

Date: May 14, 2020

To: Genesis Rehab Services Business Partners

From: Lou Ann Soika, Chief Strategy and Administrative Officer

Re: COVID-19 Communication – Week of 5/11/2020

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## INDUSTRY ADVOCACY

- In a Leading Age press release dated May 11, 2020, the association's disappointment in the response can be summed up in the following quote: ***“Literally the least that can be done’: Administration announcement offers little more than words for millions of vulnerable adults.”*** Press release may be found [here](#).
- In a McKnight's article also from May 11, 2020, ["The only hope we have is for testing.' top nursing home analyst says" ...](#) according to Vince Mor, Ph.D and Brown University researcher, ***“What’s important to recognize is that there’s been the late recognition that nursing homes are, in some sense, the epicenter of the consequences of this pandemic. Nursing homes didn’t cause this pandemic.”*** Dr. Mor is working with Genesis to analyze outbreaks and prevalence. The most important factors according to his research are:
  - Size of the facility
  - Number of cases per 100,000 people in the county where the nursing home sitsGenesis will share the results of our work with Dr. Mor once the research has been completed.
- In an attached article, “Balancing Safety and Wellness in Your Rehab Program” from Argentum, “Knowing that our residents are typically **older with serious underlying medical conditions** and are at higher risk for severe illness from COVID-19, vigilance in infection control measures is critical in the war against the virus. It is also important to maintain good health by ensuring access to essential services with continued focus on mitigating functional decline, risk of falls, pressure ulcers, cognitive decline, and depression.”

## REGULATORY UPDATES

**Paid Feeding Assistants:** From CMS' [COVID-19 Emergency Declaration Blanket Waivers for Health Care Providers](#): ***(New since 4/30 Release)*** CMS is modifying the requirements at

42 CFR §§ 483.60(h)(1)(i) and 483.160(a) regarding required training of paid feeding assistants. Specifically, CMS is modifying the minimum timeframe requirements in these sections, which require this training to be a minimum of 8 hours. CMS is modifying to allow that the training can be a minimum of 1 hour in length. CMS is not waiving any other requirements under 42 CFR §483.60(h) related to paid feeding assistants or the required training content at 42 CFR §483.160(a)(1)-(8), which contains infection control training and other elements. Additionally, CMS is also not waiving or modifying the requirements at 42 CFR §483.60(h)(2)(i), which requires that a feeding assistant must work under the supervision of a registered nurse (RN) or licensed practical nurse (LPN).”

**Seema Verma Letter:** As per CMS: *"On May 11, CMS Administrator Seema Verma penned a letter to nursing home management and staff. Administrator Verma shared her gratitude for the unwavering dedication and commitment of nursing home management and staff in keeping residents safe and for continuing to compassionately care for those who rely on them during this unprecedented time. The letter also provides links to previously shared infection control resources."* Read the letter here: [Dear Nursing Home Facility Management and Staff](#)

**Interstate Travel Restrictions:** We have attached a document created by Littler covering federal and state orders restricting interstate travel. It is updated on an ongoing basis. It is important to note, because the COVID-19 situation is dynamic, with new governmental measures each day, employers should consult with counsel for the latest developments and updated guidance on this topic.

## **GRS WELLNESS RESOURCES**

GRS continues to offer our live virtual wellness classes each week to assist with improving resident mobility. The **schedule and information on registering is attached along with our weekly tip sheet for enhanced living.**



**ARGENTUM**  
EXPANDING SENIOR LIVING

## **COVID-19**

### **BALANCING SAFETY AND WELLNESS IN YOUR REHAB THERAPY PROGRAM**

**MAY 12, 2020**

*Argentum and the National Association for the Support of Long Term Care (NASL) have prepared this guide to help manage rehab therapy during the COVID-19 pandemic.*

During this COVID-19 pandemic the primary objective and one of the greatest challenges has been to balance the safety and wellbeing of residents and staff. Knowing that our residents are typically older with serious underlying medical conditions and are at higher risk for severe illness from COVID-19, vigilance in infection control measures is critical in the war against the virus.

