

Shelby Terrace Family Newsletter

2525 Shelby Road Lacrosse Wi 54601

Fall 2021

608-788-4477 lwiersema@bsjcorp.com

Greetings,

I would like to take a moment to extend our sincere thanks to our tenants, families and friends for their patience and cooperation during the COVID -19 pandemic.

Due to the current high level of positive and breakthrough cases in the community, the Centers for Disease Control (CDC) and the Wisconsin Department of Health Services (DHS) recommend the following preventive measures, regardless of vaccination status:

- Avoid crowds and poorly ventilated spaces
- Wear a face covering when going out in the community
- Wear a face covering in the hallways/common areas of the facility
- Wash/sanitize your hands frequently
- Maintain physical distancing

All visitors to the facility are required to be screened by staff at the front entrance (Door A) prior to entering the facility.

All visitors to the facility are required to wear masks in the hallways and common areas, regardless of vaccination status.

Visitors who have been diagnosed with or have been exposed to COVID – 19 in the past 14 days, are experiencing symptoms of COVID – 19, have a temperature of 100.4 degrees or higher, or are not vaccinated and have traveled in the last 10 days MUST postpone their visit.

Thank you for your cooperation. If you have any questions or concerns, please let me know!

Lesa Wiersema, Director

FLU Vaccines & COVID Booster Shots

The CDC and DHS recommend Influenza vaccines in addition to COVID vaccines and booster shots.

The Winona Hy-Vee Pharmacist held an Influenza vaccine clinic at Shelby Terrace on September 15th. We had great participation!

~~~

We plan to schedule a COVID – 19 Booster Clinic in the future, however do not have a date scheduled at this time.

If your family member's Primary Care Provider recommends getting the booster shot in the clinic or pharmacy prior to our booster clinic at Shelby Terrace, please follow the recommendations of their PCP and let us know so we can update our records.

If you have any questions or concerns, please call or email Lesa.

## ***Know someone looking for Assisted Living or Independent Senior Housing?***

Visit [www.bsjcorp.com](http://www.bsjcorp.com) or call or email Lesa for current and future availability in our Holmen, Onalaska, West Salem and La Crosse locations!

**608-788-4477**

**[lwiersema@bsjcorp.com](mailto:lwiersema@bsjcorp.com)**

## RENTER'S INSURANCE

Although Renter's Insurance is not required, it is strongly encouraged and advised!

Speak to an insurance agent for details!

If you or your family member feel additional services would be beneficial or simply have questions about the process, please contact Lesa to discuss your concerns and explore available options.

### *Staying Connected*

*Please be sure to update us with any change of postal address, telephone, or email address for all Tenant Emergency contacts.*

*If you currently do not have an email address on file with us, please email Lesa at:*

*[lwiersema@bsjcorp.com](mailto:lwiersema@bsjcorp.com)*

*Facebook & Messenger*

*Follow and Like us on Facebook!*

*Search for @bsjcorp on Facebook and Messenger to find us easily!*

*Love what we do?  
Leave us a Google review!*

**Google Shelby Terrace, La Crosse**

**Write a review!**

**Questions? Comments?  
Concerns?  
Have a suggestion?**

Talk to us!  
We love to hear your ideas!

## POSTs, Living Wills & Advance Directives

We request that assisted tenants complete a POST form to place on file in the event of an emergency.

Although our facility does not perform CPR, if paramedics are called and no POST form is on record, emergency personnel will perform CPR if deemed necessary.

NOTE: POST forms must be completed and signed with a medical provider.

In addition, Advance Directives and Living Wills are tools to ensure your wishes are documented and respected. Please take a moment to review the following definitions and discuss with your provider if you have not already done so:

**Advance Directive:** An advance directive describes, in writing, your choices about the treatments you want or do not want and about how health care decisions should be made for you if you become incapacitated and cannot express your wishes.

**Living Will:** A living will can inform your physician regarding your preferences or wishes about life-sustaining measures to be used when you are near death or in a persistent vegetative state.

**Power or Attorney for Health Care** means the designation, by you, of another as your health care agent for the purpose of making health care decisions on your behalf if you cannot, due to incapacity.

**Incapacity** means the inability to receive and evaluate information effectively or to communicate decisions to such an extent that you lack the capacity to manage your health care decisions.

**Do-Not-Resuscitate Order (POST)** is a written order that directs emergency medical technicians, first responders, and emergency health care facility personnel not to attempt CPR on you if you suffer cardiac or respiratory arrest.

Activity Calendars and Newsletters are available on the BJS website at [bsjcorp.com](http://bsjcorp.com). Select Assisted & Senior Living," scroll down to "Shelby Terrace." Newsletters, invitations and other mailings are generally sent to the first emergency contact. Please share this information with other family members or invite them to share their email address!