



**WEEKLY UPDATE**  
**September 17, 2020**

Dear Residents and Families/Representatives,

Please accept this letter as our weekly update regarding the status of COVID-19 in our facility. We are happy to report that, as of today, we have no confirmed cases of COVID-19 in our facility.

As we all know, infection control measures are at the heart of efforts to prevent the spread of COVID-19. Here at Crosbyton Nursing and Rehab, our therapists are a big part of our team and contribute to our efforts to remain COVID-free by following infection prevention protocols.

It often does not occur to us to consider the big role therapists play in our residents' lives. As our residents age, their movement gets harder. Most of our residents are confined to wheelchairs and can be helped with a little physical therapy. Therapy is needed to strengthen our residents' backs and stomach muscles so they can gain strength sit more upright.

Without physical therapy residents can lose the ability to hold their head up. Neck and back movement can become painful under these circumstances. Helping our residents regain at least a little of their previous ease of movement and reducing pain is an important part of their total care. Working with our therapists helps residents to be more comfortable and feel a little less helpless. Therapy can only be provided if we continue to take the appropriate safeguards to ensure that we are not putting our residents at risks.

Please continue to check our website for weekly updates as well as notification of new cases. As always, we will notify you if we receive confirmation of a new positive case in our facility and we will reach out to you individually if your loved one is displaying symptoms of COVID-19 or tests positive for COVID-19.

If you have any questions or concerns please contact us directly at (806) 675-2342.

Sincerely,

*Martha Ruiz, LNFA*

Administrator