It is also important to maintain good health by ensuring access to essential services with continued focus on mitigating functional decline, risk of falls, pressure ulcers, cognitive decline, and depression. Taking the proper precautions and focusing on each resident's specific needs will enable providers to achieve the necessary balance.

CDC has issued guidance relevant to senior living providers, titled [Preparing for COVID-19: Long-term Care Facilities, Nursing Homes](#). This guidance helped inform Argentum's [Community Access and Infection Control](#) guidance, which includes several key elements:

- Third-party providers are essential healthcare personnel who are following physicians' orders while caring for community residents.
- Like other healthcare personnel, these individuals should be screened before community access is granted.
- If a third-party provider is screened out, consider contacting the provider to send an alternate person.

Other considerations:

- Review resident therapy programs to ensure essential needs are being met while other services may need to be modified or suspended under the current situation.
- Third parties should supply and properly use personal protective equipment (PPE), including respiratory protection, gloves, eye protection, gowns, etc.
- Limit staff and resident exposure by implementing primary staff and therapist assignments for units and residents as able.
- Limit non-essential movement throughout the building — practice social distancing by providing therapy in resident rooms/apartments.

Successful implementation of this plan requires close collaboration within the community, including your rehab therapy provider.



## Official Orders Restricting Interstate Travel in Response to COVID-19

This document covers federal and state orders restricting interstate travel. It will be updated on an ongoing basis. **NOTE:** Because the COVID-19 situation is dynamic, with new governmental measures each day, employers should consult with counsel for the latest developments and updated guidance on this topic.

State and Order	Jurisdictions Restricted, Details, and Exceptions	Method of Enforcement and Penalty	Effective and Expiration Dates	Last Updated
<a href="#">Federal</a>	<ul style="list-style-type: none"> <li>• CDC advisory</li> <li>• Residents of Connecticut, New Jersey, and New York are “urged” to refrain from non-essential domestic travel for 14 days</li> </ul>	N/A	Effective 3/20/2020 Expires 4/11/2020	3/29/2020
<a href="#">Alaska</a>	<ul style="list-style-type: none"> <li>• All people arriving in Alaska, whether resident, worker or visitor, are required to self-quarantine for 14 days and monitor for illness</li> <li>• Arriving residents and workers in self-quarantine should work from home unless they support <a href="#">critical infrastructure</a></li> <li>• <a href="#">Intrastate travel</a> is also prohibited unless travel is to support critical infrastructure, or for critical personal needs</li> </ul>	<ul style="list-style-type: none"> <li>• Travelers arriving in Alaska will fill out a declaration form indicating where they will be self-quarantining</li> <li>• Violations are punishable by a fine of up to \$25,000, or imprisonment of not more than one year, or both</li> </ul>	Effective 3/25/2020 Expires <b>5/19/2020</b>	4/29/2020
<a href="#">American Samoa</a>	<ul style="list-style-type: none"> <li>• Travelers from affected countries and U.S. states will be subject to screening and quarantine at the discretion of Department of Health physicians</li> <li>• Does not apply to "COVID-19-related workers"</li> </ul>	pecified	Effective 3/22/2020 Expires <b>4/17/2020</b>	3/31/2020
<a href="#">Arizona</a>	<ul style="list-style-type: none"> <li>• All people arriving in Arizona from an area with substantial community spread, including Connecticut, New Jersey, and New York, are required to self-quarantine for 14 days or for the duration of their visit in the state, whichever is shorter</li> <li>• Does not apply to airline employees, military personnel, and people responding to COVID-19 for the purpose of healthcare, public health, essential infrastructure, or essential government functions</li> </ul>	<ul style="list-style-type: none"> <li>• State and local law enforcement and public health agencies are authorized to enforce the order in conjunction with the state health department</li> <li>• Violations are punishable as a Class 1 misdemeanor and subject to a fine up to \$2,500</li> </ul>	Effective 4/9/2020 Expires <b>4/30/2020</b>	4/7/2020

