



The BAPTIST HEALTH INSIDER

A PUBLICATION OF BAPTIST HEALTH NURSING AND REHABILITATION CENTER



FINDING THE SILVER LINING

At Baptist Health Nursing and Rehabilitation Center, we started 2020 on a highly positive note.

After months of construction and planning, on March 6 we held a ribbon cutting for our new bariatric care unit. Local dignitaries, our board members, friends from the community, and staff were present to commemorate the newly completed wing. Our bariatric care center features state-of-the-art equipment, nutrition management, and a professional medical team in a luxurious, comfortable setting. The compassionate staff, specialized furniture and lifts allow persons of size to recover in a compassionate environment.

Our outpatient rehabilitation services were also ready to open and provide a convenient option for those in our community needing therapy.

Although the COVID-19 pandemic has altered our current course, our goal remains the same; to serve medically complex patients in a friendly and comfortable setting. We look forward to offering these needed services as soon as possible.

By mid-March, nursing homes in NY State received guidance from the Dept. of Health restricting visitors into the building to protect the health of residents. Our Activities and Social Work departments jumped into creative mode to

keep families connected with their loved ones, putting technology to use. Skype and Face Time sessions are now a daily occurrence, as are window visits and birthday parades. Residents are being seen by activities staff one-on-one, and many are enjoying personalized music from our Music and Memory™ program. Although there is no substitute for seeing a loved one in person, these alternative activities are helping to keep our residents both safe and connected.

We thank our community for its continued outpouring of support in the form of PPE, cards, flowers, food, signs and so much more. They are so appreciated, and help to boost the morale of our dedicated staff members.

DONATE TODAY!
HELP BAPTIST FUND A NEW
WHEELCHAIR BUS



At Baptist Health Nursing & Rehabilitation Center, our mission is to serve all persons with quality care in a loving and compassionate environment.

That's why we're working so hard to raise money to buy a new wheelchair bus!

Even though the pandemic is preventing us from taking our residents on our usual outings this year, we're looking ahead to brighter times in 2021. We hope that we'll have a new and improved vehicle to comfortably transport the people in our care to picnics, baseball games, theater events and more when the appropriate time comes.

Please use the enclosed envelope to contribute. You may also donate online at BaptHealth.com. Thank you!



*In summers past...
Residents enjoying a fishing expedition*

A MESSAGE FROM OUR ADMINISTRATOR



Tony Alotta

of our lives significantly and differently.

With nearly 300 employees, I have listened to countless stories of the pandemic's effect... some very tragic. It has brought about a full range of emotions, from sadness to anger to fear. Despite these understandable emotions, I am continually inspired by the greatness of Baptist's workforce and the resilience of our residents. Staff continue to come in every day to take care of the residents, even though they are uncertain of all the risks of COVID to themselves and to their families. They smile, laugh, and spend time with each of the residents. It truly is an honor to work alongside each and every one of them as we traverse this "new normal."

Due to the state mandated restrictions on nursing home visitations, I frequently tell staff that now, more than ever before, our residents are counting on us to be there for them.

We understand the importance of in-person visits and we are yearning for the day they will resume. Baptist has made every effort to connect residents with their families through email, telephone, virtual visits, and window visits. While we understand there is no substitute for in-person visits and hugs, we are providing every means available to connect families with their loved ones to the extent permitted by the NYSDOH. We are extremely grateful that we have had no confirmed cases of COVID among our residents. This is largely due to our adherence to strict infection control procedures, weekly testing, daily screening of employees, and other precautionary measures. We are reassured

As 2020 moves past the half way mark, it has already been a year for the history books. The COVID pandemic has impacted each

of our infection control practices by our recent NYSDOH Infection Control Survey that resulted in zero deficiencies.

Baptist is incredibly grateful to the community and community organizations for their support during this historical time. The families and residents we serve have been incredibly understanding, supportive, and patient. Our vendors have been extremely generous. Baptist's volunteer Board of Directors have given so much of themselves to support our mission, our residents, and the employees at Baptist. We miss our nearly 200 dedicated volunteers who would like to come back to the facility and help us and our residents in so many ways. Whether it is letters of thanks and comfort to employees and residents, PPE, masks, gowns, sanitizer, popcorn, coffee, donuts or luncheons, I say thank you to all for being there for Baptist and our residents.

