

PATHFINDER ★ VILLAGE

May 8, 2020

Dear Pathfinder Families,

Greetings from Unadilla House! This picture was captured during one of our Senior Leader campus walks this week — smiles all around!

Day 5, Week 8: We are two months living – surviving – this cruel, complicated virus. Pathfinder remains COVID free. Again, due to the efforts of our frontline staff who hold strong to our COVID CREED: Be Healthy. Be Kind. Be Patient.



Another important holiday is on the horizon, Mother’s Day, and we know family members would like to be with their loved ones. Many residents made cards so watch for mail over the upcoming days and enjoy a nice treat from your loved one! Additionally, Pastor Doug has another taped Service for viewing this Sunday. The YouTube link is below.

As we anticipated, the virus rate is increasing in our region: Although the incident rate in Otsego County is low, surrounding counties are experiencing higher rates. As a result, Bassett Medical Center is experiencing higher hospitalization rates related to the virus. As availability of testing has increased, more staff are being tested. All of this presents Pathfinder with continued challenges and concerns.

This prolonged period of isolation has not only been tough on our residents and families, but our staff as well. Some are experiencing anxiety, stress and uncertainty. The Employee Assistance Plan mentioned last week will be accessible as of today, May 8th. Staff will have access to telecounseling, financial and legal assistance and wellness coaching through this benefit. Sr. Director of Education Maura Iorio also has developed the **Monthly Wellness Challenge**, also discussed last week. Each staff member who participates in the program will receive a gift card. I hope that both employee benefits are helpful to those in need. Attached is a copy of the Wellness Challenge.

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Despite all things COVID, we continue to look forward whenever we can. Our facilities staff is hard at work on many projects throughout the Village, including:

- Pathfinder Pavilion – new roof
- Butler Apartment No. 2 – renovations
- Mill Creek Day Program – phase 2 renovation

Thank you to all families for continuing to send supplies, activities and donations. We have a shipment of thermometers coming next week, so I think we are all set with the thermometer inventory.

I hope you received the **2019 Gift Book**. Many thanks for making 2019 a record-breaking year for fund and friend raising at Pathfinder. In anticipation for an extended period of managing this crisis, we are launching a special fundraising campaign, “All in this Together” with a focus on workforce stability/appreciation. Be on the lookout for campaign materials in July.

Our very popular Mileage Club returns to Pathfinder on Wednesday, May 13th. We are so excited for this; residents/houses will have scheduled walk times in three different campus locations to avoid comingling of homes. Last year residents finished the Mileage Club season logging 3,377 miles!

Finally, we continue to plan for the next stages living with COVID 19. Our top three priorities are:

- Expanded resident programming opportunities
- Reopening the Adult Day Services Program, Pathfinder School and Otsego Academy
- Family visitations

These priorities are in order of importance and viability. With our healthcare partners, we are mapping out scenarios that align with the CDC and NY State COVID 19 mandates. At this time, Pathfinder is held to Governor Cuomo’s Pause Order as well as OPWDD and DOH orders of no visitors and no community access. Until these orders are lifted, Pathfinder remains in lockdown status. I remain committed to keeping staff and residents safe; I am hopeful that when the time is right, we can begin to explore safe, secure and successful expanded opportunities for residents and families.

That’s all for this week. Following are links to the Pathfinder School’s Teacher Appreciation Week and Pastor Doug’s Sunday Service. Attached is the Monthly Challenge Calendar and Program Introduction Memo.

- Pastor Doug’s Sunday Service: <https://www.youtube.com/watch?v=thg7zGbKRCs>.
- Teacher Appreciation Week – Pathfinder School: <https://www.youtube.com/watch?v=n1bkqgArMIQ>

Stay healthy and Happy Mother’s Day to all!

Best,



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- Be Healthy
- Be Kind 
- Be Patient

30 Day Wellness Challenge

Each day, pick an activity to do and cross it off once completed

Do a deep breathing exercise	Catch up with a friend	Read for 10 minutes	Unfollow negative social media accounts	Have a phone-free night	Play a favorite game
Eat a healthy meal	Donate something you never use	Go for a walk	Set a mini goal for yourself	Watch a silly video	Eat fresh fruits or vegetables
Ask for help with something you are struggling with	Do 30 minutes of yoga (or any exercise)	Practice a favorite hobby	Go to bed 30 minutes earlier	Write down something good that happened	Declutter 10 items in your home
Give someone a compliment	Listen to your favorite music	Watch a favorite movie	Drink only water	Adopt a new habit	Stretch for 10 minutes
Cross an item off your to-do list	Video Chat with a family member	Spend some time outside	Say no to something	Try a 5-minute meditation	List 5 things you love

When you have filled in the whole chart, send it in to Maura Iorio for a **\$25 Amazon Gift Card!** You can scan/email to miorio@pathfindervillage.org, or send it to the School via interoffice mail. Due by **Friday, June 19, 2020.**

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