<a href="#">Arkansas</a>	<ul style="list-style-type: none"> <li>All people arriving in Arkansas from Connecticut, New Jersey, New Orleans, New York, and international locations are required to self-quarantine for 14 days or for the duration of their visit in the state, whichever is shorter</li> </ul>	<ul style="list-style-type: none"> <li>State and local law enforcement and public health agencies are authorized to enforce the order in conjunction with the state health department</li> <li>Violations are punishable as a misdemeanor and subject to a fine up to \$500, imprisonment of up to one month, or both</li> </ul>	Effective 5/5/2020 Expires when the state of emergency expires	5/5/2020
<a href="#">Delaware</a>	<ul style="list-style-type: none"> <li>All people arriving in Delaware from another state must self-quarantine for 14 days from the time of entry into Delaware or for the duration of the individual's presence in Delaware, whichever period is shorter</li> <li>Does not apply to public health, public safety, healthcare workers, any other individual providing an assistance to an essential business or providing an emergency service related to COVID-19, or individuals commuting into Delaware to work for an essential business or to perform minimum business operations</li> </ul>	<ul style="list-style-type: none"> <li>State and local law enforcement agencies are authorized to enforce the order</li> <li>Failure to comply constitutes a criminal offense</li> </ul>	Effective 3/30/2020 Expiration not specified	3/30/2020
<a href="#">Florida</a>	<ul style="list-style-type: none"> <li>All people arriving in Florida from an area with substantial community spread, to include Connecticut, Louisiana, New Jersey, and New York, must self-quarantine for 14 days or the duration of their stay in Florida, whichever is shorter</li> <li>Does not apply to airline employees or people performing military, emergency, health, or infrastructure response, or persons involved in commercial activity</li> </ul>	<ul style="list-style-type: none"> <li>Enforced by state, county, and local law enforcement, who will report violations to the Department of Health</li> <li>Enforced at airports and interstate highway checkpoints</li> <li>Violations are punishable by a fine of up to \$500, imprisonment up to 60 days, or both</li> </ul>	Effective 3/24/2020 Expires when the state of emergency expires	3/30/2020

<a href="#">Guam</a>	<ul style="list-style-type: none"> <li>All incoming passengers regardless of origin are subject to a mandatory 14-day quarantine at a government-designated facility upon entry to Guam</li> <li>Does not apply if the traveler possesses a healthcare-recognized and certified document attesting that the traveler is not infected with COVID-19 dated within the previous 72 hours</li> </ul>	<ul style="list-style-type: none"> <li>Enforced by the Department of Public Health &amp; Social Services</li> </ul>	Effective 3/31/2020 Expiration not specified	3/31/2020
<a href="#">Hawaii</a>	<ul style="list-style-type: none"> <li>All people entering Hawaii shall be subject to mandatory self-quarantine for 14 days or the duration of their presence in Hawaii, whichever is shorter</li> <li>Does not apply to people performing emergency response or critical infrastructure functions who have been exempted by the Director of Emergency Management</li> <li>People traveling between islands are also subject to the 14-day quarantine requirement unless they are traveling for medical purposes or for critical infrastructure functions</li> </ul>	<ul style="list-style-type: none"> <li>People arriving in Hawaii must complete a declaration indicating where they will stay in Hawaii; transportation officials will conduct random checks</li> <li>Violations are punishable by a fine of up to \$5,000, imprisonment up to one year, or both</li> </ul>	Effective 3/26/2020 Expires 5/31/2020	5/6/2020
<a href="#">Idaho</a>	<ul style="list-style-type: none"> <li>All people entering Idaho must self-quarantine for 14 days or the duration of their presence in Idaho, whichever is shorter</li> <li>Does not apply to does not apply to persons performing an essential purpose (as defined) or persons who as part of their normal life live in one state and work or gain essential services in another state</li> </ul>	<ul style="list-style-type: none"> <li>Enforced by local law enforcement and the Idaho State Police</li> </ul>	Effective 4/15/2020 Expiration not specified	4/30/2020
<a href="#">Kansas</a>	<ul style="list-style-type: none"> <li>Kansas residents who have traveled to a state with known widespread community transmission, including California, Colorado, Connecticut, Florida, Illinois, Louisiana, New Jersey, New York, and Washington, must quarantine for 14 days after the dates indicated in the order</li> <li>The mandates do not apply to critical infrastructure sectors</li> </ul>	Not specified	Effective 3/27/2020 Expiration not specified	3/29/2020

