



COMMUNITY BRIEFING

December 28, 2021 • 2:00 p.m.

- **Good afternoon, Fowler Family!**
 - I hope everyone had a joyful Christmas!
- **COVID UPDATE:**
 - The Omicron variant has now taken over as the primary strain of COVID in Dallas and as you have heard, it is highly transmissible
 - If you are fully vaccinated and boosted, you may be fortunate to experience mild symptoms – similar to a mild head cold or allergies; you will most probably avoid hospitalization or even death
 - If you are not vaccinated, you may join the scores of people who are now in the hospital – COVID hospital admissions have doubled in both Dallas and Fort Worth in the past week.
 - 19 COVID deaths were reported in Dallas County last Thursday
 - Parkland Hospital is reporting 100 COVID patients currently – 95% are NOT vaccinated – and they are ramping up to open two more additional COVID units to prepare for the holiday surge in mid-January
 - The positivity rate has jumped back up to 10.8% which is double the rate over the last several weeks
 - As 100% of our team members are vaccinated, we do not have to resume the mandatory testing schedule for team members
 - Data continues to inform us and as a result protocols do get updated
 - CDC announced yesterday it is shortening the recommended time for isolation from 10 days for people with COVID-19 to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others.
 - The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.
 - For unvaccinated individuals who are exposed, CDC recommends quarantine for 5 days followed by wearing a well-fitting mask for 5 days
 - Individuals who have received their booster shot do not need to quarantine following an exposure but should wear a mask for 10 days after the exposure
 - All persons, regardless of vaccination status should test 5 days after a known exposure
 - Our regulators, HHSC and CMS, have not changed our guidelines for healthcare settings yet
- **FOWLER UPDATES:**
 - We are seeing the impact of COVID at Fowler

- As of today, we have 2 CNA's, 1 housekeeper, and 4 nurses in PNCC quarantining due to positive COVID tests; the aides, housekeeper, and 2 nurses work on Carroll; two nurses are in administration
 - These staff members are in quarantine at home for 10 days; we may make different decisions as necessary to ensure continuous care
 - To date, all residents remain negative
 - We strongly encourage all of you to be vigilant to reduce risk at Fowler – maintain the Love Your Neighbor Basics
 - All teammates will return to wearing surgical masks at Fowler when around others; when in licensed areas, you must wear an N95 or KN95 mask
 - Teammates should minimize their traffic between buildings
 - We recommend all residents and teammates wear a mask in public spaces regardless of vaccination status – at Fowler, at the grocery store, whenever you are not alone in your own home
 - Practice social distancing and stay at least 6' from others
 - Wash your hands and sanitize frequently
 - Reconsider attending large group gatherings – New Years Eve is coming up
 - To reduce the effects of COVID and to protect your neighbors, get vaccinated and/or boosted – collectively we can contribute to the COVID solution
 - Fowler will continue to test residents and staff with known exposures and those with symptoms – we will not test on-request just to test
- **RESIDENT BIRTHDAYS**
 - 12/29- Betty (PNCC), Vicki (FCA)
 - 01/01 – Genie (FCA)
 - No JLC Birthdays
- **RESIDENT MOVE-IN ANNIVERSARIES:**
 - 1 year – Karen (FCA)
 - 6 years- Compton (PNCC)
 - 12 years – Becky (FCA)
 - No JLC Anniversaries
- **TEAMMATE TUESDAY!**
 - Happy birthday to Rhonda Jennings! Rhonda's birthday is 12/31.
 - We received a shout out for Lin Chavez in facilities. Liz T shared the following:
On Friday night my A/C stopped cooling. Early Saturday (Christmas day) I reported it to my front desk. By that afternoon a maintenance man whom I had not seen before and whose name I didn't catch from his badge came and worked on my thermostat and on the outside unit where he replaced something. But that didn't fix the problem, and he reported it to West Mechanical. By dusk on Christmas Day West Mechanical had fixed the problem, and I had cool air once more. I want you all to be aware that these individuals went above and beyond to be sure that we fragile old people have what we need to stay well and comfortable even on a holiday. Thank you and thank them.

- Shout out to our Life Enrichment Coordinators who decorate the calendar bulletin boards at PNCC, FCA and JLC! It's clear our team pursues excellence as they are all so uniquely decorated.
- Linda Solis was spotted sweeping and cleaning the floors in the Worth neighborhood. She moved all of the furniture in the area and was observed cleaning every nook and cranny of the place and it smelled so fresh. Linda's actions tell the story of caring and love. Her work is a representation of how much she cares and makes a difference.
- **Your DE&I brings you:**
 - New Year's Eve is one of the world's most celebrated holidays and is celebrated differently all around the world!
 - The earliest recorded New Year's celebration is thought to be in Mesopotamia around 2000 B.C. The celebrations actually occurred during the vernal equinox in mid-March, as this was considered the start of the new year by the calendar at the time. An eleven-day festival was held where the Ancient Mesopotamian people performed rituals, celebrated the religious victory of the sky god Marduk over the sea goddess Tiamat, and either crowned a new king or allowed their old king to continue his reign.
 - From 46 B.C. on, the new year began in January as a result of Sosigenes, an astronomer, convincing Julius Caesar to follow the solar year instead of the lunar cycle.
 - Starting the new year in January was partially done to honor the god Janus, for whom the month was named. Since Janus had two faces, he was able to look back into the past and forward into the future simultaneously, making him a great spokesperson for the holiday we celebrate today.
 - New Year's Eve is a public holiday in certain places, like the Philippines and Latvia — and in a few countries like Japan, it is even a government holiday.
 - Traditions for celebrating the holiday range from eating 12 grapes at or before midnight to chowing down on a dish from the legume family to bring good luck. Many sing "Auld Lang Syne" at midnight, while others make resolutions — a tradition that may also date all the way back to the Mesopotamians, who promised the gods they would do better in the coming year in order to incur their favor and avoid their wrath.
 - Many Christian congregations have New Year's Eve watchnight services. Some, especially Lutherans and Methodists and those in the African American community, have a tradition known as "Watch Night", in which the faithful congregate in services continuing past midnight, giving thanks for the blessings of the outgoing year and praying for divine favor during the upcoming year. In the English-speaking world, Watch Night took on special significance to African Americans on New Year's Eve 1862, as slaves anticipated the arrival of 1 January 1863, when Lincoln had announced he would sign the Emancipation Proclamation.

- **Make it a great day on purpose!**

Email: Covid19info@fowlercommunities.org

COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919