

Date: November 25, 2020

To: Genesis Rehab Services Business Partners

From: Lou Ann Soika, Chief Strategy and Administrative Officer

Re: COVID-19 Communication - Week of November 22, 2020

On behalf of the Genesis Rehab and Respiratory teams, thank you for your partnership! We wish you much health and happiness this Thanksgiving.

We are especially grateful for the trust you place in us as we work with you to care for your residents and patients. We hope you will enjoy an abundance of love and laughter this holiday. Thank you!



[Staying Safe while Celebrating Thanksgiving](#)

Traditional Thanksgiving gatherings with family and friends are an important part of our culture and long time established traditions. This year in the midst of the pandemic, we have additional considerations. These gatherings can increase the chances of getting or spreading COVID-19 or the flu. [Click here](#) for tips from the CDC to make your Thanksgiving holiday safer and to protect family, friends, colleagues, and our patients..

Advocacy Needed:

According to [an article](#) published in *The Hill* in partnership with NASL, ***“For residents who are recovering from covid, there can be months or years of rehabilitation in front of them. Yet the Centers for Medicare & Medicaid Services (CMS) is cutting funding for care to nursing facility residents, even though CMS was taking unprecedented action to protect the health and safety of our nation’s patients and the providers of their care in the wake of the initial coronavirus outbreak. There could be no worse time to slash services.”***

The Holding Providers Harmless from Medicare Cuts During COVID-19 Act of 2020 (H.R. 8702), introduced on October 30, 2020, would provide critical relief to providers scheduled to receive Medicare payment cuts under the fee schedule next year as a result of the evaluation and

management (E/M) changes made by CMS. The bipartisan legislation would ensure that payments to these providers – including rehabilitation therapists, portable x-ray providers, and nurse practitioners – are kept stable at 2020 rates for the next two years.

The time for advocacy on this issue is now as Congress does not have much time left on the legislative calendar to act before these potentially devastating cuts take effect on January 1, 2021. Urge your Member of Congress to cosponsor the Holding Providers Harmless from Medicare Cuts During COVID-19 Act of 2020 (H.R. 8702) and add H.R. 8702 to any legislative package moving in the House during the lame duck session.

We need everyone to please help advocate on behalf of patients, therapists and other professionals who are facing a 10% cut in Part B reimbursement on January 1, 2021. [Click here](#) to access the NASL "Take Action" link.

Regulatory Updates and Resources:

CMS Urging Nursing Homes to Follow Established COVID Guidelines This Holiday Season: On November 18th, CMS provided a [press release](#) urging nursing home staff, residents and visitors to follow established guidelines for visitation and adherence to the core principles of infection prevention. CMS also released an alert "[How Facilities can safely recognize holidays/Holiday leave recommendations.](#)" In this alert, CMS recommends against residents leaving the nursing home during this PHE. In addition, they also urge that staff should also use extra caution, especially during the holidays. This [Skilled Nursing News article](#) also discusses CMS comments during a provider call on 11/17/20.

CMS Releases Nursing Home COVID-19 Training Data with Urgent Call to Action: On November 17th, CMS released a [press release](#) sharing data on the volume of nursing homes that have completed the [CMS/CDC Infection Control training](#). The GRS Regulatory Administration team has reviewed the training and have determined that our required training as well as policies and procedures that we have in place support our staff's compliance with all necessary training. Please see attached document entitled "GRS Support for Targeted COVID-19 and Infection Control Training" as this table outlines our compliance to all the CMS/CDC staff modules of training.

CMS Will Retire the Original Compare Tools on December 1st: The eight original compare tools – like Nursing Home Compare, Hospital Compare, Physician Compare – will be retired on December 1st, ending a three month transition period ([click here](#) for the CMS Press Release). If you haven't been using Care Compare, I urge you to:

- Use [Care Compare](#) on Medicare.gov and encourage people with Medicare and their caregivers to start using it, too. Go to Medicare.gov and choose "Find care".

- Update any links to the eight original care tools on your public-facing websites so they'll direct your audiences to Care Compare.

Care Compare offers a new design that makes it easier to find the same information that's on the original compare tools. It gives you, patients, and caregivers one user-friendly place to find cost, quality of care, service volume, and other CMS quality data to help make informed health care decisions.

Now, instead of having to search through many compare tools, with just one click on Care Compare, you'll find easy-to-understand information about nursing homes, hospitals, doctors, and other health care providers.

Nursing Home Series for Front Line Clinicians and Staff: CMS has introduced the first in a series of short podcasts for frontline nursing home staff. The first session is presented by David Wright, Director of Quality Safety and Overnight Group on the topic of training and infection control practices in nursing homes to help combat the spread of COVID-19. The podcast is approximately 5 minutes in length. [Click here](#) for details.

Additional Information:

Please see attached for our GRS "Your Wellness Matters" recorded video library and the November edition of our Wellness Tips newsletter. Be sure to check out our new wellness class: Progressive Muscle Relaxation and our special edition Wellness Tips newsletter providing benefits of balancing a healthy diet.

