

**Memorandum**

Date: September 3, 2020

To: Genesis Rehab Services Business Partners

From: Lou Ann Soika, Chief Strategy and Administrative Officer

Re: COVID-19 Communication - Week of August 30, 2020

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***On behalf of the entire Genesis Rehab organization, we send our heartfelt thanks to each and every one of you who are working alongside us to provide the best possible care and compassion to our precious patients and residents. We are grateful for the partnership and we celebrate you this weekend!***

***As a small gesture of thanks, we have put together a series of 10 short videos designed to support your personal health and wellness. Please enjoy these videos by accessing them through the attached document.***

**REGULATORY UPDATES:**

On August 25th, CMS posted the public inspection version of an interim final rule with comment period titled "[Medicare and Medicaid Programs, Clinical Laboratory Improvement Amendments \(CLIA\), and Patient Protection and Affordable Care Act: Additional Policy and Regulatory Revisions in Response to the COVID-19 Public Health Emergency.](#)" This important document outlines new testing requirements for nursing homes; new COVID-19 daily reporting requirements for laboratories, including nursing homes with a CLIA certificate using POC testing instruments to

perform COVID testing; a revised policy for repeated COVID-19 testing; and a revision to the FY 2022 performance period for the SNF Value-Based Purchasing program. Please refer to the attached GRS Regulatory Update or check the GRS Customer Portal for this resource.

On August 26th, the CMS Center for Clinical Standard and Quality/Survey and Certification Group released memo [QSO-20-37-CLIA, NH](#) to State Survey Agency Directors. Highlights from this 6-page document include:

- New and/or Modified CLIA Regulations for SARS-CoV-2 Test Results
- Reporting Requirement for SARS-CoV-2 Test Results
- CLIA Survey Guidance
- CLIA Citation Guidance
- Imposition of Civil Money Penalties (CMPs)
- New Long-Term Care Enforcement Regulations

Also on August 26th, CMS and the CDC posted the “[Considerations for Interpreting Antigen Test Results in Nursing Homes](#)” algorithm.

#### **ADVOCACY:**

This week, GRS initiated a company-wide advocacy campaign to voice concerns to members of Congress about the significant reduction in reimbursement of Medicare Part B rehabilitation services planned for implementation on January 1, 2021. This is our opportunity, as an organization, to take a strong advocacy role against this cut in reimbursement, and we've joined the advocacy efforts sponsored by the National Association for the Support of Long-Term Care (NASL).



**Please take part in this campaign by clicking on the [NASL Advocacy Portal](#), inputting some basic information, utilizing the template communication (that can easily be customized), and then submitting your letter. It takes less than 5 minutes to share your concerns with Congress. Thank you in advance for joining us in this important advocacy effort.**

**VIRTUAL WELLNESS CLASS SCHEDULE AND NEWSLETTER:**

See attached documents for more information.

<b>Day</b>	<b>Time</b>	<b>Class</b>
Monday		
<b>Tuesday</b>	<b>11:00 am Eastern</b>	<b>Functional Strength</b>
<b>Wednesday</b>	<b>11:00 am Eastern</b>	<b>Maximize Your Memory</b>
Thursday		
<b>Friday</b>	<b>11:00 am Eastern</b>	<b>Seated Tai Chi</b>



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### GRS Live Virtual Wellness Classes for Residents

Classes incorporate the entire mind-body-wellness approach

Location for all classes: [Click Here](#)

### Class Descriptions: All Classes are 30 minutes

#### Functional Strength

Have fun and move through a variety of seated exercises designed to increase muscular strength, range of movement, and activities for daily living. You are welcome to bring a dumbbell, hand held weight, or a can of soup for resistance.

#### Maximize your Memory

Interactive brain health classes to support your cognitive wellness!

#### Seated Tai Chi

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

## Recovery: Protecting Myself



There are steps you can take to continue to protect yourself and others. In our past newsletters we addressed caring for yourself through participation in activities such as functional strength, meditation and mindfulness, and seated Tai Chi. We encourage you to connect with others as social connections are known to have a positive impact on your health, wellness as well as quality of life. It is important to follow the CDC's recommendations on [How to Protect Yourself and Others](#) into your daily practice to decrease your risks. Always check with your doctor, if you have concerns.

