

Volume I No.2
June, 2020

WELCOME

To the second edition of our COVID-19 newsletter. In each edition, members of the JLG-RICA State and School staff will provide pertinent information and updates regarding the impact of the COVID-19 pandemic on the JLG-RICA facility.

In this edition:

Departmental Statements



John L. Gildner - RICA

NEWSLETTER

From our CEO:

To all members of the RICA family, we appreciate all the support our employees have given to our residents and their families in these most difficult times of COVID-19 and the protests against racial inequality and social injustice. In this edition, you will see some of the unique things we have done to accomplish tasks that in the past we have taken for granted. You will see pictures of how we have accomplished face-to-face interviews, hear about how we plan for family visitations, and see how staff are taking precautions against spreading the coronavirus. We hope this newsletter finds everyone safe and well.

Ken Basler

From our Dietician:

Staying Healthy While Quarantined

While many things are beyond our control right now, the one thing that has remained constant is the need to nourish our bodies.



Remember, anxiety and stress may make you want to turn to food as a comfort, you may be stressing over if you are choosing the right foods to eat, or even dealing with a new budget for food. Well, here are some tips on how to lower stress and anxiety surrounding food:

- Follow a meal schedule similar to pre-quarantine.
- Listen to your body for hunger cues.
- Avoid creating rules around food.
- Eat slowly - you will feel better if you eat only what is needed to feel satiated.
- Keep your kitchen stocked with healthy options, such as: fresh or frozen vegetables, fresh fruit, oatmeal, brown rice, lentils and beans, and unsalted nuts for a snack.
- Keep fresh, chopped vegetables in clear containers at eye-level in the fridge.
- If encountered with food insecurity seek assistance from local churches or food banks/pantries.

Lastly, incorporating movement into your day can have many health perks, such as improving the quality of sleep and reducing stress levels. The mental health benefits can become just as necessary as the physical ones when coping with a new lifestyle due to COVID-19.

Here are tips on how to incorporate movement into your day:

- If you're spending most of the day sitting, set a reminder to get up every hour to stretch and move your body.
- Set a routine of taking a daily walk around your neighborhood.
- Get up and dance with your family while viewing free virtual concerts provided online.
- When having difficulty focusing on a task (homework, work duties, etc.), stop what you are doing and take a 5 min break and get some fresh air by walking around the block, do jumping jacks, or run in place.

Stay healthy and safe!

Michelle Ashafa, RD, LDN

From our Pediatrician:

COVID-19 Testing Update

We continue to extensively screen all staff on a daily basis and any staff who report symptoms are required to obtain a COVID-19 Viral test and stay home for at least 10 days. We are also requiring COVID-19 testing for all new admissions and returning



residents. What are the two different types of COVID-19 testing and how do you know which one to get?

The Viral test tells you if you are currently infected with COVID-19. It uses a sample from your respiratory tract (usually nasal swab or throat swab) to check for the presence of the virus that causes COVID-19 infection. Some tests have results within a few minutes and some take a few days, depending on the provider. In either case, a positive test is highly accurate for COVID-19 infection. However, a negative test does not necessarily rule out infection, especially if taken early in the illness or when asymptomatic. Therefore, a person with symptoms should still stay at home until recovered even after a negative COVID-19 test.

The Antibody test checks blood for antibodies to the virus that causes COVID-19, which would show if you had a past infection. Antibodies are proteins that help our bodies fight infections and also protect us from getting the same infection again. Antibody tests should not be used to diagnose a current COVID-19 infection, since it takes time for these antibodies to develop. We do not know if having antibodies to the virus that causes COVID-19 means that you cannot get infected again or how long the protection will last.

In sum, if you are having symptoms of COVID-19 infection (i.e. fever, cough, shortness of breath, sore throat, loss of taste or smell), then you should get the Viral test and stay home away from others for at least 10 days. If you think you may have had a past infection but are not currently having any symptoms, then you might consider getting an antibody test. However, in both cases, more information and research is needed before we could accurately interpret the results.

