CORONAVIRUS (COVID-19)
Family Update
May 26, 2020

From the Executive Director
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Dear Families,

During their outdoor walks, residents are keeping a watchful eye for colorful tokens of inspiration, courtesy of Carroll Lutheran School. Students painted 'Kindness Rocks" with words to make residents smile and feel hopeful. Their teacher placed each rock along walkways, in garden beds and on benches.

COVID-19 Universal Testing Update

Last week, the Universal Testing mandate by Gov. Hogan initiated the start of COVID-19 testing for residents and team members in Assisted Living and the Health Care Center. The testing started today, May 26 and will run through Friday, May 29. We will share results with you when they are available. **At this time, the Governor's mandate is not providing test kits for RL residents.**
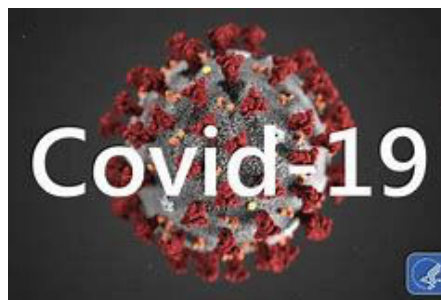
COVID-19 Update
Tuesday, May 26, 2020

Staff Positive Cases: 12
Staff Deaths: 0
Resident Positive Cases: 42
Resident Deaths: 11

Please keep in mind, these are cumulative numbers. Of these:

- 22 residents are on the other side of 14 days since being diagnosed.
- 6 have successfully discharged home.
- 3 are currently positive in the HCC, though this includes some residents that came to us from the hospital already positively diagnosed.
- 9 staff who tested positive are recovering and returning to work.

Universal Testing for COVID-19
Do Residents Qualify?

Universal Testing does not apply to Residential Living. However, the COVID-19 test is available through an individual's primary physician.

- Residents who qualify can request a test through their physician who will electronically send the order through CRISP for VEIP testing stations.
  - Please see the attached Frequently Asked Questions.

- Testing locations in Carroll County include Carroll County Agriculture Center and LifeBridge Health Carrol Hospital.

- Access this website to input your Zip code for a list of nearby testing sites with contact information: https://coronavirus.maryland.gov/pages/symptoms-testing.

  Residents are requested to notify Allison Herman, Care Coordinator, if they are tested for COVID-19 and again when they receive their results.
  Allison Herman
  443-605-1033
  AHerman@clvillage.org

  Reminder: Residents who do not feel well and experience any of the following symptoms, including chills, muscle pain headache, sore throat, new loss of taste or smell, fever, cough or shortness of breath, should call **Allison Herman, Care Coordinator, 443-605-1033.**

Stay-at-Home Mandate Lifted in Maryland

Gov. Larry Hogan has lifted the stay-at-home mandate in Maryland, but at Carroll Lutheran Village, we're staying the course. **There are no changes to our current restrictions and protocols.**

Preventive Measures & Protocols

- Clinical Team members working in the Health Care Center are not providing care or service anywhere in the Independent Living or Assisted Living buildings.

- All team members throughout the community must undergo health screenings and temperature checks prior to the start of their shifts.

- All health care workers are screened and have their temperature checked prior to the start of each shift and every 8 hours.

- All staff members caring for sick patients wear personal protective equipment (PPE).

- Residents are requested to wear cloth masks when leaving their home for any reason, including picking up their mail.

- There are **No Visitors Allowed,** except to provide essential health care or compassionate care to residents. These essential visitors must complete a health questionnaire and have their temperature checked before entering the community.

Facilities Offices Have Moved

Facilities offices have moved to the basement of the 205 building, across from the Art Room.

What's Cooking at Carroll Lutheran Village?

Our famous Crab Cakes! Chef Shelley walks us through her recipe for CLV's delicious crab cake dish. Her recipe is attached, and you can watch the video here! https://youtu.be/cIsL3S3VJAs

Subscribe to Weekly Updates

Anyone can subscribe to CLV's weekly updates by visiting www.clvillage.org and clicking on the "Subscribe" button at the top of the homepage. A printed version of these letters is also placed in residents' mailboxes and mailed to family members.
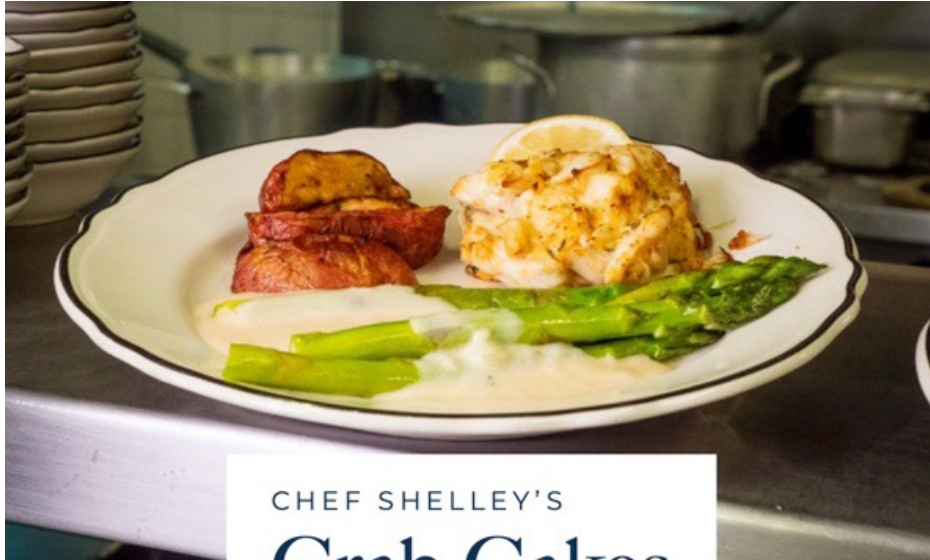
For updates and information:

