

April 2, 2020



Happy April 2nd. I think the owl I saw this morning was a good luck sign!

You are all being so kind and so helpful and grateful and accommodating. I really appreciate it. I was on the phone earlier today with the CEOs of several CCRCs in Maine and New Hampshire. Their precautions range from a complete lockdown of campus, including that no residents are allowed to leave campus for anything. If they do, they **MUST** self-quarantine for two weeks upon return. That's even going to a doctor's appointment off campus! On the other end of the continuum, from our friends in Maine where I don't think there's a Governor's Stay at Home order, Independent Living residents are still free to come and go and have visitors. And then everything in between. I frankly am much more comfortable erring on the stricter end of the continuum. So, you are stuck with me and my extra cautious ways! And you are bearing up beautifully. Thank you!

I received this **question** yesterday after my update: If the children are not permitted "on campus" then where is the driveway that they can drive in to transfer groceries to us?

Answer: The driveways and roads on campus. They can pull in to give you groceries, just not go into any buildings. But you should still adhere to the 6-foot distancing. No hugs, kisses, high fives. Thanks!

Linden updates:

Mail: We are updating our process for mail delivery to accommodate an additional 24-hours to reduce the possible risk of the coronavirus on mail delivered to Linden. So today the mail will arrive to the Front Desk, however it will be distributed to residents tomorrow afternoon. Thank you for your patience.

Linden has been getting the daily (NYT +WSJ) papers that used to be delivered to the Library. This has been going on since the day we closed.

Don't forget to sign up to be a Linden Pen Pal! It's so appreciated by our neighbors there.

Census:

I learned yesterday that the Census did NOT mail hard copy forms to individuals this year. The form is on-line only. <https://my2020census.gov/> and follow the instructions. The second click will ask you for the "12-digit Census ID found in the materials we mailed to you or left at your door." If you don't have that number (ours was on a postcard we received at home), you can click on the link <https://my2020census.gov/#> and it will ask you a series of questions to identify you so you can complete the Census. Otherwise, you will need to wait for Census takers which likely will not happen any time soon. So if you can, use the links and fill it out online. They will never ask you for your social security number or bank account so if you are being asked that, you are not on an official government site. Close out and use the links above.

From our IT consultants:

We anticipate content related to COVID-19 and Coronavirus to begin appearing in phishing (aka really dangerous) emails sent to individuals.

The goal of phishing emails is for the recipients to interact with them. Email interactions include clicking on links, opening attachments, replying, and forwarding emails. Suspicious emails will commonly be sent from people not in your regular contacts, contain misspellings, and contain suspicious links or content.

Here are some possible topics to be cautious of interacting with emails related to COVID-19 and Coronavirus.

- COVID-19 / Coronavirus

- Quarantine, Shelter-In-Place
- Content related to health insurance
- Content related to flu like symptoms, sickness
- Content related to testing, face masks, ventilators, or medical equipment

In the event you suspect an email is suspicious, the best action is to simply delete the message. Do not click on links, open attachments, or reply/forward the message. Thanks.

Regarding the speed limit on Wake Robin Drive: It's still 15 mph and that's intentional. Now with so many people out walking up and down the road, it's more important than ever that we all adhere to the speed limit. Please be mindful of this if you are out in your car.

My apologies for not getting this announcement out yesterday. ES beat me to it today! You may notice that some doors are now locked where they never were before. This includes Maple. This is just one more step we are able to put into place to limit potential exposure from non-residents. We have heard reports of non-residents in apartment buildings where they should not be. There are only three exceptions we have on campus for a visitor - two in Independent Living and one in Linden. Those have been approved by me or Meagan. There should not be anyone who doesn't live in a building visiting those buildings. So we are further locking things down. We are still in discussion about locking the older Butternut and Hornbeam apartments which are not part of our E-key system. That might be a bit trickier, and we know some residents use those buildings as pass throughs to the community center. So that's still under discussion. We want to do everything we can to keep all of us safe. Sorry if this is a bit inconvenient, but for me, the end justifies the mean here. Thanks for your cooperation.

And finally, so as not to end on a dour note, this will cheer you up and get you toe tapping at least! Enjoy!

<https://www.youtube.com/watch?v=ykieEE1j9eA>

Sincerely,

Martha



Martha E. Maksym
President and CEO