

# THE MONARCH MINUTE

*A Quarterly Publication by*



**MONARCH**  
HEALTHCARE MANAGEMENT



To my Monarch family,

I wanted to take a moment to express my sincere gratitude to all of you during this COVID-19 pandemic. We recognize it is not an easy task to continue taking care of those entrusted to our care with the additional challenges we are facing. You are on the front lines, ensuring the safe care of our residents and tenants in order to keeping this virus from spreading. Your high energy, extra passionate care and smile has helped ease the anxiety, fear and worry that many of us have.

It is during this time, that we are witnessing amazing displays of family members, facilities & communities coming together, *stronger than ever*, to be there for each other & we cannot thank you enough.

During this crisis, our Monarch regional and executive teams have been working tirelessly, not only for our current family, but for our future as well. I am pleased to officially welcome, The Gardens at Winsted, to the Monarch family. This has been in the works for 2+ years & we are extremely thankful we could finally make it a reality. I'd like to give a special shout out to all that have made this happen!

Each of you reading this is an integral member of the Monarch family & we are so blessed to have you standing alongside us. Thank you for being awesome!

With immense appreciation and respect,  
Marc Halpert, COO

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## Upcoming Events

- APR 2 *Employee Benefits Day*
- APR 22 *Administrative Professionals Day*
- APR 19-25 *Volunteer week & Careers in Aging Week*
- MAY 6-12 *National Nurses Week*
- MAY 10-16 *National Nursing Home Week*
- JUNE 18-24 *National CNA Appreciation Week*

# COVID-19 UPDATES

As we know, a new respiratory disease – coronavirus disease 2019 (COVID-19) – is spreading globally and there have been instances of COVID-19 community spread in the United States. The general strategies CDC recommends to prevent the spread of COVID-19 in LTCF are the same strategies these facilities use every day to detect and prevent the spread of other respiratory viruses like influenza.

COVID-19 is being increasingly reported in communities across the United States.

Given their congregate nature and residents served (e.g., older adults often with underlying chronic medical conditions), nursing home populations are at the highest risk of being affected by COVID-19. If infected with SARS-CoV-2, the virus that causes COVID-19, residents are at increased risk of serious illness.

## Slow the Spread of Coronavirus (COVID-19)

Prevention is the Key!

- Wash your hands with soap and water frequently (for 20 seconds).
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Cover your cough and sneezes
- Avoid touching your face and mouth
- Avoid close contact with people who are sick
- Put distance between yourself and other people
- Stay home if your sick

Monarch Healthcare Management will continue to work collaboratively with local and state public health departments and CDC to understand the situation and to receive updated guidance. We are monitoring all the information out there, updating our policies and procedures and will communicate the most accurate and essential information on an ongoing basis.

Please use these links for your primary source of information.

The CDC “Coronavirus Disease 2019 (COVID-19)” webpage  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Minnesota Department of Health “Coronavirus Disease 2019 (COVID-19)” webpage  
<https://www.health.state.mn.us/diseases/coronavirus/index.html>

## New in 2020! Monarch Wellness Committee



We are currently planning some fun staff activities & initiatives based on your feedback.  
Stay tuned for more information & ways to get involved!



**\$3 an hour bonus**

**THANK YOU TO OUR  
AWESOME STAFF**

Starting April 1st all Employees at our Facilities will receive a \$3 an hour bonus until April 30th.

This bonus is for SNF facility only.



CELEBRATING EASTER ALL MONTH LONG

**\$100 FOR "HOPPING"  
US OUT WITH OPEN  
SHIFTS!**

**\$50  
half  
shift**

**\$100 for  
a full  
shift**

**Shift pick up bonuses for all open shifts!!**

**\$50 for half a shift and \$100 for a full shift**



Shift pick up bonus are for SNF facility only April 1st till April 30 2022





MONARCH  
HEALTHCARE MANAGEMENT

**\$5,000**  
**SIGN ON BONUS**

\*Paid within 90 days

**Full Time**  
**RN & LPN**  
**TMA & CNA**

To learn more about our employment  
opportunities visit us at  
**[www.monarchmn.com](http://www.monarchmn.com)**

This sign on bonus is for SNF facility only.

# Current Benefit Resources

Below is a list of helpful resources you have access to as a group health insurance member of Monarch Healthcare Management.

## Healthcare Resources

To help limit the spread of COVID-19, Medica provides coverage for virtual care or telehealth services, often a more convenient way to access health care services from home. When appropriate, members are encouraged to utilize virtual care benefits.