Melissa Arking, M.D.
Director, Pediatric and Adolescent Health

From our Medical Director:

Visitation Resumes at JLG-RICA

Beginning the week of June 15th, in the interest of allowing residents and their families (and/or other approved visitors) to enjoy 'in person' contact, visitation at JLG-RICA will resume. All such visitation will be exclusively outdoors, utilizing picnic tables at a designated 'on grounds' location. Visits will be scheduled in advance during the allotted visiting hours, with the understanding that such visits might have to be rescheduled in the event of inclement weather. In keeping with CDC guidelines, MDH epidemiology/public health experts and sound infection control measures designed to prevent the spread of



COVID-19, family members/visitors will be screened 48 hours prior to the scheduled visit and upon arrival, including having their temperature taken by JLG-RICA's nursing staff on visiting day. Visits will be limited to two people per resident per visit, and visitors must be at least 12 years old and able to follow staff directions (e.g. be able to maintain proper physical distance, use hand sanitizer as appropriate, and comply with the symptom screening protocol). Residents and visitors will wear facemasks at all times during these visits except when eating a meal together (during which they must be 6-10 feet apart at all times). JLG-RICA will provide facemasks to any visitor who needs one upon arrival.

Claudette J. Bernstein, M.D.

From our Community Resources and Development Department:



Congratulations to the Class of 2020! You did it!

The RICA Association, Inc. is proud to collaborate with our community stakeholders to be able to award scholarships to graduating seniors and alumni each graduation. These scholarships may be used for college, vocational school, books and for living expenses.

This year I am proud to be awarding \$26,500 in scholarship money to 19 graduates and several alumni.

We would not be able to provide these funds without the amazing help from the following:

Kiwanis Club of Bethesda – Kiwanis Club of Bethesda
Scholarship

Eric and Jeanne Needle – Andrew Needle Memorial Scholarship
 Mr. and Mrs. Malinowski – Scott Malinowski Memorial Scholarship

ProShares – ProShares Scholarship

RICA Association, Inc. – Robert Hinkley Memorial Scholarship and the RICA Association Scholarship

From all of our staff, students and parents we THANK YOU for your continued support of our scholarship program.

***Marlayna Proctor, Director
 Community Resources and Development***

From the JLG-RICA School:

On Monday, June 8, at 10:00, the RICA class of 2020 graduated in a virtual graduation ceremony that recognized the accomplishments, accolades and performances of our 20 person graduating class. The ceremony, which was emceed by our transition support teacher, Mrs. Thornes, began with an amazing rendition of the national anthem performed by music teacher, Ms. Rachel Seibel, performed with a French Horn. The anthem was followed by a speech from our principal, Mr. Munsey. Our seniors were introduced by our senior advisors, Mrs. Kauffunger and Mr. Jankowski. After the board of education member, Mrs. O'Neill conferred the graduates, the graduates turned their tassels to acknowledge their graduation! Emotional speeches were given by five graduates, Myzuri, Laura, Dawn'a, Gerard and Mahtab. Afterwards, students who participated in inclusion programs with other schools were recognized, as were students who are receiving scholarships. A slideshow of our graduates followed, before our assistant principal, Mr. Kulenkampff closed the ceremony with his closing remarks. RICA graduations are always special, and while this one was certainly unique, it did show how amazing our graduates are!

***Joshua H. Munsey
 Principal***





Mrs. Fran Kauffunger



Mr. Bernie Jankowski



Mrs. Gail Thorsen-Faucett



Mrs. Erin Thornes



Mr. John Arianna



Ms. Kristen Millios



Dr. Adrienne Morrow



Mrs. Patricia O'Neill




Russ, Ebony

A cherished memory or quality shared by staff

Congratulations!!! I was unsure how you were going to manage an independent study while I taught a chatty group BUT you persevered!! You came ready to work every day! I'm so proud of you! Ms. Engel

Ebony- I'm so proud of seeing you through this part of your journey! I know you will do amazing things! Just believe in yourself! Mrs. Thornes

Ebony! So proud of you young lady. Keep working hard and accomplishing your goals. Mrs. Cleary

Your dedication in Chemistry has amazed me. You have worked so hard since your days in Physics. I am very proud of you. Congratulations!!! Ms. Wise





Laura Lida





From our Clinical Department:

Parent Support Group: The parent support group meets weekly via zoom every Thursday from 6:30 p.m. – 7:30 p.m. This is an opportunity for parents to discuss topics that are important to them, particularly during this unprecedented time. The weekly topics are generated by the parents; past topics include motivation, self-care, positive reinforcement, and talking to your children about current events. The Zoom Meeting ID is 985 6859 9934 and the password is 602024. We hope to see you there.