GRS Support for Targeted COVID-19 and Infection Control Training

On August 25, 2020, the Medicare and Medicaid Services (CMS) released a nursing home training program to strengthen infection control practices. The scenario-based training is called the “CMS Targeted COVID-19 Training for Frontline Nursing Home Staff and Nursing Home Management” of which there are five modules for frontline clinical staff (3 hours in duration) and 10 designated for management (4 hours). The training is available on the [CMS Quality, Safety and Education Portal](#).

The guidance from CMS is that Quality Improvement Organizations (QIOs) will include this training in action plans that they develop in collaboration with a nursing home they may assist. We, at Genesis Rehab Services, have been very proactive with our staff education and wanted to share with you how our GRS resources fulfill the requirements of the Frontline Clinical Staff training. Please refer to the below table for full details.

Module	Training Content	GRS Resources/Support
1	Hand Hygiene and Personal Protective Equipment	Required training, by all rehab staff, upon hire and annually thereafter includes a training module, test (with a requirement of a passing score of at least 80%) and return demonstration competency.
2	Screening and Surveillance	GRS teams comply with center-specific processes for screening of our staff and we participate with each center in their surveillance processes.
3	Cleaning the Nursing Home	GRS has several Policies and Procedures covering this topic: <ul style="list-style-type: none"> ● GRSSH 102 - Cleaning of Electronic Devices ● GRSSH 101 - Cleaning and Maintenance of Rehabilitation Equipment ● GRSSH 104 - Linen Handling ● GRSSH 108 - Infection Control Precautions ● GRSSH 109 Respiratory Equipment Disinfection and Supply Changes
4	Cohorting	GRS teams follow the center's lead on patient cohorting and we comply with all infection control measures.
5	Caring for Residents with Dementia in a Pandemic	The following GRS and GHC resources are available: <ul style="list-style-type: none"> ● Medically Complex Considerations - Dementia Care ● Consideration for Care of Persons Living with Alzheimer's and/or Related Dementias ● Communication Strategies for Care of Persons Living with Alzheimer's and/or Related Dementias

For further information, please contact your center-specific GRS clinical operations team.

Balancing Your Diet



Each person's dietary needs are individual and take into consideration age, sex, height, weight, level of physical activity as well as medical history. Most foods in your diet should come from the food groups - vegetables, fruits, whole grains, dairy and protein foods. It is important to find the right balance between these different nutrients to achieve maximum health benefits.

Reference: <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/table-of-contents/>

Benefits of a Balanced Diet:

- ★ Gives you energy, better mood and memory
- ★ Helps you control your weight
- ★ Lowers your risk of developing chronic health conditions
- ★ Good selection of food and beverage can enhance the quality of your sleep



What can you do?

- ★ Shift your food choices to impact a healthy body weight, improve nutrient needs, and decrease risk of chronic disease
- ★ Alter your eating patterns such as decreasing number of snacks
- ★ Eat comfort food in smaller amounts or use a lower calorie version
- ★ Increase your physical activity - seek advice from your Genesis Rehab Services (GRS) department
- ★ Use a normal size plate - not a platter, to help with portion control

We recommend you engage in physically and/or intellectually stimulating activities on a regular basis to enhance your overall wellness. Please join us for recorded GRS Your Wellness Matters Classes.

The wellness classes can be accessed by [Clicking Here](#).



Contact your local Genesis Rehab Services therapy team onsite
Corporate Office: 101 E. State Street, Kennett Square, PA 19348 • genesisrehab.com



Welcome to our **GRS Your Wellness Matters Recorded mind-body-cognitive wellness class series** presented by our expert Clinical Director Instructors. You can access our wellness classes any time, any day, from the comfort of your own home.

Location: [Click Here](#) for access to our class library

Duration: Class durations range from 18 - 35 minutes

Class Descriptions: see below

NEW! Progressive Muscle Relaxation

Engage in this mind-body technique that involves slowly tensing and then relaxing each muscle group in the body.

Flexibility with Physical Therapist Cindy Gallo

Join us for a class designed to increase relaxation and flexibility.

Chair Yoga with Physical Therapist Kelly Repka

Mind and body balance is essential. It can help prevent falls, decrease pain, reduce anxiety, and help improve flexibility and strength. Join in as we engage in the mind and body connection through yoga.

Affirmations with Speech-Language Pathologist Delle Crowe

Discussion on topics such as gratitude and love.

Functional Strength with Physical Therapist Michael McGregor

Have fun and move through a variety of seated exercises designed to increase muscular strength, range of movement, and activities for daily living.

Maximize your Memory with Speech-Language Pathologist Bobby Maxwell

Interactive brain health classes to support your cognitive wellness!

Meditation and Mindfulness with Speech-Language Pathologist Jordan Bowman

Enjoy guided meditation including gentle stretching and mindfulness practices.

Tai Chi (Seated Modification) with Physical Therapist Jen Lucas

Engage in this gentle exercise while seated. Exercise consists of slow, graceful movements combined with deep breathing.