



May 29, 2020

Hi everyone,

A short but important update today. Well, less of an update and more of a reminder and request.

The standards for leaving campus were decided through conversations with the leadership team and residents. I have been meeting with a focus group of residents, who were suggested to me to speak with when I needed advice or guidance. We met (virtually) last week so I could solicit their thoughts, opinions, experiences around the leadership's plans to reopen the community. Their input was critical to formulating the following new recommendations.

I want to restate those activities that we are now allowing and those we are not for the moment due to the risk of contracting COVID-19 and then passing it on to each other.

The following off campus activities are now allowed:

- Medical appointments (already allowed as of 5/18)
- Car maintenance
- Veterinary visits
- Community gardening
- Off campus low contact recreation: Examples: Kayaking, Shelburne Beach, Meach Cove walking, Golf (please no larger than a foursome and all must wear masks and physically distance), tennis, biking, fishing, Shelburne Farms for trail walking
- Marinas to go out alone (spouse/partner) on your personal boat
- Opening camps/second homes alone (or with spouse/partner; please no large family gatherings unless you plan to stay there for the entire summer)
- Drive-thru banking
- Drive-thru pharmacy
- Curb-side takeout only from restaurants or stores.

- You are welcome to invite a child or one good friend to walk with you off campus

At this time, we specifically ask that residents NOT engage in the following high-risk activities. **PLEASE NOTE new clarifications in RED below.**

- No grocery shopping, Costco shopping, Trader Joe's shopping, mall shopping, pet food shopping, or any indoor shopping at all.
- No going inside to banks, post offices, pharmacies, workplaces, restaurants (inside or outside) etc.
- No going over to friends' or family's homes for visits or having friends/family in your home
- No public parks or outside vendors where large crowds can gather with no effective social distancing.
- No carpooling. Vehicle owner and household member in the car ONLY. No additional riders in the vehicle.
- **The Salon will be open to Linden residents as of today, 5/29. Sondra will open services to Independent Living residents as of 6/11. (Please note: we will be announcing the process to schedule an appointment next week. In the meantime, please do not call or leave a message for Sondra as the volume of voicemails is unmanageable.)**
- **No participating in indoor Spiritual services.**

Again, we consider these activities to be very high risk for exposure to COVID-19. So, please nothing indoors in any way (except alone at your summer camp or second home).

Rules of fair play:

These are the Standards we ask each other to commit to and abide by in order to ensure that these activities remain "low-risk", and therefore relatively safe:

- Activity must guarantee low or no exposure to other individuals who do not live with you or on campus.
- There can be no risk of exposure to a close crowd that cannot social distance (4-6 individuals at 6 ft.)
- Residents must pledge to wear your masks at all times when not alone with anyone other than your spouse/partner.

- Duration and time of day at destination must ensure limited unanticipated exposure, i.e. short visits during a time of day when the general public would not be drawn to the location.
- The destination must have solid “COVID” practices in place (i.e. please no long creemee lines at snack bars, no parks where large groups can gather).
- All destinations must be, as much as possible, within a 10-mile radius of Wake Robin (intention is to minimize highly populated regions/areas).
- Residents will keep a “contact journal” with trip data sufficient to support contact tracing if they become COVID +. This will help our community, as well as the greater community in terms of contact tracing should that become necessary. We will leave some notebooks in the vestibule for those that may need one.

Finally, residents who feel they must violate any of these rules must commit to voluntary 2-week quarantine in your home upon return to campus.

If you have any questions about anything in the above, please don't hesitate to reach out to me. We all appreciate everyone's cooperation. We continue to watch carefully the COVID spread trends in the State, the Governor's recommendations for safely opening the spigot more and more, and what our sister CCRC's in New England are doing. I know we all look forward to being allowed to move around freely at will. But for the health and safety of our Wake Robin community, we have to take it slowly.

Thanks again everyone. Stay well and have a peaceful weekend.

Martha



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President and CEO