



June 4, 2020

Hi everyone,

Hope you are enjoying the warming weather. We had to turn on the heat last night to just get the chill out of the air! Not what we usually allow ourselves to do in June, but it was just too cold! Thanks to you all for your continued support of the guidelines we have put in place for our collective safety and wellbeing. I know it's been hard for you and I really appreciate everyone's cooperation.

Some updates **in RED** that I hope will be welcomed!

**Family Visits on Campus - NEW TIMES:**

Starting tomorrow, Friday June 5th, family are welcome to visit on campus **any time on Mondays, Wednesdays and Fridays until 8 pm**. Visits still need to be out of doors and not on individual porches. Hopefully we have set up plenty of spaces for visits that can be appropriately distanced but private.

**Haircuts in the community and with Sondra:**

This has been the number one request to me in the past few weeks! Finally I have some news to report.

If you want to schedule a time to have Sondra cut your hair (no more complex appointments yet - just haircuts for now), please click on this link and choose a slot that fits your schedule. You will receive a confirmation email and I believe a reminder email as well:

<https://www.signupgenius.com/go/904054ea4ab2ea3fb6-salon>

Problems? Call the Front Desk and we will try and assist you.

If you see a stylist out in the community, you can make appointments for the week of June 15<sup>th</sup> and after.

**Exercise classes starting next week:**

Last week in written Cup, Aly Willard, Rehab Services Manager, touched on outdoor fitness classes starting this coming Monday... and it's true! Starting Monday, June 8th, we will be rolling out a 2-week trial of 3 different fitness classes. We are extremely excited to be moving to this next trial phase and to offer in-person fitness classes once again!

**Schedule:**

Monday, June 8 and June 15, Advanced Strength & Conditioning 9:00-9:45 AM

Wednesday, June 10 and June 17, Yoga 9:00-10:00 AM

Friday, June 12 and June 19, Strength & Conditioning 9:00-9:45 AM

**Location:**

All classes will be held on the back deck of the main dining room. Please do not go through the Community Center to get to class; use the outdoor path and ramp to enter and exit the deck.

**Signups:**

Because this is a 2-week trial, we ask that you sign up. Spaces will be limited due to social distancing guidelines, there are 13 spots for each class. Please email Jena Necrason at [jnecrason@wakerobin.com](mailto:jnecrason@wakerobin.com) with your name and which class you would like to attend. If there is more than one class you are interested in attending, please list preferred order in case your first choice is full. You will only be able to attend one class per week due to limited space. We are currently taking sign-ups for classes the week of June 8. We will announce/open sign-ups for the following week on Friday, June 12th. Jena will be emailing class spot confirmations for the week of June 8th on Sunday, June 7th.

**Additional information:**

You will be responsible for bringing your own yoga mat, water bottle, exercise band, and mask to wear to and from class. Other considerations would be applying sunscreen and wearing a hat. If you do not have an exercise band, you can purchase one at the front desk. They are \$5 and will be charged to your monthly bill. Lastly, if you need to use the bathroom, please enter the Community Center from the outdoor path.

**Stimulus Payments:**

Some of you have recently received debit cards in the mail identified as an “Economic Impact Payment Card”. THIS IS REAL! Without warning, the government started issuing some people’s stimulus payments on these cards instead of in the typical paper check form. If you received one of these it is your stimulus payment. So do not throw it out! I found an article in the Washington Post that outlines a lot of great information about this card and how to use it. It can be viewed at <https://www.washingtonpost.com/business/2020/06/01/faq-stimulus-debit-card/>

### **Nametags:**

I am still a long way from learning everyone's names, and it's made even harder as we all greet each other from 6+ feet away in masks. It would be very helpful if you tried to wear your nametags when out and about around the community. And please forgive me if I am not remembering everyone. I'm getting there, but I make mistakes daily when speaking with folks. My apologies.

### **Brown Handled Dinner Bags:**

Now that we are less concerned about the COVID virus staying on surfaces for an extended time, we will be reusing the large, brown handle-bags that your dinner is delivered in. Please return all clean bags to the marked boxes in front of the Maple Leaf dining room. We will not be able to reuse bags that are ripped or stained, so those may be recycled. Thank you!

### **Coming in and out of Wake Robin by car:**

We have started to give out placards for residents to put on the dashboard of their cars. This will help the checkpoint staff who don't recognize every resident know who's coming and going. We're doing the same thing for staff. Staff placards are green. Resident placards are red. Hopefully this also make exiting the campus go more quickly and more smoothly.

This is also a good time to remind everyone about the speed limit. **It's only 15 mph** because many of our residents are walkers and many also have diminished eyesight, hearing and stability/reflexes. The checkpoint staff can also attest to how scary it is to have a big chunk of metal go by so close to one's personal space. Just like our masks, this isn't about protecting you – it's the other guy we're protecting. Thank you!

That's it for this week. A chock-full Written Cup will be sent out tomorrow and a new Happenings Calendar as well. Enjoy! And as the Sarg used to say on Hill Street Blues (we've just started watching some old reruns!),  
"Be safe out there!"

Martha



Martha E. Maksym  
President and CEO