- Visit www.clvillage.org
- Email CLVCares@clvillage.org
- Call CLV Cares Hotline at 443-605-1013

Take care,

John B. Henry

Executive Director
Carroll Lutheran Village

Crab Cakes

INGREDIENTS

2 1/4 cup mayonnaise

4 Eggs

1/4 cup chopped parsley

3/4 teaspoon Worcestershire

1 3/8 teaspoon lemon juice

3/4 teaspoon granulated garlic

3/8 teaspoon pepper

2 tablespoons Old Bay

3/4 teaspoon dry mustard

3 pounds lump crabmeat

3 pounds claw crabmeat

4 1/2 cup breadcrumbs panko

Combine all ingredients except crabmeat and breadcrumbs, blend well.

Begin to gently fold in crabmeat, careful not to break up the large chunks of meat.

Slowly add breadcrumbs in, again gently to not break up meat.

Coat sheet pan with vegetable spray.

Using an ice cream scoop, or a spoon, drop on to the sheet pan, spacing about 2 inches apart.

Bake in preheated oven, 350 degrees, 13 minutes or until internal temperature is 145 degrees.

Garnish with a lemon wedge!

MAKES 30 CRAB CAKES

Coronavirus Disease 2019 (COVID-19)
Frequently Asked Questions About Testing

Updated May 23, 2020

During this time of anticipated large demand on the health care delivery system, you are asked to avoid unscheduled visits to your health care provider. It is important to call ahead.

People who are mildly ill should not go to emergency departments. Mildly ill people should stay home and contact their health care provider by phone for guidance.

Where am I able to be tested? Whom do I contact?
At the Timonium Fairgrounds, Glen Burnie Vehicle Emissions Inspection Program (VEIP) and Hyattsville VEIP sites, patients do not need a provider order to get a COVID-19 test. In order to get a COVID-19 test at one of the other test sites in Maryland, a patient typically must obtain a health care provider order and schedule a testing appointment. Contact information for many of the test sites in Maryland can be found at
https://coronavirus.maryland.gov/pages/symptoms-testing.

What does the test consist of? What is the process?
Each laboratory has specific requirements for testing. Generally, the test involves a swab of inside the nose. If your health care provider recommends testing, your health care provider will inform you about what type of specimen needs to be collected.

How long does it take to receive results? How do people who are tested get their results?
Generally, the results will be available within two to five days, depending on laboratory testing demands and resources. If you are testing at one of the sites that does not require a doctor's order, you will be provided with instructions for retrieving your results using an online portal. If you are testing at one of the other testing sites, please discuss with your health care provider how long it will take to get results, which laboratory will be doing the testing, and how you will receive your results.

Do we have enough tests?

The State of Maryland has recently expanded its testing capacity by more than 5,000 percent, and our testing capacity is expected to continue increasing throughout 2020 and beyond.

I might have been exposed to a confirmed case of COVID-19. What do I do?

The recommendations for what you should do if you were exposed to a confirmed case of COVID19 depend on what type of contact you had with the person diagnosed with COVID-19. According to the Centers for Disease Control and Prevention (CDC), close contact is defined as being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time. All people, especially close contacts, should carefully monitor any signs of illness and check their temperature twice a day. If illness or a temperature of 100.4 F or greater develops, immediately isolate from others and call a doctor for advice.

Current CDC guidance also recommends that if you have had close contact with a confirmed case, you should stay home from work or school for 14 days after the last exposure to monitor for symptoms and contact your health care provider.

Will I have to pay for the COVID-19 test?

COVID-19 testing will be provided to patients at no out-of-pocket cost.

Will my insurance cover treatment if I test positive for COVID-19?

Health insurance plans cover medically necessary treatment for disease, but the treatment may be subject to deductibles, copayments and coinsurance. You will need to pay those amounts, even if the care is covered. If you have a limited benefits plan, there may be additional restrictions on what is covered.

Where can I learn about drive-through testing sites?

Maryland offers drive-through COVID-19 testing at select Vehicle Emissions Inspection Program (VEIP) sites and other facilities.

Please visit https://coronavirus.maryland.gov/pages/symptoms-testing for additional information.