



May 15, 2020

Greetings everyone,

Happy Friday! Some good news today during the Governor's press conference. Vermont now has the lowest 3- and 7- day growth rate of the COVID virus in the country! Vermonters are limiting their travel outside of their homes. Our virus "doubling rate" is now greater than 40 weeks, the second slowest in the country. All excellent signs that we Vermonters are managing this pandemic exceedingly well. Thank you! The Emergency Declaration has been extended until June 15th and the Governor continues recommending that folks over 65 yrs. of age and those with other risk factors continue to stay home as much as possible. But we know many of you are eager to spread your wings again. So, we are actively finalizing plans to support lower risk off site recreational activities, including transportation to Meach Cove, golf, etc. More to come early next week. Promise.

Starting Monday, 5/18, we are excited to welcome Independent Living residents' family members to campus for outdoor visits with you. (Unfortunately state regulations prohibit us from extending this to Linden residents' families at this time.) You can finally accept that care package in person! We do ask that masks be worn at all times, and that you gather in groups of 6 or fewer people, practicing physical distancing. We are asking to start this off three times next week- Monday, Wednesday and Friday- between 10am – 4pm so we can understand the workload for Security.

Every visitor will need to be screened at the bottom of Wake Robin Drive. Just as we do for staff, we will be taking everyone's temperatures and asking the following questions:

- Have you been in Vermont for the last 14 days? *If no, you will not be able to visit.*
- Have you been in contact with a person who is being monitored or tested positive for COVID-19? *If yes, you will not be able to visit.*
- Have you been to a health care facility where people infected with COVID-19 are treated (hospital, walk-in clinic, emergency room, nursing home, correctional facility)? *If yes, you will not be able to visit.*
- Have you had one of the following symptoms in the last 2 weeks? *If yes, you will not be able to visit.*

- A new dry cough other than baseline?
- Shortness of Breath or other respiratory concerns
- Have you had two of the following symptoms in the last 2 weeks? *If yes, you will not be able to visit.*
 - Fever
 - Muscle pain
 - New loss of taste or smell
 - Chills
 - Headache
 - Repeated shaking with chills
 - Sore throat
- Do you have a mask with you?

Please share these with your family members so Security doesn't need to turn people away unnecessarily. It will be important that we minimize your exposure to people who may have been exposed to the virus. These screening questions are, at the moment, our best way to assess that risk.

Medical Appointments

Starting Monday 5/18, we will no longer be pre-screening/approving medical appointments. You will be free to leave campus for your medical appointments. You will need to stop at the checkpoint and share the destination location. We will need to keep this information for possible contact-tracing should that need arise. We ask that you go to your medical appointment and return, without any other stops.

If you are unable to drive yourself to any medical appointments, please contact the Wellness Center at 264-5139 and we will coordinate transportation via Wake Robin. We ask that you provide as much notice as possible to allow for this coordination; we may need to request adjustments to times if a conflict occurs.

We still ask you to only schedule medical appointments that are needed. Doctors' offices are still offering tele-medicine visits for many needs to reduce your risk of exposure.

We are developing a list of locations and procedures that pose high risk and those that are low risk. We will also provide you a correlated guide so you can identify what level of precautions you should take when you come back from a medical appointment. For example, a High Risk exposure would be a visit to the Emergency Room. This would recommend that you self-quarantine upon your

return with possible COVID testing, staying in your home until restrictions are lifted. An example of a Low Risk is a podiatry visit. Upon return from a low risk exposure, we would recommend that you just not take part in any “group” offerings on campus for 14 days.

More to come on this on Monday. And as always, please don't hesitate to contact Meagan Buckley or the Wellness Center staff with any questions.

Circles of Remembrance:

In the country song of the same name, ‘Mother’ Maybelle Carter asked, “Will the circle be unbroken?” As we live in this time of pandemic and social distancing, one of the things that our community is missing is the cherished tradition of the Circle of Remembrance. Through the Circles we have had opportunities to say goodbye to our dear friends and neighbors who have died. We honor their legacies and share stories and feelings. Clearly, we cannot hold circles now and do not know when we will be able to. But the need to grieve and share remains. The WRRRA reached out to two members of the committee, to design and facilitate an alternative. We are offering two ways to maintain and deepen our mutual ties until we can once again “circle” in person.

Memory Cards and Notebooks – There will be a box of blank index cards on the counter behind the front desk as well as in the vestibule. In the same places, there will be boxes for finished cards which Sherri will collect regularly. She will maintain a file of these memory cards until such time as we can mount them in notebooks for all to share. The instructions are simple. 1. Take a card and write the name of the person you are remembering at the top, 2. Share your thoughts, 3. Sign your name and deposit in the designated container. Andrea Longe will have cards available for the Linden side of the campus.

Online alternative - Sally is hard at work developing an online alternative which we hope will function in the same way as the condolence links that many funeral homes now use. Details are still being worked out so stay tuned. The Circle Committee itself will be on hiatus during this period.

If you have not filled out a Circle of Remembrance form, now would be a good time to do so. We can then schedule as soon as we are able. Note that Circles are in no way mandatory and the form provides a place to “opt out.” Forms can be found in the Resident Handbook and on the counter by the note cards.

VT GREEN UP DAY is Saturday, May 30. This is the 50th year for this unique Vermont tradition and residents have just received the OK to participate. So, for an opportunity to stretch your legs, enjoy the spring air, spiff up the Wake Robin neighborhood and be part of history, please plan on joining us. See today's Written Cup for more information.

Dining - missing items in dinner orders:

Dining has gotten a spate of residents mentioning how they are reluctant to call the kitchen if items are missing from their dinner orders. We keep people on the clock to make adjustments for missing item, *so please call!* You'll need to call 264-5122 before 6:00 pm for delivery until 6:30 pm. We can't help you if we don't know you are missing items.

Tennis:

Tennis courts are being readied this coming week and should be able to open up next Friday, May 22nd - weather permitting. Stay tuned for more info early next week.

N95 mask sterilization:

Thought you might be interested that Meagan has worked with staff at UVMMC on a process to sterilize N95 masks from Wake Robin. This will allow us to stabilize our supply as we continue to work on securing additional supply. This process uses Steris V-Pro low temperature hydrogen peroxide sterilizing units. These units are typically used for sterilizing other medical devices but were recently granted an Emergency Use Authorization by the U.S. Food and Drug Administration to sterilize certain N-95 respirators.

Health Services has a process in place. At this time we do not need to utilize this, however the system is in place and can quickly be enacted should the need arise. UVMMC will process turnaround time in 24 hours.

Happenings Calendar for the coming week is attached. Enjoy!

I hope you have a peaceful and healthy weekend.

Martha



Martha E. Maksym
President and CEO