



## September 2020 Newsletter

WOW! We're halfway through September already? If you're like us, you're probably ready for 2020 to be over in general. However, September has a lot going on. This month is a month of awareness and advocacy for multiple important subjects. The following resources cover some of these important subjects, and we encourage you take the time to research, reflect, and act on these subjects for the betterment of you, your staff, and your residents.

Sincerely,  
**The PCALIC Team**

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**September 22 is Falls Prevention Awareness Day**

This infographic, along with our other Fall Management resources, will help you teach your staff how to prevent falls and to provide a safe environment for your residents.

[VIEW RESOURCES](#)

**COVID-19 and The Implications of Suicide in Older Adults<sup>1</sup>**

The COVID-19 situation has taken a heavy toll on the mental health of older adults and those in long-term care facilities This published article from the US National Library of Medicine addresses the vulnerability of older adults to suicide from COVID-19, the perspectives behind it, and proposed solutions for supporting older adults to prevent these implications.

[READ ARTICLE](#)

<sup>1</sup> Wand, A., Zhong, B. L., Chiu, H., Draper, B., & De Leo, D. (2020). COVID-19: the implications for suicide in older adults. *International psychogeriatrics*, 1–6. Advance online publication. <https://doi.org/10.1017/S1041610220000770>



## A Message From PCH Mutual

We've been watching as the long term care industry absorbs the brunt of the pandemic and rises above, time and time again. Small successes include facilities that have used virtual platforms or social media to create a connection or offer virtual tours when in-person visits weren't safe. One facility launched a six-week "Talent Tuesday" competition on Facebook Live featuring residents and staff. You could do the same with a Bingo Night including family. Other facilities are highlighting the traditional benefits of socialization, dining services, amenities, access to care and a maintenance-free lifestyle with a heightened focus on new safety protocols that include smaller groups, greater distancing between residents and mask requirements. Facilities that focus on transparency, with facility owners/managers hosting virtual fireside chats or town meetings to explain safety measures, challenges and telling the story of compassionate care of residents, are getting very positive feedback.

We encourage you to continue to take advantage of our exclusive Member Resources, including Pandemic and Diversity resources.

Brave on.

**PCH Mutual Insurance Co., Inc., a RRG**

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**Tell us how we're doing!**

We understand how dedicated you are to your care operations and how busy you are. If you have a spare moment, we would love to hear your thoughts on how we are doing!

[HOW ARE WE DOING?](#)

## OUR MISSION

The mission of PCALIC is to provide, and maintain quality insurance protection at an affordable price for Adult Residential Care Facilities through streamlined risk management systems.

## CONTACT US

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