is so heartwarming to see the sparkle in our residents' and family members' eyes. Moods are instantly uplifted by all involved, including those of our employees. We are thankful for the vaccines that have permitted us to come this far.

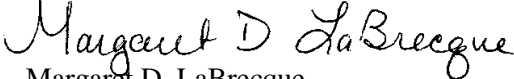
In our most recent letter mailed on May 21st, we sent the visiting form and a brochure that included a chart outlining visiting guidelines. Should you need an additional copy, feel free to visit our website at www.nh.gov/veterans/news or request one from Sarah Wildermann in Recreation Therapy; Sarah can be reached at (603) 527-4816 or visits@nhvh.nh.gov. After completing the form, a variety of visiting options will connect you with your loved one:

- For **social excursions**, call the main NHVH number at (603) 527-4400, Monday to Friday, 7 a.m. to 3 p.m., and ask for the Resource Nurse; these visits are scheduled three business days in advance
- For **visits at the NH Veterans Home**, indoors or outdoors, call Sarah Wildermann at (603) 527-4816 or email visits@nhvh.nh.gov
- For **video calls**, contact our Recreation Therapists (no visiting form is needed):
 - Tarr residents: Jill Clark, (603) 527-4834, Jill.A.Clark@nhvh.nh.gov or Duain Cook, (603) 527-4835, Duain.J.Cook@nhvh.nh.gov
 - LEDU residents: Jennifer Mitchell, (603) 527-4815, Jennifer.S.Mitchell@nhvh.nh.gov

As you plan your activities, reminders of safety best practices are helpful. Please see the enclosed sheet from the Centers for Disease Control and Prevention (CDC) entitled "Choosing Safer Activities". It is a great planning resource, especially for social excursions.

Last but not least, we continue to keep an eye on the county positivity rates. These rates continue to fluctuate. As we hope for a continual and consistent downward trend, we wish you continued good health.





























Sincerely,


Margaret D. LaBrecque
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Enclosure

Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed



Take prevention measures

Fully vaccinated people: wear a mask
Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.



cdc.gov/coronavirus