

Date: October 15, 2020

To: Genesis Rehab Services Business Partners

From: Lou Ann Soika, Chief Strategy and Administrative Officer

Re: COVID-19 Communication - Week of October 11, 2020

We are over eight months into this pandemic. Everyone of us has been tested, has had to adapt and has had to re-evaluate just about everything we do. These recent times have been a tremendous test of our resiliency and compassion and the people that have needed us to remain strong and vigilant the most are our patients.

COVID has had such a negative impact on so many areas of our lives that we wanted to focus on and highlight one of the positives: the front line heroes. We are grateful to walk beside them and you on this journey. In case you missed it, AHCA created a star studded tribute to these heroes. We hope that this brings some enjoyment to your day.

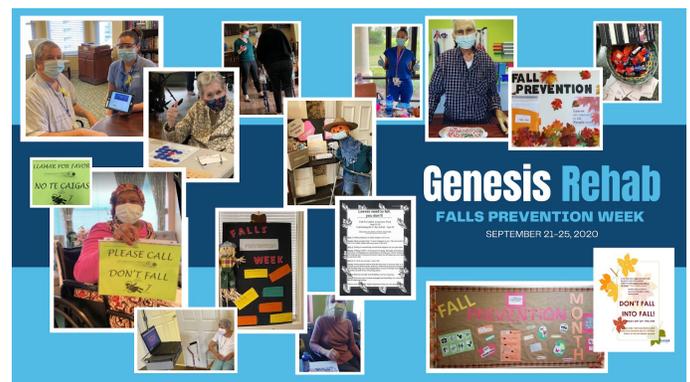
<https://www.youtube.com/watch?v=39pyGESRmsA&authuser=0>

Genesis Rehab and National Falls Prevention Awareness Week

You may recall September 21-25 marked National Falls Prevention Awareness Week and throughout the country, our rehab teams implemented strategies for bringing greater awareness to falls and fall prevention. Here are some of the statistics from that initiative:

- Formalized events were reported in 30 states
- Over 170 locations submitted pictures and stories of their events
- Genesis Rehab team members touched approximately 55,000 lives per day

Although Fall Prevention Awareness Week encourages national participation in falls awareness, Genesis Rehab keeps falls prevention awareness as an everyday focus. By doing so we can appropriately identify fall risk, recognize modifiable risk factors, and offer effective interventions to minimize risk and reduce the incidence of falls. Our physical therapy team members and we are proud and grateful for the daily opportunities to assist your residents, patients, and staff in the prevention of falls.



Two More Reasons to Celebrate! Please join us in celebration of PT Month and Respiratory Therapy Week:

PT Month: October is National Physical Therapy Month! Physical therapists and assistants continue to improve the lives of our patients and residents every day by providing unique value in a number of key clinical areas (hospital readmission, early mobilization, demonstrating the value of group rehabilitation and of course fall prevention and management). During these unprecedented times, our PTs and PTAs also play an integral role helping COVID positive patients in their recovery.

RT Week (October 25-31st): 37 million Americans suffer from lung disease and 121.5 million Americans suffer from cardiovascular disease. Please join us in celebrating all respiratory therapists who are a vital part of the interdisciplinary team in caring for patients with cardiopulmonary diseases/disorders. Studies are proving that there is long term lung damage as a result of COVID-19. As we are moving into the flu season and the ongoing threat of COVID-19, respiratory therapists will be crucial to providing quality outcomes. Respiratory Health Services offers Bedside Diagnostic Testing, Pulmonary Focus Programs, Ventilator Unit Programs, Supplies, Equipment, and a Comprehensive Educational Program to meet all of your respiratory needs. Please reach out to your GRS care team for additional information and resources that are available from Respiratory Health Services.

REGULATORY UPDATES

CMS Announces New Repayment Terms for Medicare Loans Made to Providers During COVID-19: CMS announced amended terms for payments issued under the Accelerated and Advance Payment (AAP) Program as required by recent action by President Trump and Congress. This Medicare loan program allows CMS to make advance payments to providers, which are typically used in emergency situations. Under the Continuing Appropriations Act, 2021 and Other Extensions Act, repayment will now begin one year from the issuance date of each provider or supplier's accelerated or advance payment. CMS issued \$106 billion in payments to providers and suppliers in order to alleviate the financial burden health care providers faced while experiencing cash flow issues in the early stages of combating the Coronavirus Disease 2019 (COVID-19) public health emergency.

Resident Rights to Vote: The Director, of the CMS Center for Clinical Standards and Quality/Quality, Safety and Oversight Group, released a memorandum to State Survey Agency Directors on 10/5/20 entitled [Compliance with Residents' Rights Requirement related to Nursing Home Residents' Right to Vote](#). This memorandum affirms the continued right of nursing home residents to exercise their right to vote and emphasizes that nursing homes should have a plan to ensure residents can exercise this right, whether in-person, by mail, absentee, or other authorized process. Please review the memo for full details.

Wellness Tip to avoid "Zoom Neck": To help avoid "Zoom Neck" and fatigue during these long days, try some neck stretching. Take 7 mins to melt your stress away with our own Jessica Dunn, PT, DPT, MS Board Certified Geriatric Clinical Specialist and Clinical Director as she guides you through neck stretching exercises. <http://site-785804.bcvp0rtal.com/>

Additional Virtual On Demand Wellness Classes: You may now access our wellness classes any time, any day, from the comfort of your own home. Find attached: class descriptions, class location, and instructor names and titles. Check out our three new classes including Flexibility, Chair Yoga and Affirmations. Enjoy!



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

Genesis Rehab Services Recorded Wellness Classes for Residents
Location for all recorded classes: [Click Here](#)

Class Descriptions: All class durations are 20 - 35 minutes in length

NEW! Flexibility with Physical Therapist Cindy Gallo

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

NEW! 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.

NEW! 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.



Contact your local Genesis Rehab Services therapy team onsite
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