



November 23, 2022

HAPPY THANKSGIVING!

Thanksgiving reminds us to pause and appreciate all that we have and all whom we love. Family gatherings lead us to reflect on and revisit our traditions. Many families center their celebrations around prayer, perhaps attending Mass together. We are grateful to the priests who offer Mass here at Teresian House so that our Residents, often so rooted in their Faith, can be present at Mass. Unfortunately, due to the present requirements for social distancing, along with the high prevalence of Covid rate in our Albany area we are not able to invite family members to join with us in our Chapel for Mass. If you would like to view Mass with your loved one here at Teresian House, you may view it in the resident's room on our Chapel Channel.

We are entering into a season of hope and joy with Advent beginning on Sunday. Our hope and our prayer are that one day in the not-too-distant future we will be able to relax these restrictions. Until such time, we must be vigilant in observing the regulations for our Residents' protection.

The holiday season also means more and more get togethers. All visits must take place in the resident's room. To ensure social distancing, we ask that you limit the number of visitors in that room.

We are very happy to report that Teresian House currently has no cases in either our resident or employee population.

As of today, November 23, 2022, the Community Transmission level in Albany County is SUBSTANTIAL. We ask if you have had symptoms consistent with Covid-19, have tested positive for Covid-19 or have been in close contact with someone with Covid-19 in the last 10 days, regardless of your vaccination status, that you refrain from visiting.

Signs and symptoms of Covid 19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

All visitors require proof of a negative test within 24 hours of their visit. For visitors who visit for multiple days, including a visitor who comes every day, proof of negative testing is required as often as feasible, at a minimum every third day (meaning at a minimum, testing is required on day one, day 4, day 7, and so on). Test kits are available in the lobby. During your visits, we ask that you visit your loved one in their room and adhere to the core principles of infection control such as washing your hands frequently, wearing a mask and social distancing.

We thank you for your cooperation during these uncertain times and pray that we will see a drop in the community transmission level soon.

If you have any questions, please feel free to contact me at (518) 456-2000.

Sincerely,

Frank K. Yeboah, Administrator.