	needed to continue operations during the pandemic			
<a href="#">Kentucky</a>	<ul style="list-style-type: none"> <li>● Kentucky residents are instructed not to travel to other states</li> <li>● Residents returning from other states must self-quarantine for 14 days</li> <li>● Limited exceptions apply, including travel when required by employment</li> </ul>	Not specified	Effective 3/30/2020 Expires when the state of emergency expires	5/7/2020
<a href="#">Maine</a>	<ul style="list-style-type: none"> <li>● All travelers arriving to Maine must immediately self-quarantine for 14 days or for the balance of 14 days dating from the day of arrival</li> <li>● Does not apply to people traveling to Maine to engage in <a href="#">essential services</a></li> </ul>	<ul style="list-style-type: none"> <li>● Enforced by law enforcement, as necessary, including through means of community policing</li> <li>● Violations may be charged as a Class E crime subject to a penalty of up to six months in jail and a \$1,000 fine</li> </ul>	Effective 4/3/2020 Expires 5/31/2020	4/29/2020
<a href="#">Massachusetts</a>	<ul style="list-style-type: none"> <li>● All travelers arriving to Massachusetts must self-quarantine for 14 days</li> <li>● Health care workers, public health workers, public safety workers, transportation workers, and other designated essential workers are exempt</li> </ul>	Not specified	Effective 3/27/2020 Expiration not specified	3/29/2020
<a href="#">Montana</a>	<ul style="list-style-type: none"> <li>● All travelers arriving to Montana must self-quarantine for 14 days. If a person will be present in Montana for fewer than 14 days, that person must self-quarantine for the duration of the visit.</li> <li>● Public health workers, public safety workers, and people traveling to Montana for a work-related purpose are exempt</li> </ul>	<ul style="list-style-type: none"> <li>● The Montana National Guard is authorized to conduct temperature checks, assess individuals for COVID-19 symptoms, and to inquire about the exposure history of any traveler arriving in Montana from another state or country through air or rail travel</li> <li>● Enforceable by the Attorney General, DPHHS, a county attorney, or other local authorities under the direction of a county attorney</li> </ul>	Effective 3/30/2020 Expires when the state of emergency expires	4/22/2020