Medica – Health Insurance

Phone: 800-952-3455

Web: [www.medica.com](http://www.medica.com)

Web: <https://www.medica.com/corp/covid-19>

Amwell – Telemedicine (24/7 Online Clinic)

To get started, create an account with Amwell

Phone: 844-733-3627

Web: [www.amwell.com](http://www.amwell.com) / <https://amwell.com/cm/blog/coronavirus-stay-informed/>

Smartphone/Tablet: download the free Amwell app from the App Store

Virtuwell – Telemedicine (24/7 Online Clinic)

To get started, go to the website and complete a quick online interview

Web: [www.virtuwell.com](http://www.virtuwell.com)

Employee Assistance Program: MetLife

Available to employees, spouses and children

Phone: 1-888-293-6948

Web: [www.metliffeap.lifeworks.com](http://www.metliffeap.lifeworks.com)

User Name: metliffeap / Password: eap

If you currently don't have health insurance, MNSure is offering a special enrollment period.

This special enrollment period runs Monday, March 23 – Tuesday, April 21<sup>st</sup>.

Who Qualifies: eligible Minnesotans who do not have current health insurance.

You do not need to be sick to qualify.

If you are currently enrolled in a plan through MNSure, you cannot use this special enrollment period to change plans.

Plans must be selected by 11:59pm on April 21. Coverage will start Wednesday, April 1<sup>st</sup>.

For enrollments that occur after April 1, coverage will have a retroactive start date to April 1<sup>st</sup>. Enrollees must complete an online application at [www.mnsure.org](http://www.mnsure.org). The MNSure

Contact Center is open 8am-4pm Monday-Friday at 651-539-2099 (855-366-7873 outside the Twin Cities).



There are times where it can be difficult to find the silver lining. At Monarch Healthcare Management, we are dedicated to always looking for the rainbow in the middle of the storm. As the Vice President of Social Services & Resident Experience, I wanted to share some of those “rainbow moments” with you.

–Kristen Pearce, LGSW



64  
For each petal on the shamrock, this brings a wish your way: Good health, good luck, and happiness for today and every day.  
65



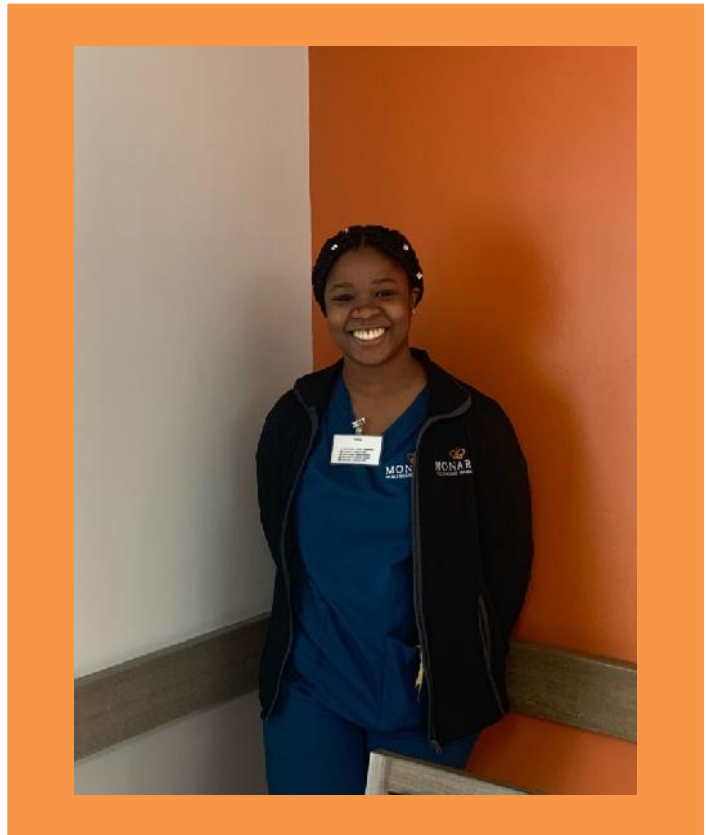
## STAFF SPOTLIGHT

### Abrianna Milligan, CNA The Estates at Lynnhurst

Abrianna began her job as a CNA with The Estates at Lynnhurst in January 2019. While only being at the facility for a little over a year, according to her supervisors, you would think has been there much longer. “She is a vital member of the team and day to day operations. We could not get through our days without her!”.

In addition to providing excellent care to her residents, Abrianna always greets staff and visitors with a smile. “You never see Abrianna without a smile, she always greets everyone she passes, has a great

attitude even when things get changed around last minute, she always looks at the glass half full! In addition to her work with residents, Abrianna helps train new CNAs , assists with scheduling and even order supplies when needed. It’s no wonder Abrianna got not just 1, but 3 Visionary Award nominations! Way to go Abrianna! Keep sharing that amazing smile and Thank YOU for being a Monarch Employee! #YOUarethereason #vision2020




## Did You Know?




Monarch is on Facebook, Instagram, LinkedIn and has a YouTube Channel? Check us out at:

 @MonarchMN

 MonarchHealthcareManagement

 [Linkedin.com/company/monarch-healthcare-management](https://www.linkedin.com/company/monarch-healthcare-management)

 [youtube.com](https://www.youtube.com) Search Monarch Healthcare Management