

Date: September 13, 2022
To: Residents, Caregivers, Families, and Friends
From: Gustave (Gus) Keach-Longo, President/CEO

RE: **COVID Update and Monkey Pox**



COVID Booster

As most of you are aware, there has been much news about the new COVID boosters becoming available. We have been watching this closely as well as reviewing available information from our CT Department of Public Health. We are scheduling a booster clinic for late September or early October.

We are currently exploring dates for the clinic with the East Rock Pharmacy team. As soon as we have a date set, we will let you know.

If you feel that it best to have your booster sooner, please discuss this with your primary care physician or visit a local Walgreens or CVS.

COVID Booster Mandate

At this time we are NOT mandating this booster for our team members and caregivers. The risks associated with contracting COVID have decreased—thank G-d. Therefore, we do not believe it necessary to mandate the booster shot at The Towers. We do, however, strongly recommend that everyone eligible for the booster receive their shots by mid-October so that our “herd immunity” remains strong.

Monkey Pox

We have also been watching the evolution of the Monkey Pox virus in Connecticut. For majority of our residents, there is little to no risk of contracting Monkey Pox. However, we should all be aware of the risks.

Monkey Pox is contracted through close physical/skin contact (not necessarily related to sexual activity). Our American culture often assumes that as we age we become less physically active with other people. Though there is some accuracy to this assumption, it is often not the case. We all need affection, companionship and to know that we matter to others. Holding hands, hugging and cuddling are all perfectly healthy and natural.

Recently, there were some potential exposures in at least 4 Connecticut nursing homes. A traveling caregiver who cared for residents of these care centers later tested positive for Monkey Pox. Though it is extremely unlikely that we would have a cause for concern here at The Towers, we are aware that many of our caregivers do travel from site to site around our area. Therefore, we have our own procedures if we ever become aware of a potential exposure.

In the case of the nursing homes, the CT Department of Public Health (DPH) quickly followed their well-established procedures for such situations. They offered Monkey Pox vaccines to every person who had potential exposure. These actions were very effective and I am not aware of any concern of an outbreak.

If we ever become aware of a potential exposure of Monkey Pox among our residents or team members, we will quietly take steps to protect the individuals involved. We would work directly with DPH to take swift action to reduce/prevent the risks to anyone within our community.

So folks, when it comes to Monkey Pox, you have no reason to worry. If you are concerned in any way, please contact your Resident Services Coordinator. She will inform our leadership team of the concerns and we will do our best to address the concerns.

With this shared, please also be aware to never assume that anyone has Monkey Pox (or anything else). From time to time, we all may revisit our teenage years and form a simple pimple on our skin. Though not pleasant, it is natural. A pox from the virus is noticeably more severe than a pimple. Again, any concerns—please have a quiet conversation with our Resident Services Coordinator—rather than talking about this amongst your friends and neighbors. By expressing your concerns about this frequently with others, you may be causing them unnecessary stress and worry.

On to be better subject---

Carnival September 18th

The Carnival is set for September 18th! We will gather outside to break ground on our new garden and kick-off our ground floor renovation! Hopefully the weather shines on us so we can enjoy the clowns, face paint artists, junk foods, table games and some dancing. Yes, we confirmed that the dunking tank will be here. You'll have to join us to see who gets in it (hehe)! See you there and plan to get wet!



MONKEYPOX 101

LET'S STAY SAFE THIS SUMMER

01



Monkeypox virus is related to the smallpox virus.

Monkeypox symptoms are similar to smallpox, but milder and rarely fatal.

02

Monkeypox Symptoms Include:

Fever | Headache | Muscle Aches
Backache | Swollen Lymph Nodes
Chills | Exhaustion
and a Rash that can look like
Pimples or Blisters

03

Monkeypox Rash

The monkeypox rash can appear anywhere on the body including mouth, genitals and anus. The rash will blister, scab, and fall off over a two – four week period. The person is contagious until the rash has fully healed and a fresh layer of skin has formed.



04

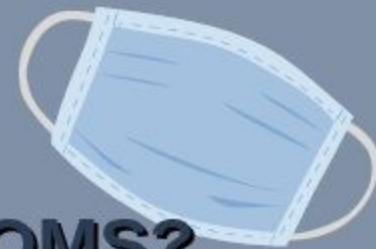


MONKEYPOX SPREADS THROUGH PHYSICAL CONTACT WITH:

- Infectious rash, scabs, or body fluids
- Personal belongings (like clothing) that have made contact with sores
- Respiratory droplets

Pregnant people can spread the virus to their fetus through the placenta.

05



HAVE SYMPTOMS?
HERE'S WHAT TO DO:

- Call a Healthcare provider immediately about getting tested!
- Isolate at home
- Avoid any close physical contact
- Wear a mask when around others

