



BERGEN COUNTY HEALTH CARE CENTER
A distinguished reputation for quality care.

December 11, 2020

Dear BCHCC family,

As the holiday season is upon us, we wish that you and your loved ones are safe. Please remember to wear masks, wash hands and to socially distance. Wash/mask/distance are critical actions we can take for each other.

COVID-19 Testing Update All resident and staff results this week have been negative. We are currently using the BinaxNow Rapid AntigenTest. As a per Executive Directive from the New Jersey Department of Health, we began testing all staff every other day with results within 15 minutes of the administration of the test. We also test all vendors and consultants who enter the building. Residents who go out to an appointment are also being tested. As per the executive directive, the testing will continue until December 14, 2020 or until supplies are exhausted.

This rapid test provides us with quick, immediate results. Any positive test results will be shared with you no later than 5:00 P.M. the next business day.

COVID-19 Vaccine Will be made available to Bergen County Health Care Center through a distribution program from CVS Pharmacy. Upon FDA Emergency Use Approval of a Vaccine(s) the State of New Jersey will select one for use in the state. The vaccine is available for all residents and staff at no charge. CVS will designate 3 clinic days for **BCHCC**, with one dose to be given on the first and second Clinic days. (The third day is for anyone who missed one of the days). We are required to have a consent form completed by a residents or POA and front and back copy of insurance cards to cover an administration fee. CVS staff will come on those days and administer the vaccine to residents and staff.

Family Visit Skype and Window visits are continuing. With the cold weather upon us, windows need to remain closed during a visit. Activities staff can assist you with some creative ideas to facilitate family-residents conversation during window visits.

Nutrition We are all in the holiday season and it's important to keep our resident's spirit up especially for all the social changes they had to endure during this pandemic. As the Registered Dietitian at BCHCC I would like to extend my guidance in helping families select holiday care packages for their love ones. The season is generally filled with chocolates, cookies and candies which are fine in moderation. Please consider bringing in healthier snacks. Sticking to a healthy diet can greatly enhance a senior's cardiovascular health. Our staff are dedicated in helping to ensure health, well-being and quality life to all our residents. The following are suggested items that are both appealing and healthier choices: Annie's Cheddar Bunnies, Kale Chips, Assorted Nuts, Dried Fruits (Apricot, Figs, Blueberries, Cranberries, Dates, Mango), Humann Super Beets- Soft Chews, Cheese Sticks, Baby Bells, Veggie Crisps/Straws, Kind Bars (Assorted), RXBar Coconut Chocolate, Larabar (Apple Cobbler, Peanut Butter Cookie), Luna Bars, Popcorn. – Claudia Colaiani

Environmental Enhancements are continuing. Plexiglass barriers have been installed in key areas on the cottages and in the administration areas. Social distancing floor decals are an added reminder for safety. Additional plexiglass dividers are in place in the chapel to facilitate safe in person visit when they resume.

Please remember that issues specific to a resident should be directed to the cottage staff or Harvey and Diane. They can be reached at 201-750-8310 or email us at hsilberstein@co.bergen.nj.us or Diane (acting DON) at dholzberg@co.bergen.nj.us. Please visit our website at <https://www.co.bergen.nj.us/health-care-center> and view our food menus, activity calendar and outbreak plan.

MISSION: Bergen County Health Care Center is committed to providing individualized, exceptional and compassionate services to our residents, nurturing mind, body and spirit to support optimum quality of life and independence.

Sincerely,

Harvey Silberstein, Administrator Diane Holzberg, Acting DON **COVID-19 Vaccine**

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