

# COVID Weekly

Goal: To prevent an outbreak of the virus at Saint John's while continuing to support resident and staff wellbeing.

## KEEP UP THE GOOD WORK



**Mary Milliren, RN**  
VP of  
Health Services

### What Our Experts Say

COVID positivity rates are declining in Milwaukee, yeah! People are lining up for the COVID vaccine, great! Can I stop wearing my mask once I've received both doses of the vaccine? Well, not quite yet. We need to continue doing what we are doing to keep us moving in a positive direction to stop the spread and end the pandemic. It's the only way we can get back to our everyday lives.

### What Our Residents Say

I don't like to wear a mask - it's hot and uncomfortable. However, I wear a mask because I care about our community. I care about the residents who lost a loved one to COVID and are distressed when they see others not wearing a mask. I care about the 25 residents who are at high risk for COVID and afraid to leave their apartment because they saw other residents not wearing a mask. So, I struggle when I see someone not wearing a mask or wearing it improperly. I think about their unintended message. Their actions are saying that they don't care about our community, although I tell myself that's not their intent. — **Mary Beth Petersen, 2E**



### COPING STRATEGIES



Maintain your sense of humor and practice re-framing negative thoughts. If you become aware that negative thoughts and images are invading your mind, draw your attention to your surroundings. Being present in the

moment, or mindful, is one way to break a pattern of negative thinking. Humor is another way to defuse negative emotions.

— **Rita Rochte, 7D**

#### **By the Numbers:**

14-Day Average Positivity Rates for Milwaukee County 7.6% down from 8.8% last week.

New Cases at Saint John's January 28–February 3

Tower Residents:  
2 (a couple),  
Staff: 1



**Renée Anderson,**  
President & CEO

A long time ago, a dear friend gave me a keychain with a charm that reads "The harder I work, the luckier I get". That talisman has served as an inspiration when I'm feeling like I can't go on any longer. It's a reminder that few things in life worth having are easily obtainable. It assures me my future is not left to chance.

The effort expended to mitigate the spread of the virus has been all-consuming. Calls 3x per week with the Team, weekly testing, continually changing guidance, unending questions, and occasional criticism.

And the results justify the work. Early in the pandemic, we lost residents near and dear to us to the virus. I will never, ever, forget how it felt – grief coupled with failure amplified by fear; through it, we kept working. Our work is paying off - we have prevented the spread of COVID-19. I consider myself lucky. Lucky to be in the company of staff committed to keeping residents healthy. Lucky to have resilient residents who follow precautions with determination and grace. So, I'm going to keep working hard, I hope you will too – our future fortunes are depending on it.