



March 20, 2020

Hi everyone,

Sobering news from the Governor last evening announcing two deaths from COVID-19 in Vermont. It just underscores how seriously we all must take the restrictions and precautions we have implemented here at Wake Robin. Please, please, please avoid group gatherings. Practice social distancing. Keep your hands washed and away from your faces. Saturday and Sunday look to be sunny, cool days. Get outside for some fresh air and exercise. Stay safe and stay on campus!

At this point in time, we have an IL resident who is being evaluated at UVMMC for illness including COVID-19. There is a low suspicion that the illness is COVID-19 but the person is being tested to be sure. We are following this closely and are hopeful to get results soon. But we wanted to be transparent with you all. It's a reminder again to follow all the public health prevention recommendations listed above. When we learn more information that we can share, we will do so immediately. Rumors can spread quickly. Please trust we will share accurate and timely information with you as soon as possible.

An Update from Meagan:

All regularly scheduled visits within the Wellness Center have been postponed unless there is an urgent need. Dr. Moore, Dr. Hebert and Nick Fredette, APRN do have the ability to perform remote visits with residents through Skype, Facetime or Zoom. If you have an upcoming annual or follow-up appointment that has been scheduled and you have not heard from us, we will work to make this visit happen. If you have an urgent medical problem, please contact us and we will schedule either a home visit or visit within the Wellness Center when necessary. Please contact Beth or Denise to discuss options for modifying/scheduling your visit and how we can best accommodate this. I want to remind any residents with symptoms of respiratory illness including but not limited to fever/chills, cough and shortness of breath to call the Wellness Clinic at 264-5139 (do not arrive unannounced). Thanks and be well.

The questions we have been receiving have slowed significantly so I am hopeful we have provided you with all the information you need to thrive in this new

normal. However, if there are any lingering questions or concerns, send them my way. The grocery options we shared yesterday are printed and available at the front desk if you'd like a hard copy. Next week our focus (barring any unforeseen crises) will be to find ways for group communications. We are setting up some social media options that we will start testing. I am about to tape a message to residents that will be aired on WRTV. My daily emails are also available at our website www.wakerobin.com at our COVID-19 tab. Feel free to share the information with family and friends.

On a personal note, I am one of the many people with a compromised immune system due to a chronic illness. My doctor has recommended I work remotely for the next while. Not sure how long this will be. I'll take it a week at a time. This is clearly not my ideal way to lead through a crisis, but I want to be present and healthy for the long haul. So, I am heeding his advice and will start working remotely next week. I will be available by phone at (802) 734-1357 or email mmaksym@wakerobin.com, and will plan to drop in to Wake Robin periodically. I have notified staff and our Board as well. Don't hesitate to reach out if you have any questions, feedback or concerns. My virtual door is always open. Thank you for your understanding.

Have a nice weekend.

Martha

A handwritten signature in cursive script, appearing to read 'Martha', written in black ink.

Martha E. Maksym
President and CEO