### Managing everyday life differently:

- Make time to unwind with activities you enjoy
- Connect with community or faith-based organizations
- Enjoy the outdoors as often as possible (weather permitting)
- Take breaks from watching, reading, or listening to news stories
- Engage in healthy eating habits
- Stay vigilant with safe hygiene practices



### What can you do?

- Continue to practice mindfulness and stress relief
- Practice social and physical distancing - staying 6 feet away
- Handwashing for 20 seconds frequently throughout the day
- Wear a face mask to protect others from illness
- Practice safe grocery shopping and food storage



<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-new-norm>

We recommend that you work on ways to support yourself to assist in your well-being and vitality on a regular basis. Please join us for a live Genesis Rehab Services (GRS) class such as Maximizing your Memory or Seated Tai Chi that are available in your community.



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

# Meet Your Instructor



Understanding what motivates people combined with applying the science of healing is at the heart of Mary's physical therapy journey. She earned her Bachelor's of Science Degree in Psychology and her Doctor of Physical Therapy degree from Marymount University. Her career began in outpatient orthopedics 14 years ago where she specialized in spinal disorders and female athlete injury prevention. Fast forward, she is celebrating her 10th year with GRS and 7th year as a Clinical Director. During her time with GRS she has provided education in the areas of falls risk management,

dementia care, and medically complex patients. Most recently she had the honor of presenting on the benefits of exercise in the first ever GRS Virtual Health Fair. She lives in Virginia with her two children Jocelyn (11) and David (10). In her spare time she loves doing fitness competitions and tending her amateur herb garden! One of Mary's goals is to make sure everyone can put the FUN in FUNctional! That is why she loves teaching the seated dance class "Movin and Groovin." You will be sure to SMILE and ENJOY yourself while getting that blood flowin'!!!

## Healthy Living at Home Tip:

Did you know dancing has positive effects on your MIND and BODY? Dancing improves your memory! Yes it's true!!! It also has a positive impact on your balance and coordination. So go ahead and let loose with your favorite dance moves. Your body will thank you!

**Please join us for any of the GRS live virtual wellness classes!**



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We at GRS are excited to share our wellness videos and resources with you, the healthcare professional! Please click on the video titles below to view topics designed with your health and wellness needs in mind.



### [Practicing Gratitude](#) (7:44)

Please join **Jennifer Lucas** on a discussion on the value of practicing gratitude.



### [Energy of Senses](#) (3:42)

Join physical therapist **Aimee Perron** as she guides each of us through a mindfulness exercise called “grounding.”



### [Progressive Muscle Relaxing](#) (4:23)

Engage in evidenced-based progressive muscle relaxation strategies with **Bobby Maxwell**.



### [The Importance of Sleep](#) (8:37)

Join **Laura Caron-Parker** as she describes the importance of sleep for healthcare providers.



### [Neck Stretching](#) (7:11)

Join **Jessica Dunn** as she guides healthcare professionals through neck stretching exercises.



### [Wellness Through Nature](#) (6:34)

Please join occupational therapist **Caroly Gatty** as she describes the positive effects of nature on our physical, mental, spiritual, and emotional well-being.



### [Resiliency](#) (6:57)

Join physical therapist **Michael Mcgregor** as he describes the importance and value of Resiliency.



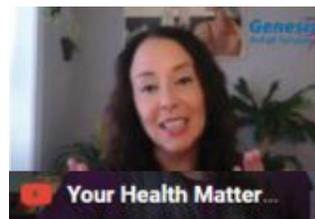
### [Mindful Snacking](#) (3:32)

Please join physical therapist **Mary Jamison** as she provides healthy living tips when snacking at work and at home.



### [Compassion Fatigue](#) (6:56)

Join **Laura Caron-Parker** as she defines compassion fatigue and provides self-care strategies for Healthcare Professionals and Caregivers.



### [Loving Kindness Meditation](#) (9:18)

Please join speech therapist **Jordan Bowman** as she takes you through a guided meditation in loving kindness.