<a href="#">Nevada</a>	<ul style="list-style-type: none"> <li>Visitors to Nevada or returning residents are "urged" to self-quarantine and monitor their health for 14 days or the duration of their stay in Nevada, whichever is shorter</li> <li>The order does not apply to healthcare, public health, public safety, transportation, and food supply essential employees</li> </ul>	Not specified	Effective 3/31/2020 Expiration not specified	3/31/2020
<a href="#">New Mexico</a>	<ul style="list-style-type: none"> <li>All people whose travel to the state who have traveled through an airport or whose point of departure originated outside of the state self-quarantine for 14 days or the duration of their presence in New Mexico, whichever is shorter</li> <li>The order does not apply to airline employees, people performing public safety or public health functions, people employed by a federal agency or national defense contractor, first responders, healthcare workers, or people employed by shipping and freight companies</li> </ul>	<ul style="list-style-type: none"> <li>Enforced pursuant to the procedures outlined in the New Mexico Public Health Emergency Response Act</li> <li>Individuals failing to comply will be subject to involuntary isolation or quarantine by the state Department of Health</li> <li>Civil and criminal penalties may also be imposed</li> </ul>	Effective 3/27/2020 Expires when the state of emergency expires	3/29/2020
<a href="#">North Dakota</a>	<ul style="list-style-type: none"> <li>Any person returning to North Dakota from other states or international travel must self-quarantine for 14 days or the duration of their stay in North Dakota, whichever is shorter</li> <li>Does not apply to essential critical infrastructure workers or people commuting to and from North Dakota for work or for essential supplies and services</li> </ul>	<ul style="list-style-type: none"> <li>Enforced by the North Dakota Department of Health</li> <li>Violations are punishable by 30 days' imprisonment and/or a fine of up to \$1,500</li> </ul>	Effective 3/28/2020 Expiration not specified	4/8/2020
<a href="#">Northern Mariana Islands</a>	<ul style="list-style-type: none"> <li>Any person from a country with an identified COVID-19 outbreak must self-quarantine for 14 days</li> <li>Travelers, including pilots and flight crew, with return flights within less than 14 days of arrival will be permitted to depart</li> </ul>	<ul style="list-style-type: none"> <li>Arrivals will be enrolled in the CHCC COVID-19 text-based illness monitoring system and will be subject to monitoring and follow up with CHCC per their surveillance protocols</li> <li>Failure to comply with CHCC self-quarantine</li> </ul>	Effective 3/17/2020 Expires 4/15/2020	3/31/2020

		protocol will subject the person to an order of isolation and quarantine		
<a href="#">Oklahoma</a>	<ul style="list-style-type: none"> <li>Any person traveling by air to Oklahoma from an area with substantial community spread, including California, Connecticut, Louisiana, New Jersey, New York, and Washington must immediately self-quarantine for 14 days</li> <li>Any person who has come to Oklahoma from those states within the last 14 days must immediately self-quarantine for the remainder of the 14-day period since arrival in the state</li> <li>The order does not apply to airline employees and individuals performing or assisting with military, healthcare, or emergency response operations</li> </ul>	Not specified	Effective 3/29/2020 Expires 5/16/2020	4/16/2020
<a href="#">Puerto Rico</a>	<ul style="list-style-type: none"> <li>Any person arriving on a domestic or international flight to Puerto Rico must immediately self-quarantine for 14 days or for the duration of their stay in Puerto Rico, whichever is shorter</li> <li>People traveling to Puerto Rico to carry out emergency response work, critical infrastructure work, essential service and medical equipment repair, health professionals, flight crew, aviation mechanics, federal agents, on duty military, and any other personnel designated by the Department of Health are exempt from the quarantine requirement</li> </ul>	<ul style="list-style-type: none"> <li>Enforced by the Department of Health, the Port Authority, and the National Guard</li> <li>Upon arrival, travelers must complete a form provided by the Department of Health with the location where they will stay in Puerto Rico and their contact information</li> <li>Violations are punishable by a fine up to \$5,000, imprisonment for up to 6 months, or both</li> </ul>	Effective 3/30/2020 Expiration not specified	4/1/2020
<a href="#">Rhode Island</a>	<ul style="list-style-type: none"> <li>Any person coming to Rhode Island must immediately self-quarantine for 14 days</li> <li>Any person who has come to Rhode Island within the last 14 days must immediately self-quarantine for the remainder of the 14-day period since arrival in Rhode Island</li> </ul>	Not specified	Effective 3/26/2020 Expires 5/22/2020	5/7/2020