Finally, Baptist extends its deepest sympathy to those who have lost loved ones to COVID. We are hopeful that with all of the incredible advances being made with therapeutics and vaccines to treat COVID we will get back to some semblance of normal soon. The future is still bright and worthy! Thank you for entrusting us with the care of your loved ones!

May God bless you and your family.

Sincerely,



Antonio Alotta, LNHA, MPH
Administrator
Baptist Health Nursing &
Rehabilitation Center

ACKNOWLEDGEMENTS

Donations Received 12/24/19 - 7/24/20

Baptist Care Fund

Fowler Baptist Missionary Circle



Baptist Health Nursing and Rehabilitation Center Annual Fund

American Baptist Foundation
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Quenley and Anna Conover
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Patricia Lavin

Patricia and Stephen Krauss
Harry and Carol Wood

Mary Anne Miller
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Maria Onorato
David and Jane Cottrell

Norman Rowell
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Baptist Health Nursing and Rehabilitation Center Wheelchair Bus Fund

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John and Jeannette Robb

In Memory of Barbara Schaible

Stuart Foss, DDS
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Carol Jackson
Mary Mackin
Laurel Warner



Sunshine Fund

Tony and Deborah Alotta
Deborah Hunziker
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Bert and Anita Parker
Betty Young

In Memory of Barbara Schaible
James and Eleanor Dunham



**Please donate online at BaptHealth.com,
or send a check using the enclosed
envelope. Your contribution is
tax deductible.**

Thank you!

In-Kind Donations

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AOW
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The Szymr-O'Brien Family
Schenectady Distilling Company
Trinity Presbyterian Church
Judy Welch



REFLECTIONS

BY CHAPLAIN MARK CHAFFIN



The School of COVID-19

Much has transpired and changed since Daylight Savings 2020 was ushered in back in March. Our plans and daily rituals have been transformed

with new tasks and precautions intended to keep ourselves and others safe in the midst of a pandemic.

We have had to give up regular meetings, holiday celebrations and family gatherings, and find creative substitutes that enable us to still feel connected. We are the unwilling collective of Old Dogs learning new tricks. Well, good for us!

It has become clear to us that we are going to be in pandemic mode for longer than we expected or could imagine when this started. Whenever that day comes when it is safe to resume former

routines, what a shame it would be if we simply rounded the corner, turned over the leaf and went back to how it was in what may come to be called "the good old" carefree days.

We have all had an imposed master class in learning new ways to behave that in many ways improve on what we were doing before. We have found ways to connect with one another, support one another, and restrict our own habits for the benefit of the common good. It has not been easy or convenient, but we have forged a new community spirit. We have collaborated on innovative ways to perform ordinary tasks. We have stretched ourselves, flexed new cognitive abilities to solve pressing problems. We have developed new muscles in our moral consciousness

to recognize how our choices affect vulnerable people who are six degrees of separation from us. We have done all this and more, resulting in a moral imperative to NOT undo the advances which are our hard won gains – gains that have come at the cost of so much sacrifice and so many lives lost. Many of the ways of life we have grieved and missed will return unchanged, because they are necessary and time tested. But before we return to what was, we must reflect on our approach to the new normal and how we shall live. Will we simply slide back into the comfortable but unthinking routines we lived by before COVID-19? Or will we continue in the school of life and together work for the better world we are heading toward? We now have the wind at our backs and the benefit of a greater collective wisdom. This is no time to cut class or drop out of school.



BAPTIST HEALTH
Nursing and Rehabilitation Center

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Return Service Requested

TREATING HER COWORKERS



Sabrina Alvarez of our nursing department decided to share the love and treat her fellow Baptist Health employees to some ice cream in July. She arranged for the ice cream truck to come and invited everyone to enjoy treats on her.

"We've done really well at keeping our residents safe and healthy, and I wanted to acknowledge that" she said.

We're so fortunate to have employees like her here at Baptist.

Thank you, Sabrina!

ARTIST IN RESIDENCE

Baptist Health Nursing and Rehabilitation Center is home to a prolific and talented painter, **Leonard Fitzsimmons**. Leonard is a self-taught Native American artist who has painted animals, portraits and scenery. Currently he is focusing more on landscapes, and draws inspiration from photos in books and magazines. The paintings adorn hallways, resident rooms and offices throughout the building. Baptist is planning an art show for Mr. Fitzsimmons in the near future. We're all looking forward to seeing more of his beautiful work.