Heather Mann, Psy.D and Hannah Seen, LMSW

From our Music Therapy Department:

The pandemic has affected the manner in which therapy is conducted all over the globe, requiring therapists to rely primarily on teletherapy as a means of connecting with individuals that they provide care for. Latency issues on video chat platforms make it difficult to actively make live music with clients, but thankfully this is only one method implemented in music therapy practice. Over the course of the pandemic, 9 students have received weekly 35-minute music therapy sessions in which a variety of compositional, re-creative and receptive interventions were implemented. Residential students now have access to musical instruments in residence that were transported from the music therapy room.

ONLINE MUSIC-MAKING: The website Soundtrap.com offers an online DAW (Digital Audio Workstation) in which multiple users can collaborate live to create original beats, samples, and singing clips which formulate into original songs. Clients have been highly creative in utilizing soundtrap.com by exploring changes in dynamics (volume levels), pauses in the music and layering of sounds.

Possible goals areas may be to...

Develop decision-making skills

Increase self-expression, autonomy and/or confidence

Develop the ability to integrate and synthesize parts into wholes

POETRY/SONG-WRITING: Other students are more interested in expressing themselves through the written word. Clients are given a safe space to express personal thoughts and ideas. Some clients write about today's current events related to racial injustice, inequity



and police brutality, expressing their desire to see change. Some clients explore positive states of mind they desire to experience in their poetry. Poetry can later even be put into song!

Possible goals areas may be to...

Provide a safe space to express thoughts/emotions

Work through thoughts/emotions resulting in difficult experiences in one's life

Increase self-expression, autonomy and/or confidence

SONG-SHARING/DISCUSSION/KARAOKE: Some clients prefer to engage in active music listening and song discussion. Clients choose songs to share and then join in discussion about what the song means to them/how it relates to their lives. A few clients even express themselves through singing along karaoke-style!

Possible goals areas may be to...

Explore ideas and thoughts of others

Facilitate memory and reminiscence

Increase self-expression, autonomy and/or confidence

Provide a safe space to express/work through thoughts/emotions

INSTRUMENT PLAY: Other clients have chosen to invest time into learning songs on a new instrument: the guitar. They show high levels of patience and perseverance with this challenge. This re-creative method addresses goals including to develop sensorimotor skills, foster adaptive time-ordered behavior, improve attention and develop memory skills.

Possible goals areas may be to...

Foster adaptive, time-ordered behavior

Develop memory skills

Develop an ability to hear and monitor one's self

Foster patience and concentration

Music therapy continues to be a highly beneficial modality fostering growth in RICA student's lives as it elicits emotions, pulls from our student's strengths and challenges them in their journeys of growth!

Adele Gleixner, MT-BC

Newsletter Committee

Sheila Harvey

Nina Yalla

*Contributions to the
newsletter from the
Executive Management
Group, Pediatrician,
Emergency Manager,
Dietitian, School
Administration Members
and others*



From The Literary Corner, A short musing on the beginning of RICA

“Once Upon an Acorn”

Imagine a vast landscape of cornfields...

Where there are no highways, university buildings, tech companies, hospitals, or restaurants in sight.

Just a lonely “truck stop” along a country road which was good for a quick snack and fill-up!

And then...

A place called “RICA” was being built in that vast countryside on 15 acres in the year 1979.

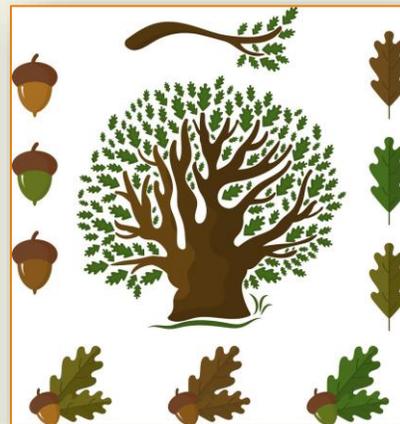
Oh my...

Oak trees were being planted for the children to play under or catch some shade during hot summer days.

The vision of a man named John L. Gildner was the new beginning for those acorns to sow. It was to be a place for children to live, learn and heal; a safe place to grow. The cottages and buildings were filled with teachers, helpers, cooks, care-givers and guardians. The children were safe, nourished and loved by all who tended to them. Tree by tree...

Today, in the 21st century, vast changes abound with highways, universities, tech companies, hospitals, restaurants all around. Today, it is time to plant new acorns with new ideas to nourish our children who we will continue to love and support as we watch them change and grow.

- Anonymous



SOME OF OUR AMAZING RICA STAFF...