	<ul style="list-style-type: none"> <li>This quarantine restriction shall not apply to public health, public safety, or healthcare workers</li> </ul>			
<a href="#">South Carolina</a>	<ul style="list-style-type: none"> <li>Travelers entering the state from an area with substantial community spread, including Connecticut, New Jersey, New York, and the city of New Orleans, must self-quarantine for 14 days or the duration of their presence in South Carolina, whichever is shorter</li> <li>The order does not apply to airline employees and individuals performing or assisting with military, healthcare, or emergency response operations</li> </ul>	<ul style="list-style-type: none"> <li>The South Carolina Department of Health and Environmental Control may use any and all necessary and appropriate emergency powers, as set forth in the Emergency Health Powers Act, to enforce the order</li> <li>Violations are punishable by a fine of up to \$100, imprisonment up to 30 days, or both</li> </ul>	Effective 3/28/2020 Expired 5/1/2020	5/1/2020
<a href="#">Texas</a>	<ul style="list-style-type: none"> <li>People arriving into Texas from California, Connecticut, New Jersey, New York, and Washington, and the cities of Atlanta, Chicago, Detroit, and Miami must self-quarantine for 14 days</li> <li>Beginning 5/1, the order no longer applies to travelers from Louisiana</li> <li>The order does not apply to people traveling in connection with military service, emergency response, health response, or critical-infrastructure functions</li> </ul>	<ul style="list-style-type: none"> <li>Travelers must complete a form from the Department of Public Safety (DPS) to designate a quarantine location in Texas and provide a full name, date of birth, home address, telephone number, and driver license or passport information</li> <li>DPS Special Agents will conduct unannounced visits to designated quarantine locations to verify compliance by confirming the physical presence of those in quarantine</li> <li>Violations are punishable by a fine up to \$1,000, jail time up to 180 days, or both</li> </ul>	Effective 3/26/2020 Expires when modified or rescinded	4/29/2020
<a href="#">Utah</a>	<ul style="list-style-type: none"> <li>People entering Utah must complete a travel declaration form that informs them of Utah's current COVID-19 related restrictions and has them</li> </ul>	<ul style="list-style-type: none"> <li>Enforced by the Utah Department of Transportation</li> </ul>	Effective 4/10/2020 Expires 5/1/2020	4/9/2020

	<p>declare information that will be used by the Utah Department of Health to help track and trace COVID-19 infections that may arise from people who enter the state of Utah from national or international travel</p> <ul style="list-style-type: none"> <li>Travelers will be provided a declaration form at the airport; if driving into Utah, travelers will automatically receive wireless emergency alert from the state transportation department with a link to the declaration</li> </ul>			
<a href="#">Vermont</a>	<ul style="list-style-type: none"> <li>Requires any person, resident or non-resident, travelling into Vermont for anything other than an essential purpose, to self-quarantine for 14 days or the balance of 14 days dating from the day of arrival</li> <li>"Essential purpose" means travel required for personal safety; food, beverage or medicine; medical care; care of others; and to perform work, services or functions deemed critical to public health and safety, as well as economic and national security</li> <li>Lodging businesses can no longer accept new reservations except from vulnerable populations or to provide accommodations for health care workers, or other workers deemed necessary to support public health, public safety or critical infrastructure</li> </ul>	<ul style="list-style-type: none"> <li>The Vermont State Police and all county and municipal law enforcement agencies shall monitor compliance with the restrictions on lodging businesses and notify the state attorney general of potential non-compliance</li> </ul>	<p>Effective 3/30/2020 Expires 5/15/2020</p>	4/29/2020
<a href="#">West Virginia</a>	<ul style="list-style-type: none"> <li>People arriving from areas with substantial community spread of COVID-19, including without limitation Louisiana, New York, New Jersey, Connecticut, Italy, and China are required to isolate for a period of 14 days upon entry to West Virginia or for the duration of their visit, whichever is shorter; also applies retroactively to people who have entered within the past 14 days</li> </ul>	<ul style="list-style-type: none"> <li>The West Virginia State Police may monitor the state roads and highways for travel from areas with substantial community spread</li> <li>Violations are punishable by a fine of up to \$500, imprisonment up to one year, or both</li> </ul>	<p>Effective 3/31/2020 5/21/2020</p>	5/11/2020

