



The Little Nursing Home that Could ... and DID!

While NO Little Brook Nursing Home Residents or staff members have passed because of COVID-19 since this dreaded disease was introduced into the U.S. four years ago, we learned that the Infectious Disease Prevention practices we put in place to shield us from COVID-19 actually also shielded our Residents and staff members from other communicable diseases including, but not limited to, RSV, pneumonia, general colds, influenza and human metapneumovirus, for example.

The Infectious Disease Prevention practices that kept Little Brook safe from COVID-19 and other diseases will continue. Staff members will continue to wear N95 masks in the facility while caring for our Residents, for example.

Skilled nursing homes should be safe havens for our elders. For example, to date, NO Little Brook Residents have passed from COVID-19 since this dreaded disease was introduced into the U.S. four years ago. SOURCE: <https://www.state.nj.us/health/healthfacilities/ documents LTC Facilities Outbreaks List.pdf>

Little Brook has been COVID-19 death-free, is grateful that it was one of the first nursing homes to have all eligible Residents and many of its employees vaccinated in December, 2020 (also, Little Brook was one of the first skilled nursing homes to have our Residents receive their booster shots), and that many family members have cooperated alongside Little Brook's staff in adhering to government mandates and Little Brook's COVID-19 Infectious Disease Prevention practices.

Little Brook's staff takes seriously the practice of Infectious Disease Prevention to help ensure that Little Brook remains free of COVID-19 death. And, by extension, the same comprehensive care is practiced, for example, in personal hygiene, dietary requirements, social activities, and other aspects of daily living. Our staff delivers exceptional care to our Residents so that they live their lives in safety, peace, happiness, good health, dignity, and comfort. However, to keep Little Brook safe from the continued COVID-19 threat, our staff and visitors are periodically rapid tested upon entry and wear N95 masks, for example.

Little Brook's COVID-19 Infectious Disease Prevention practices, its Clinical Outcomes and comprehensive care are what make Little Brook more different and special than other skilled nursing home facilities.

A nursing home is home to the elderly and very ill, one where they hope to live out their remaining days in peace, comfort and safety. "If you want your loved one to be happy and treated with the respect and dignity they deserve during their golden years, it is best to move them to another skilled nursing home when you know they are NOT receiving the comprehensive care they need," says Dr. JP Hampilos, Owner of Little Brook.

[illegible]

"A Country Inn that happens to be a Nursing Home"

Nursing & Convalescent Home
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Little Brook Also Offers Short-term Care, Hospice & Respite Stays

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U.S. NEWS & WORLD REPORT² 2018-2019 AWARD
RECIPIENT BEFORE COVID-19 HIT—

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³Excludes haircuts, personal/non-emergency transport not covered by Medicaid, Medicare or private insurance, or specialty/hospital level equipment

BEST
NURSING HOMES
U.S. News & World Report
2018-19



A NEWSLETTER ADDRESSING ELDERS' MEDICARE A REHAB AND LONG-TERM CARE NEEDS AND QUESTIONS

The Little Nursing Home that Could... and DID! WHAT WE LEARNED FROM THE PANDEMIC (continued!)

8. Catching COVID-19 disease outbreaks early and treating immediately limited disease spread throughout the facility.
9. Involving, early-on, family members/POAs about the dangers of COVID-19 limited disease spread and kept them and our Residents safe
10. Keeping employed only staff fully committed to working only for Little Brook (i.e., not additionally working in other facilities) limited disease introduction and spread
11. Enlisting essential or critical staff members committed to live-in/shelter-in-place, if needed, at Little Brook, would keep us all safe and helped reduce anxieties among us all
12. Purchasing one year supply of essential food in the event of supply chain stoppage helped reduce anxieties among Residents, their families/POAs and staff members
13. Having plenty of Personal Protective Equipment (PPE) controlled spread of disease, and
14. Most importantly, having an attentive, committed, and diligent staff who observed our COVID-19 Infectious Disease Prevention practices and watched-out for our Residents and their colleagues saved us all!

Our focus at Little Brook for over 67 years is on our Residents' safety, health and survival-- Clinical Outcomes that help our Residents live out the remainder of their lives in peace, safety and comfort. We are very blessed that all of staff and Residents have survived COVID-19 and are grateful to the Federal, State and Local governments for supplies, funding and guidance.

Our Infectious Disease Prevention practices and Clinical Outcomes are what make Little Brook more different and special than other skilled nursing home facilities.

"Come in and visit us," says Dr. Hampilos, "and talk to the Residents and their families and POAs and our staff and their families who DID SURVIVE this Pandemic along with us."

Editor: Dr. JP Hampilos, Owner, Little Brook Nursing and Convalescent Home in Califon, NJ (Hunterdon County). DISCLAIMER: This material is derived and edited from sources believed to be reliable, but the accuracy and opinions based on such sources are not guaranteed. The articles and opinions in this publication are for general information only and not intended to serve as medical, legal, insurance or financial advice. Please consult a doctor, attorney, insurance agent, and/or financial planner for your specific needs and questions.



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¹A Division of Little Brook Home, Inc.
²U.S. News & World Report (October 2018): <https://www.usnews.com/info/blogs/press-room/articles/2018-10-30-us-news-ranks-best-nursing-homes-for-2018-19>
³Excludes: haircuts, personal non-emergency transport not covered by Medicaid, Medicare or private insurance, or specialty/hospital level equipment