



June 11, 2020

Greetings everyone,

Looks like once we get through today, we have a lovely weekend on tap! Hope you find fun, safe and distanced ways to take advantage of it. And I don't know if you have had a chance to marvel at the peony bouquets strategically spaced around the campus, but they are gorgeous! I am half expecting to go home tonight and find that my peony bushes have exploded with flowers. Luckily my husband tied them up yesterday so we might not have that ant infestation that comes when the blossoms become so heavy they droop into the dirt!

I know these past months have been difficult for all of you. And I think, in spite of all the challenges, we've done an exceptional job as a community keeping ourselves COVID free. Behind the scenes, my team is currently swamped with day to day decisions that seem small but quickly become very complicated. While we would like to be focusing on our "normal" (aka before COVID) work, that is proving to be quite difficult. We are spending each day managing the complexity of running this community through this unprecedented pandemic. Of course, we are always happy to clarify questions. But please understand if we don't respond right away to inquiries, and please try to limit the asks that you are making for a unique exception just for you. We are being inundated with these requests and each one takes a significant amount of time to manage.

You will all be getting a summary sheet today in your mailboxes (and attached) of all the current rules and agreements on campus. We hope you will put this on your fridge and refer to it often. What's on this sheet is the most current information. Toss any previous ones. This is what we all agree to. When these change, we will let you know. Please feel free to hold each other accountable for following them. If you see someone without a mask in the community center, feel free to grab one from the box and give it to them. If someone is too close to you out of doors, please ask them to distance. And at the end of the day, the thing we will remember most about these challenging months is how we treated each other. So above all, please be patient and kind with one another. We want our community spirit to survive. Thanks!

Related to the current cluster outbreak of COVID in Chittenden County, Vermont Health Department on Wednesday said 74 people are now connected to the cluster, with about 80% of them located in Winooski and the rest distributed around Burlington and Chittenden County. No one has been hospitalized and no one has died. Only one in five are showing any symptoms. Vt. Health Commissioner Levine acknowledged recent confusion stemming from comments from the World Health Organization about whether people who aren't showing symptoms can spread the virus. He says they can. "The bottom line that I want to convey is that the virus can be spread by people without symptoms, whether they ultimately develop symptoms or not." We are continuing to monitor this outbreak.

Also please note: The Linden Health Center falls under the regulations of the Vermont Department of Disability, Aging and Independent Living (DAIL) and Centers of Medicare and Medicaid Services (CMS). State healthcare facilities must follow strict healthcare licensing policy to protect our residents. DAIL and CMS will guide areas of operation regarding opening or lifting of restrictions in the Health Center.

Independent Living does not fall under these guidelines. At this time, we ask all IL residents to remember that we are separating communities for the safety of our Linden residents needing high-level services. This includes prohibiting visits between communities outdoors, even socially distanced.

A few updates today:

Outdoor Grills:

Grills with an open flame (charcoal, propane, etc.) are not allowed on apartment decks, cottage decks or within 10 feet of building patios due to fire danger. Open flame grills also may not be used on covered walkways, under buildings eaves, etc. Hibachi grills are prohibited entirely. Electric grills may be used.

Traveling Back to Wake Robin from out of state?

Sign up to use Sara Alert. It is a free, automated, and secure reminder system to check for common symptoms of COVID-19. People visiting or returning to Vermont can get daily reminders by email, text or phone asking if they are experiencing any [symptoms](#). (NOTE: This is not connected to Wake Robin.) If symptoms are reported, a member of Vermont Dept of Health team will reach out to provide guidance and next steps. Sara Alert is **not** a contact tracing system. It is not GPS-based, so it does not monitor someone's movements or track their location. [sign up now](#)

Why sign up for Sara Alert?

- Fast, easy, and free reminders to check yourself for symptoms
- Quick access to the Health Department for guidance and information if you develop symptoms
- Helps our public health teams contain the spread of COVID-19

5 Rules to Live By During a Pandemic:

“There’s no playbook for living through a pandemic, so we decided to create one. With some basic rules to guide you, everyone can lower risk and live a full life while we wait for the virus to get under control.”

<https://www.nytimes.com/2020/06/09/well/live/coronavirus-rules-pandemic-infection-prevention.html?smid=em-share>

Today’s humor. For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION...

Eat and drink what you like. Speaking English is apparently what kills you.

And finally, for your viewing enjoyment (and amazement!), check out this juggling magic... <https://www.youtube.com/watch?v=BxfHO7dg86o>

Stay safe everyone,
Martha



Martha E. Maksym
President and CEO