	<ul style="list-style-type: none"> <li>The order does not apply to any commercial activity, including commercial trucking activities, individuals who commute into or out of the state for work, persons performing any emergency, health, military, or infrastructure response activities necessitating travel into the state, or persons otherwise engaged in and traveling for essential businesses and operations</li> </ul>			
<a href="#">Wyoming</a>	<ul style="list-style-type: none"> <li>Any individual coming to Wyoming from another state or country for a non-work-related purpose must self-quarantine for 14 days or for the duration of the visit, whichever is shorter</li> <li>Does not apply to volunteers responding to the COVID-19 public health emergency, citizens returning from obtaining medically necessary healthcare services outside the state, and parents transporting minors for custodial purposes</li> </ul>	pecified	Effective 4/3/2020 Expires 5/8/2020	4/29/2020



Day	Time	Class
Tuesday	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain	Functional Strength (30 minutes)
Wednesday	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain	Maximize Your Memory (30 minutes)
Thursday	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain	Meditation and Mindfulness (30 minutes)

**GRS Live Virtual Wellness Classes for Residents**

Classes incorporate the entire mind-body-wellness approach

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

**Class Descriptions:**

**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!

**Meditation and Mindfulness**

Enjoy Guided meditation including wellness strategies and a weekly mantra.



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

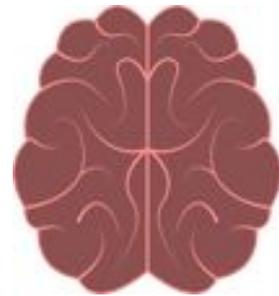


## What is Cognitive Health?

The National Institute of Aging (NIA) defines cognitive health as the ability to clearly think, learn, and remember it is an important component of brain health. Make cognitive wellness a regular part of your daily life to support optimal health and functional independence.

### Brain Health could Include:

- ★ Taking care of your physical health
- ★ Eating healthy foods
- ★ Being physically active
- ★ Keeping your mind active
- ★ Staying connected with social activities
- ★ Getting a good night's sleep



### Examples of Memory Strategies:

- ★ Keep personal belongings in the same place (e.g. glasses/phone on the nightstand, keys next to coffee pot)
- ★ Create and use lists, such as "to do" lists
- ★ Use a calendar to keep track of appointments, upcoming events or refilling prescription medications
- ★ Keep a list of frequently called numbers by the phone

We recommend you engage in intellectually stimulating activities on a regularly basis to keeping your mind alert. Please join us for a live Genesis Rehab Services (GRS) brain health program that is available in your community each week.

## Meet Your Instructor



Bobby Maxwell is a speech and language therapist who loves talking about anything related to the human brain. After getting his degree in biological psychology he focused on a master's degree in communication disorders and now spends his days helping people master their cognitive wellness.

Bobby lives in Appomattox, Virginia with his beautiful wife Allison and his amazing daughter Peyton. Together they work on their brain fitness through exercise, a healthy diet and lots of fun family activities. Join Bobby for our "Maximizing Your Memory" wellness class and join in the fun!

### Bobby's **Healthy Living at Home** tip:

Did you know the human brain is over 70% water? That means when you get dehydrated it not only impacts your body, but it can impact your brain and decrease your ability to focus and solve problems. While there isn't a definitive amount of water we all need to drink every day, the general rule of thumb remains 7 to 8 cups a water a day to stay hydrated and support overall health. So make sure you get plenty of good old fashioned H<sub>2</sub>O to keep your brain happy and healthy.

**Please join us for any of the GRS virtual wellness classes that are occurring weekly which include:**

- Functional Strength (Tuesdays)
- Maximizing Your Memory (Wednesdays)
- Meditation and Mindfulness (Thursdays)
- Seated Tai Chi - Coming Soon!